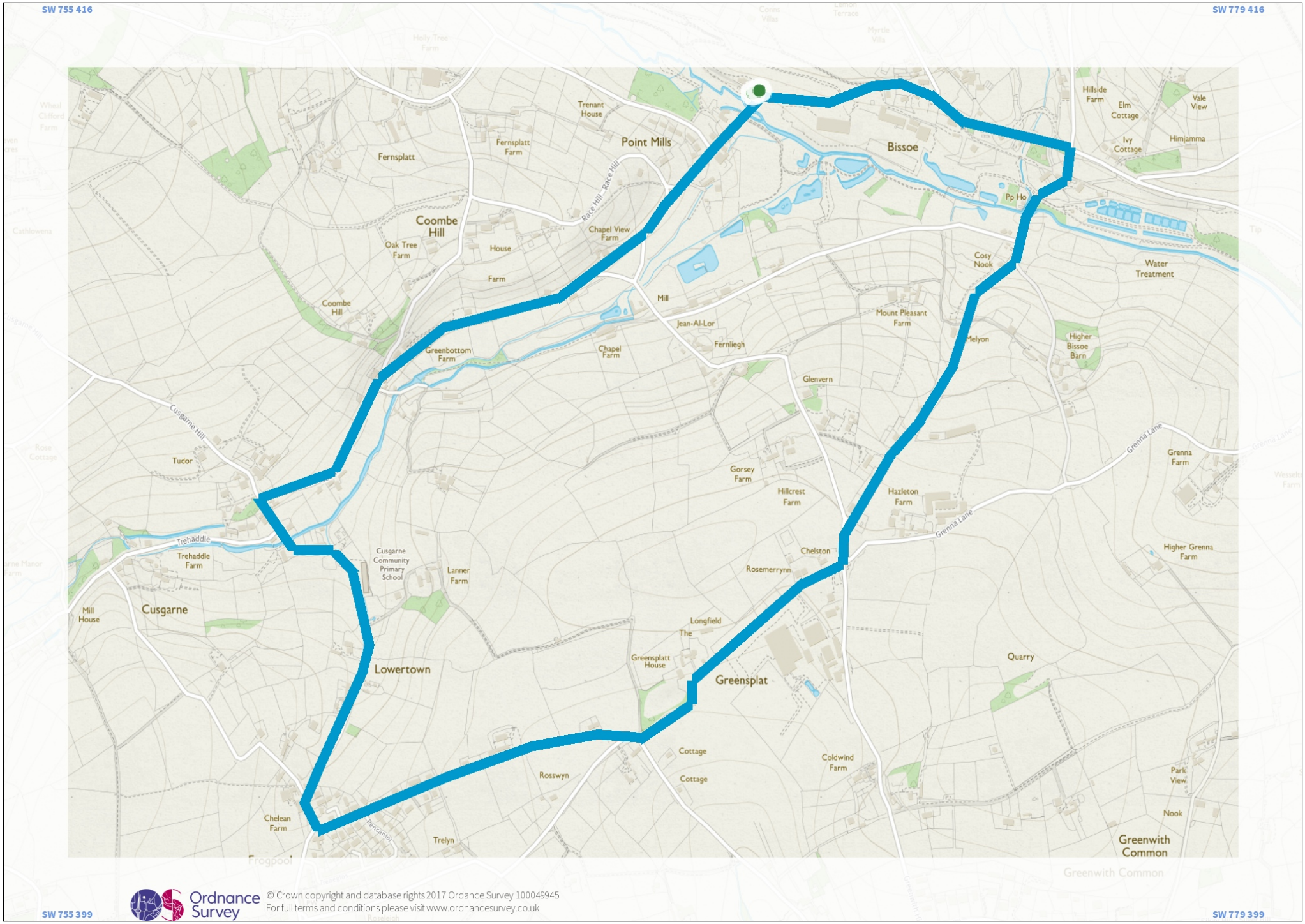


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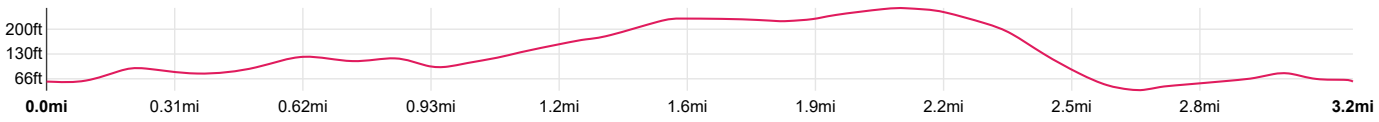
Route Information

Route Name	Gwennap Trail 2

Route Summary

Total Distance	3.16mi (5.08km)	Walk	1h 11min
Elevation	34.12ft at lowest point	Run	38min
	253.28ft at highest point	Cycle	26min
Total Ascent	357.61ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 769 415	0.00mi	50° 13' 52" N	5° 7' 41" W	58.07ft
	Dist to next: 0.01 mi				
44	SW 770 415	3.16mi	50° 13' 52" N	5° 7' 41" W	58.07ft