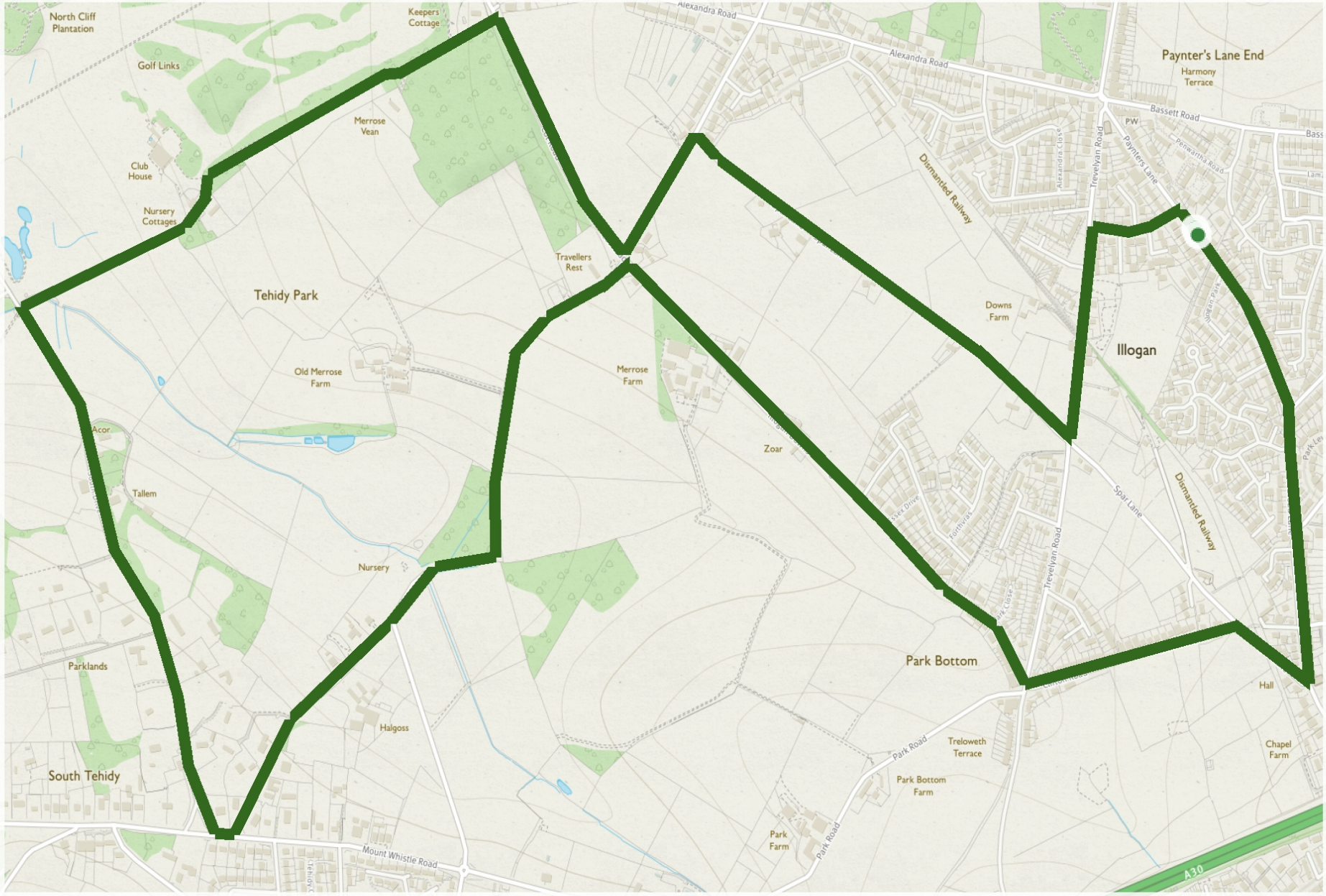
SW 650 437

SW 674 437



SW 650 421

SW 674 421

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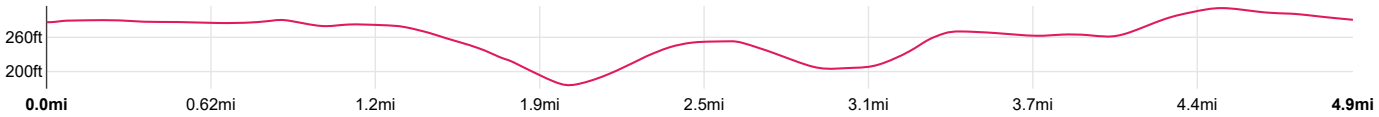
Route Information

Route Name	Illogan Trail 1

Route Summary

Total Distance	4.93mi (7.93km)	Walk	1h 42min
Elevation	168.64ft at lowest point	Run	50min
	322.51ft at highest point	Cycle	32min
Total Ascent	249.34ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 672 432	0.00mi	50° 14' 37" N	5° 15' 54" W	291.34ft
	Dist to next: 0.03 mi				
46	SW 672 432	4.93mi	50° 14' 37" N	5° 15' 54" W	295.93ft