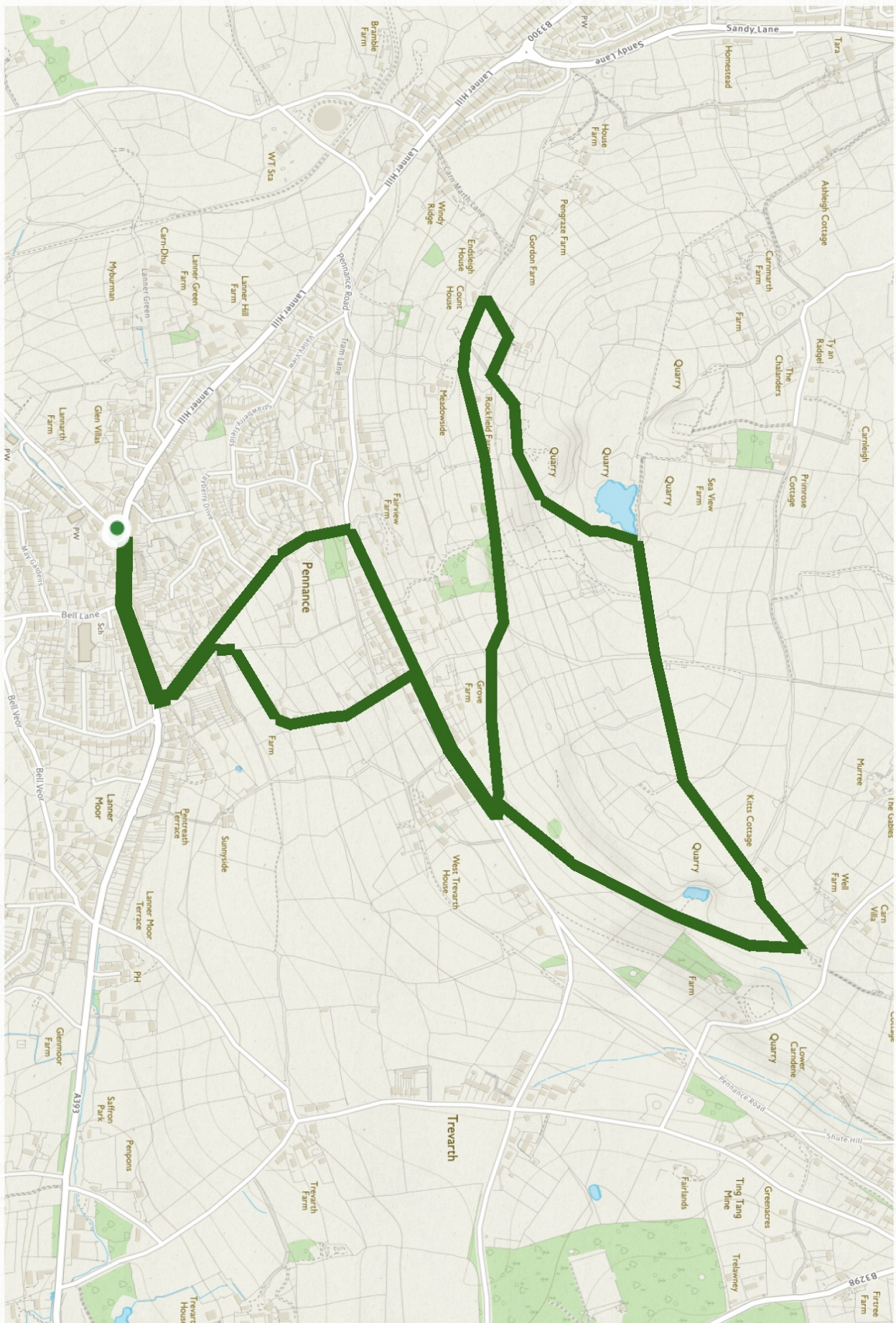




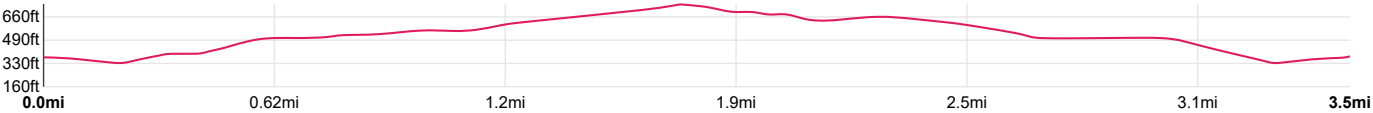
Route Information

Route Name Lanner Trail 1

Route Summary

Total Distance	3.50mi (5.62km)	Walk	1h 25min
Elevation	323.49ft at lowest point	Run	49min
	748.03ft at highest point	Cycle	36min
Total Ascent	603.67ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 716 399	0.00mi	50° 12' 55" N	5° 12' 8" W	371.06ft
Dist to next: 0.01 mi					
52	SW 716 399	3.50mi	50° 12' 55" N	5° 12' 8" W	378.61ft