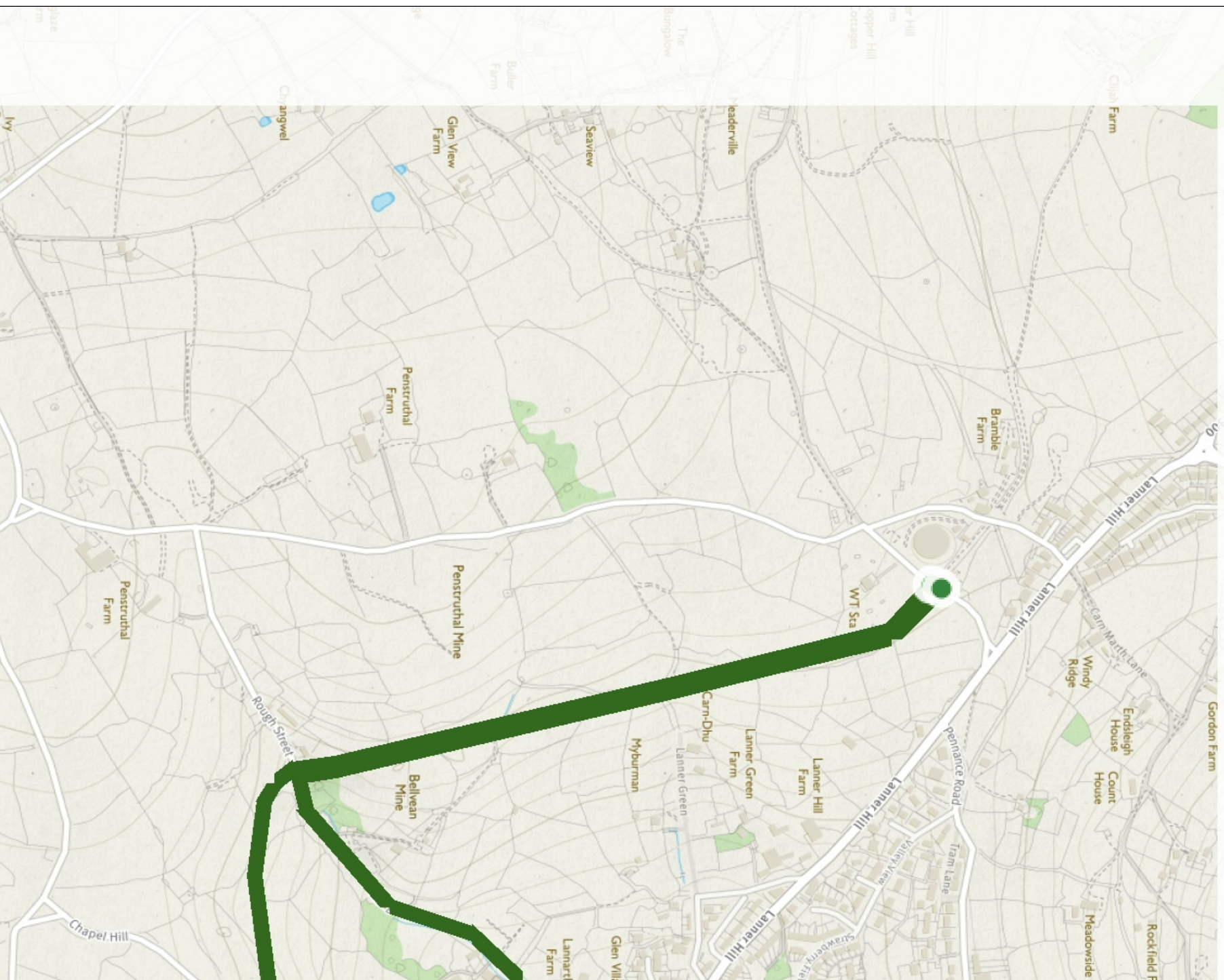


SW 703 407

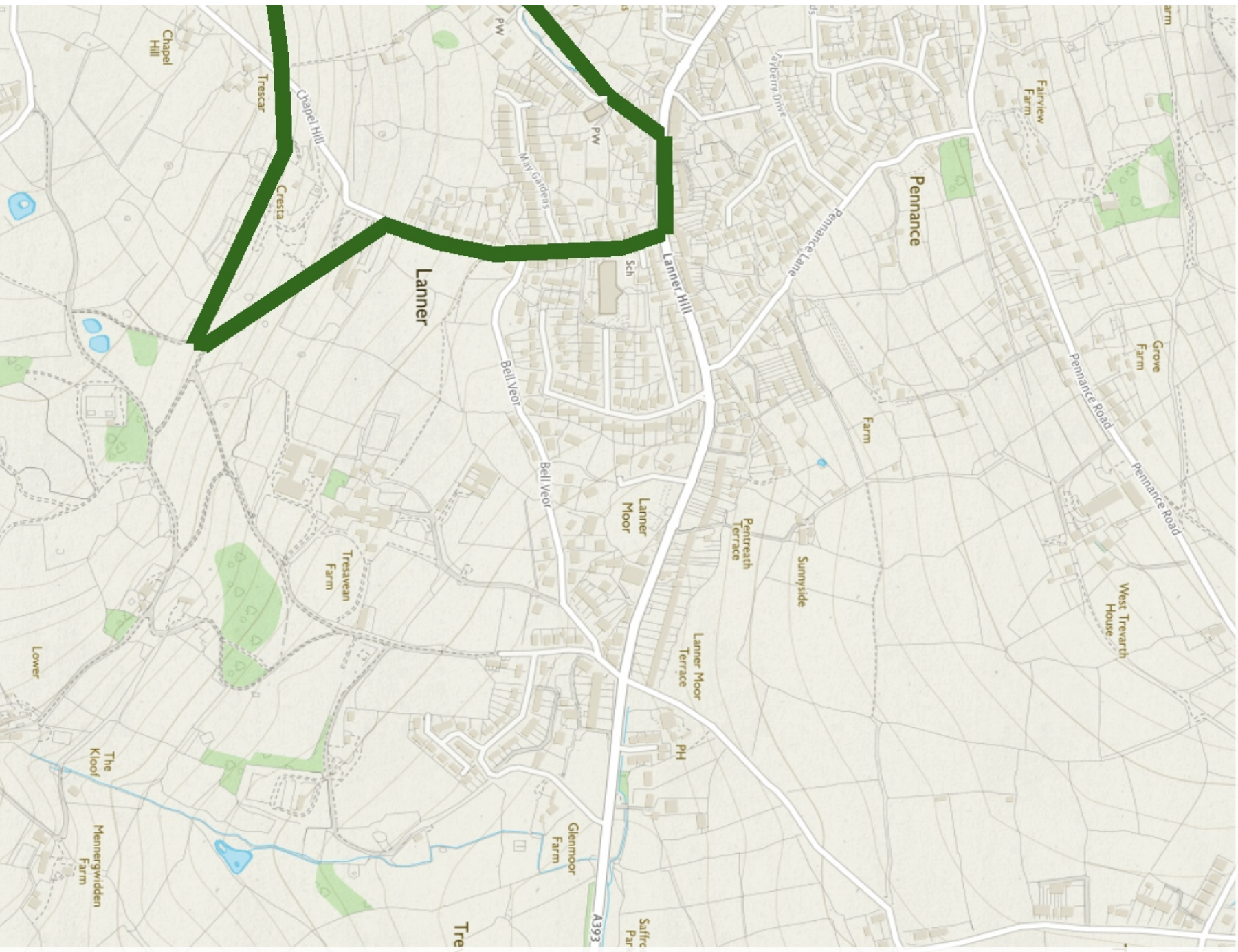


SW 703 391



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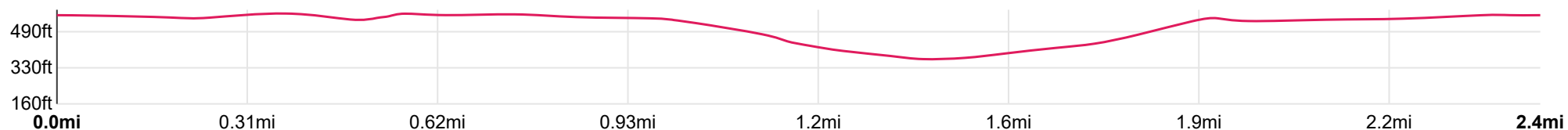
Route Information

Route Name Lanner Trail 2

Route Summary

Total Distance	2.41mi (3.88km)	Walk	57min
Elevation	363.52ft at lowest point	Run	31min
	591.86ft at highest point	Cycle	22min
Total Ascent	345.80ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 709 403	0.00mi	50° 13' 7" N	5° 12' 44" W	567.26ft
Dist to next: 0.05 mi					
28	SW 709 403	2.41mi	50° 13' 7" N	5° 12' 44" W	567.26ft

