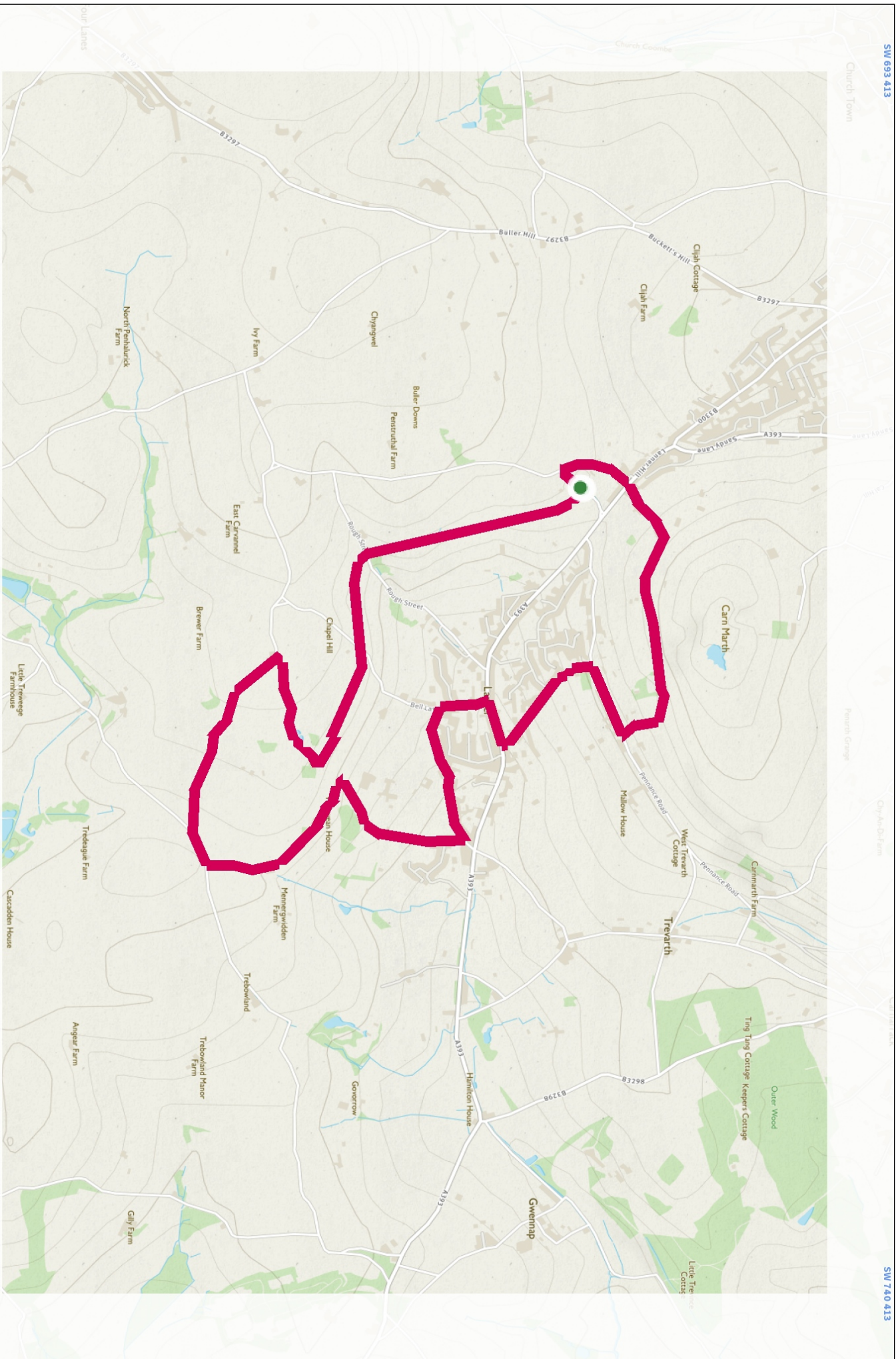




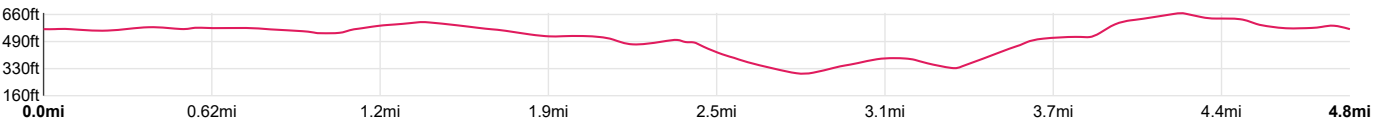
Route Information

Route Name Lanner Trail 3

Route Summary

Total Distance	4.80mi (7.73km)	Walk	1h 53min
Elevation	293.96ft at lowest point	Run	1h 3min
	665.68ft at highest point	Cycle	45min
Total Ascent	695.21ft		

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: 0.04 mi					
72	SW 709 403	4.80mi	50° 13' 7" N	5° 12' 44" W	567.26ft