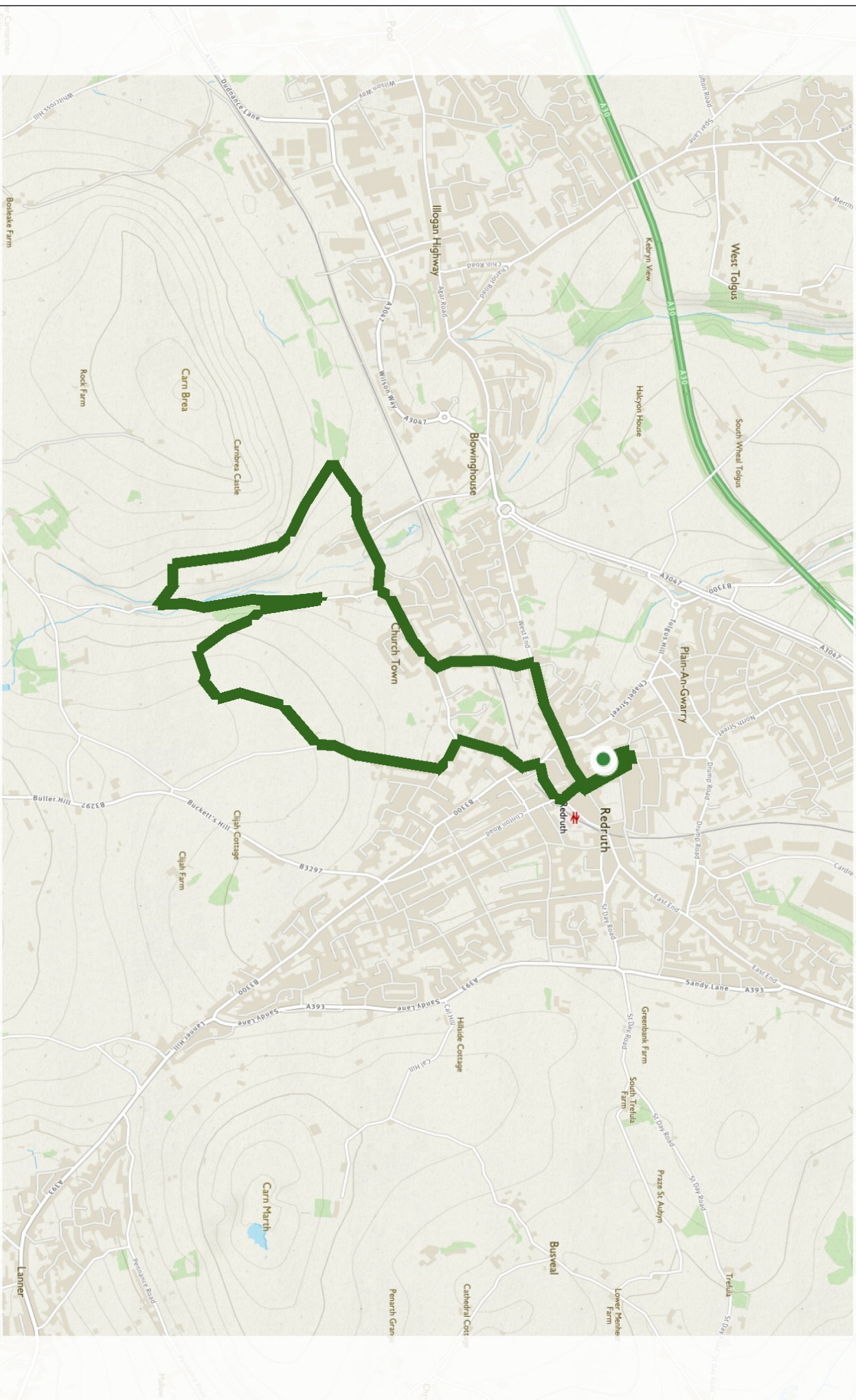




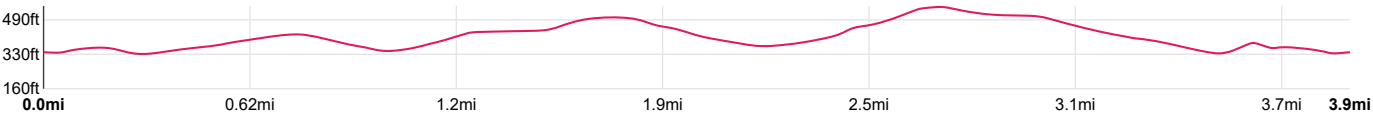
Route Information

Route Name Redruth Trail 3

Route Summary

Total Distance	3.92mi (6.30km)	Walk	1h 33min
Elevation	324.48ft at lowest point	Run	52min
	558.73ft at highest point	Cycle	37min
Total Ascent	583.66ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 698 421	0.00mi	50° 14' 2" N	5° 13' 43" W	338.25ft
	Dist to next: 0.06 mi				
64	SW 698 421	3.92mi	50° 14' 2" N	5° 13' 44" W	338.25ft