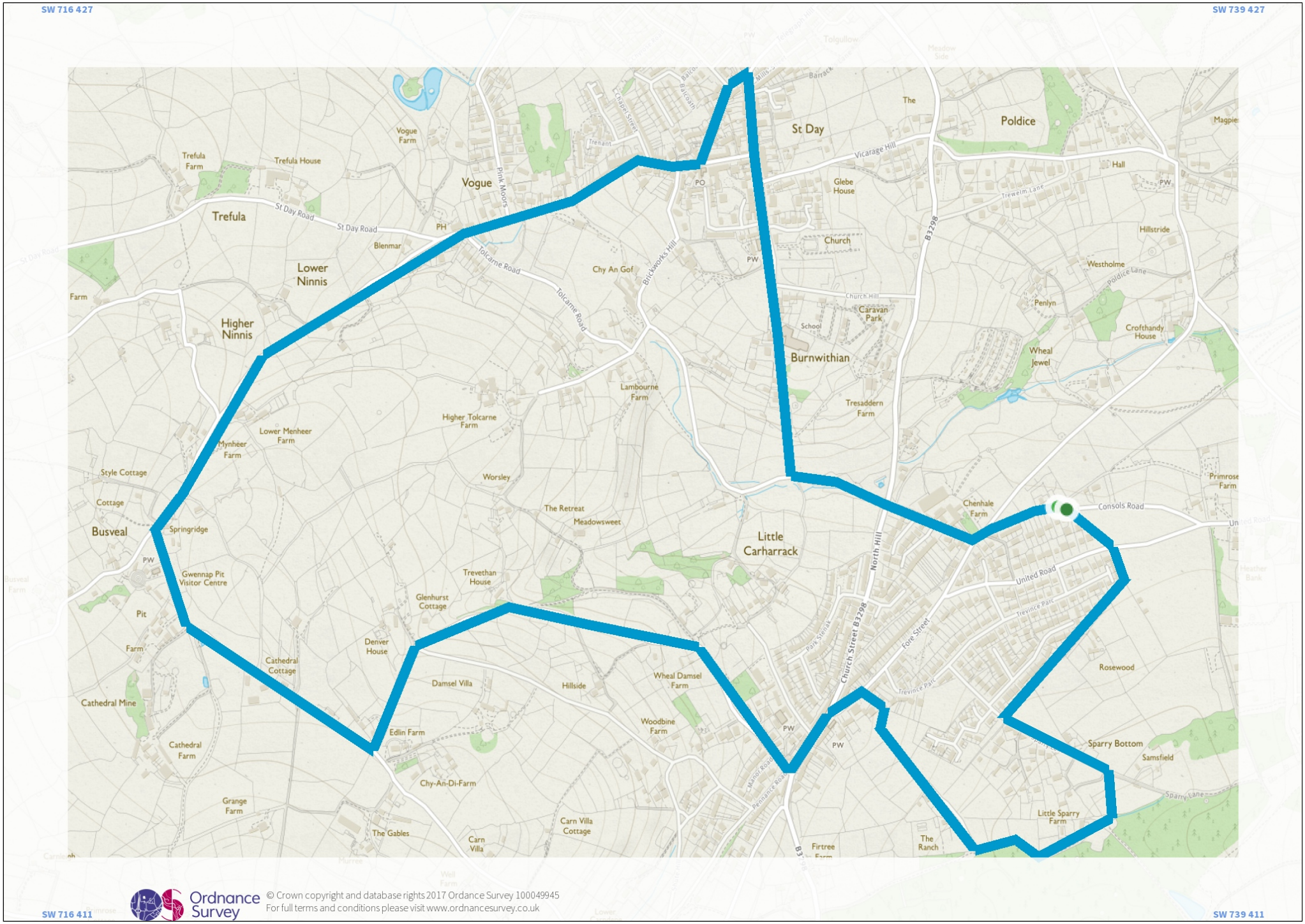

SW 716 427
SW 739 427
SW 716 411
SW 739 411
Trefula Farm
Trefula House
Vogue Farm
Vogue
Trefula
St Day Road
PH
Blenmar
Pink Moors
Tolcarne Road
Lower Ninnis
Higher Ninnis
Chy An Gof
Brickworks Hill
Lambourne Farm
Higher Tolcarne Farm
Lower Menheer Farm
Mynheer Farm
Worsley
The Retreat
Meadowsweet
Style Cottage
Cottage
Busveal
Springridge
PW
Gwennap Pit Visitor Centre
Pit
Farm
Cathedral Cottage
Cathedral Mine
Cathedral Farm
Grange Farm
Trevethan House
Glenhurst Cottage
Denver House
Damsel Villa
Hillside
Wheal Damsel Farm
Woodbine Farm
Edlin Farm
Chy-An-Di-Farm
The Gables
Carn Villa
Carn Villa Cottage
Firtree Farm
The Ranch
Little Carharrack
St Day
The
Poldice
Magpies
Vicarage Hill
Hall
PW
Glebe House
PO
Church
Trewelm Lane
B3298
Hillstride
Westholme
Poldice Lane
Penlyn
Church Hill
Caravan Park
School
Crofthandy House
Wheal Jewel
Burnwithian
Tresaddern Farm
Primrose Farm
Chenhale Farm
Consols Road
North Hill
United Road
Trevince Parc
Fore Street
Church Street B3298
Park Sidnak
Rosewood
Sparry Bottom
Samsfield
Sparry Lane
Little Sparry Farm
Manor Road
Pennance Road
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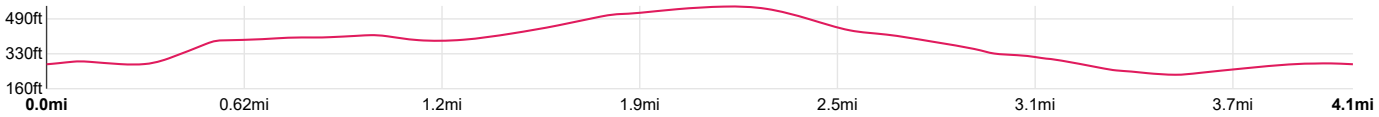
Route Information

Route Name	St Day Trail 1

Route Summary

Total Distance	4.09mi (6.59km)	Walk	1h 30min
Elevation	225.72ft at lowest point	Run	47min
	553.15ft at highest point	Cycle	32min
Total Ascent	379.27ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 736 418	0.00mi	50° 13' 58" N	5° 10' 31" W	278.87ft
	Dist to next: 0.03 mi				
39	SW 736 418	4.09mi	50° 13' 58" N	5° 10' 30" W	278.87ft