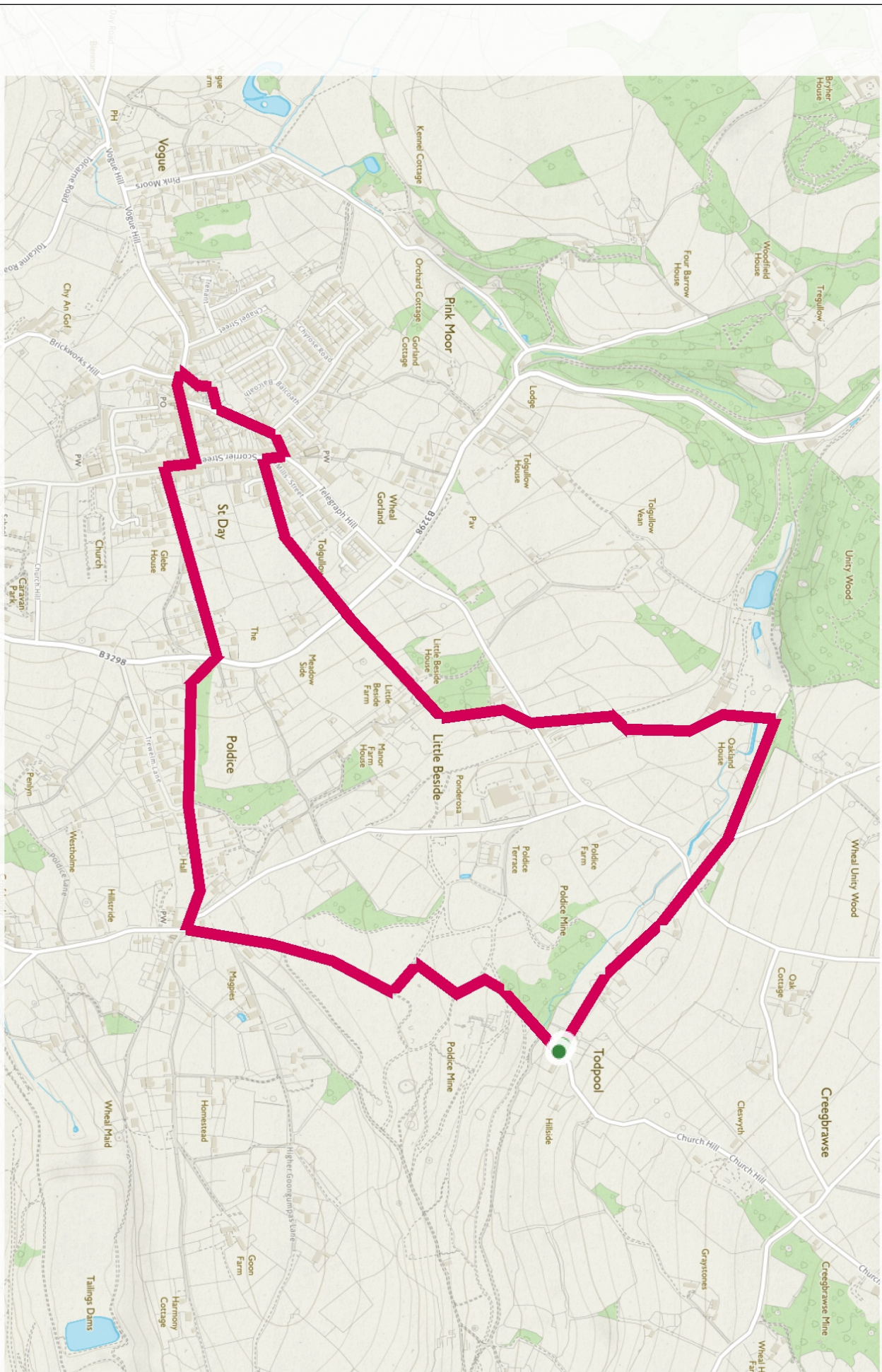




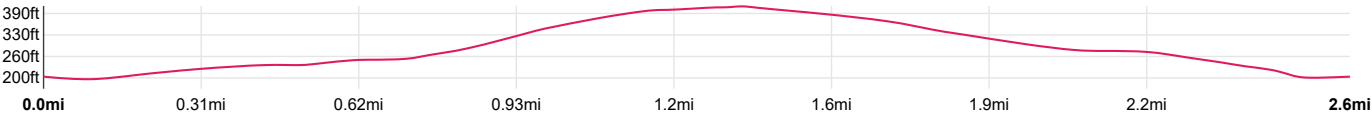
Route Information

Route Name St Day Trail 3

Route Summary

Total Distance	2.57mi (4.13km)	Walk	56min
Elevation	187.99ft at lowest point	Run	29min
	416.67ft at highest point	Cycle	20min
Total Ascent	240.49ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 741 431	0.00mi	50° 14' 40" N	5° 10' 7" W	200.79ft
Dist to next: 0.09 mi					
37	SW 741 430	2.57mi	50° 14' 40" N	5° 10' 7" W	200.79ft