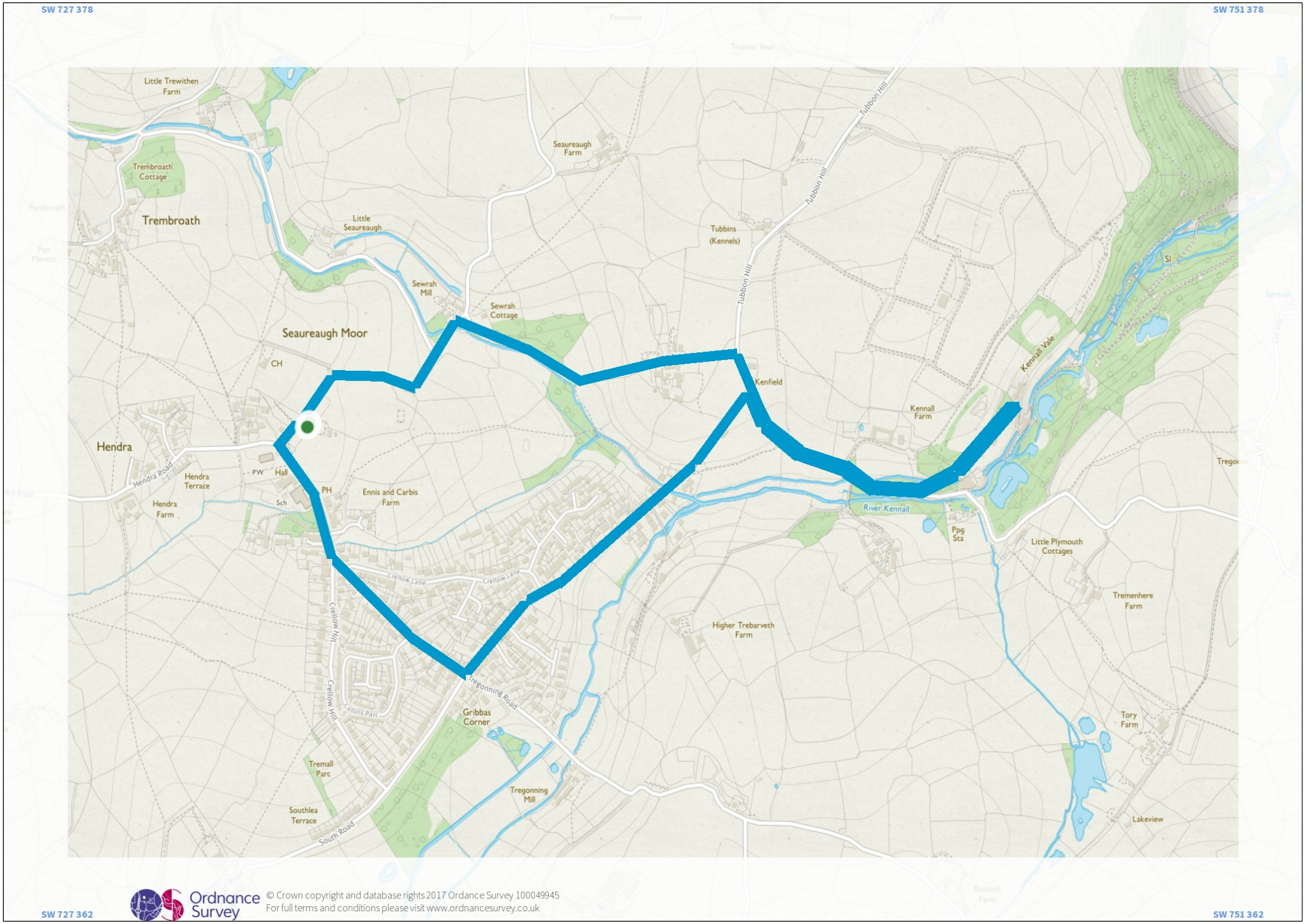

SW 727 378
SW 751 378
Little Trewithen Farm
Trembroath Cottage
Trembroath
Seaureaugh Farm
Little Seaureaugh
Tubbins (Kennels)
Tubboon Hill
Sewrah Mill
Sewrah Cottage
Seaureaugh Moor
CH
Kenfield
Kennall Vale
Kennall Farm
Hendra
Hendra Road
Hendra Terrace
PW
Hall
PH
Sch
Hendra Farm
Ennis and Carbis Farm
River Kennall
Ppg Sta
Little Plymouth Cottages
Crellow Lane
Crellow Hill
Tregonning Road
Higher Trebarveth Farm
Tremenhere Farm
Gribbas Corner
Tremall Parc
Tregonning Mill
Tory Farm
Southlea Terrace
South Road
Lakeview
SW 727 362
SW 751 362
Ordnance Survey
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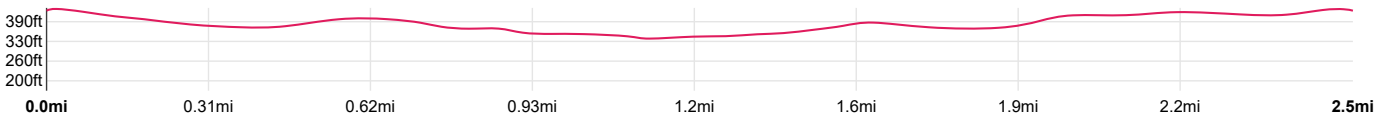
Route Information

Route Name	Stithians Trail 1

Route Summary

Total Distance	2.50mi (4.02km)	Walk	55min
Elevation	333.01ft at lowest point	Run	28min
	439.63ft at highest point	Cycle	19min
Total Ascent	222.77ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 731 371	0.00mi	50° 11' 28" N	5° 10' 43" W	430.45ft
	Dist to next: 0.01 mi				
36	SW 731 371	2.50mi	50° 11' 28" N	5° 10' 43" W	430.45ft