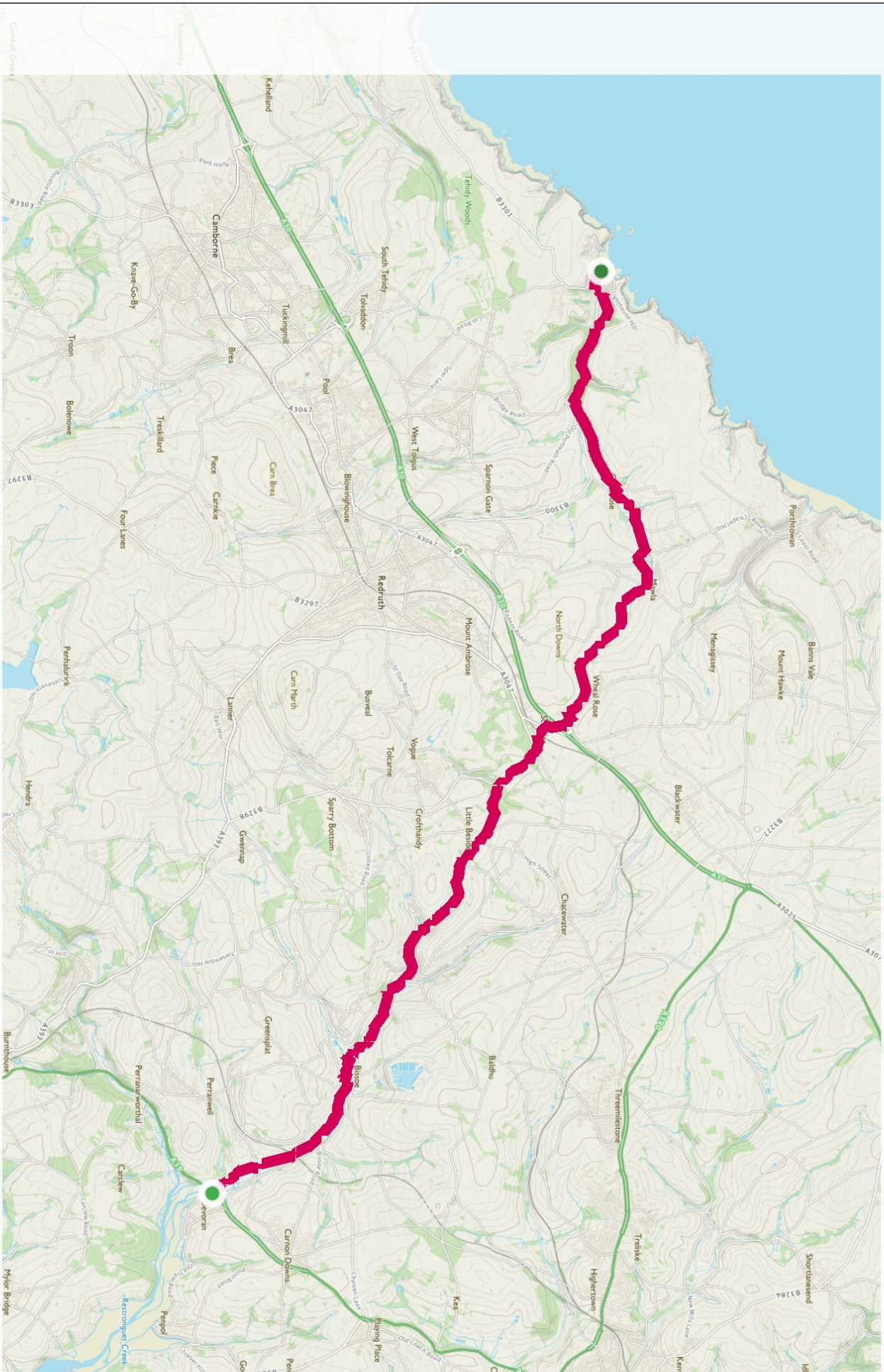




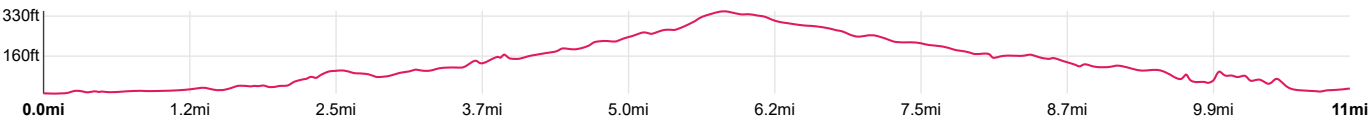
Route Information

Route Name Devoran to Portreath Trail

Route Summary

Total Distance	11.06mi (17.80km)	Walk	4h 0min
Elevation	10.17ft at lowest point	Run	2h 4min
	349.41ft at highest point	Cycle	1h 23min
Total Ascent	888.78ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 790 394	0.00mi	50° 12' 47" N	5° 5' 53" W	11.48ft
Dist to next: 0.02 mi					
179	SW 654 453	11.06mi	50° 15' 40" N	5° 17' 34" W	31.17ft