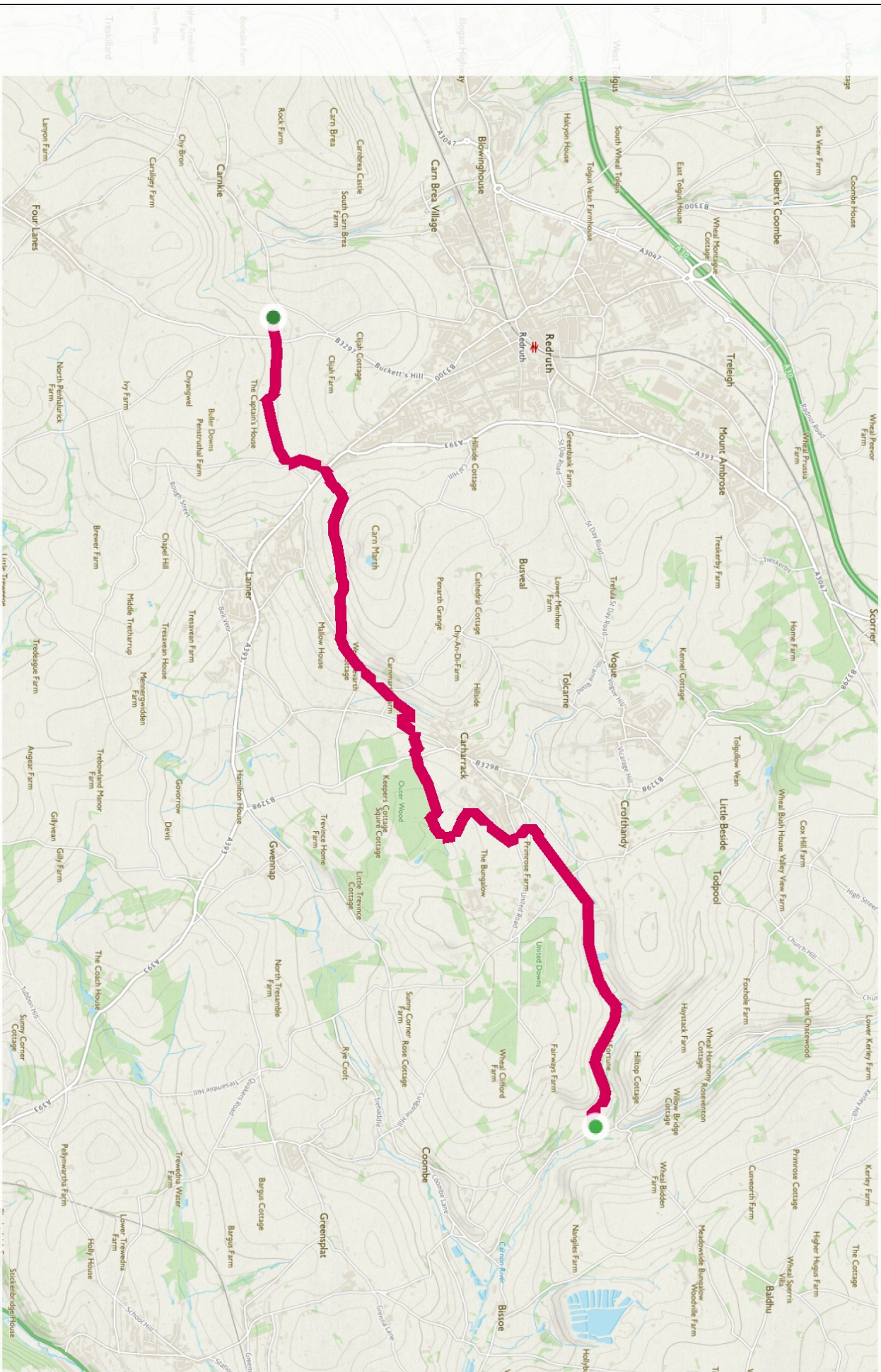




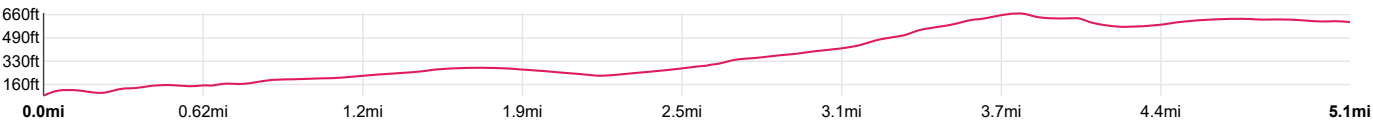
Route Information

Route Name Redruth - Chasewater Trail

Route Summary

Total Distance	5.06mi (8.15km)	Walk	2h 1min
Elevation	85.30ft at lowest point	Run	1h 8min
	668.64ft at highest point	Cycle	49min
Total Ascent	784.12ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 759 421	0.00mi	50° 14' 13" N	5° 8' 35" W	85.30ft
	Dist to next: 0.05 mi				
87	SW 697 402	5.06mi	50° 13' 1" N	5° 13' 44" W	604.00ft