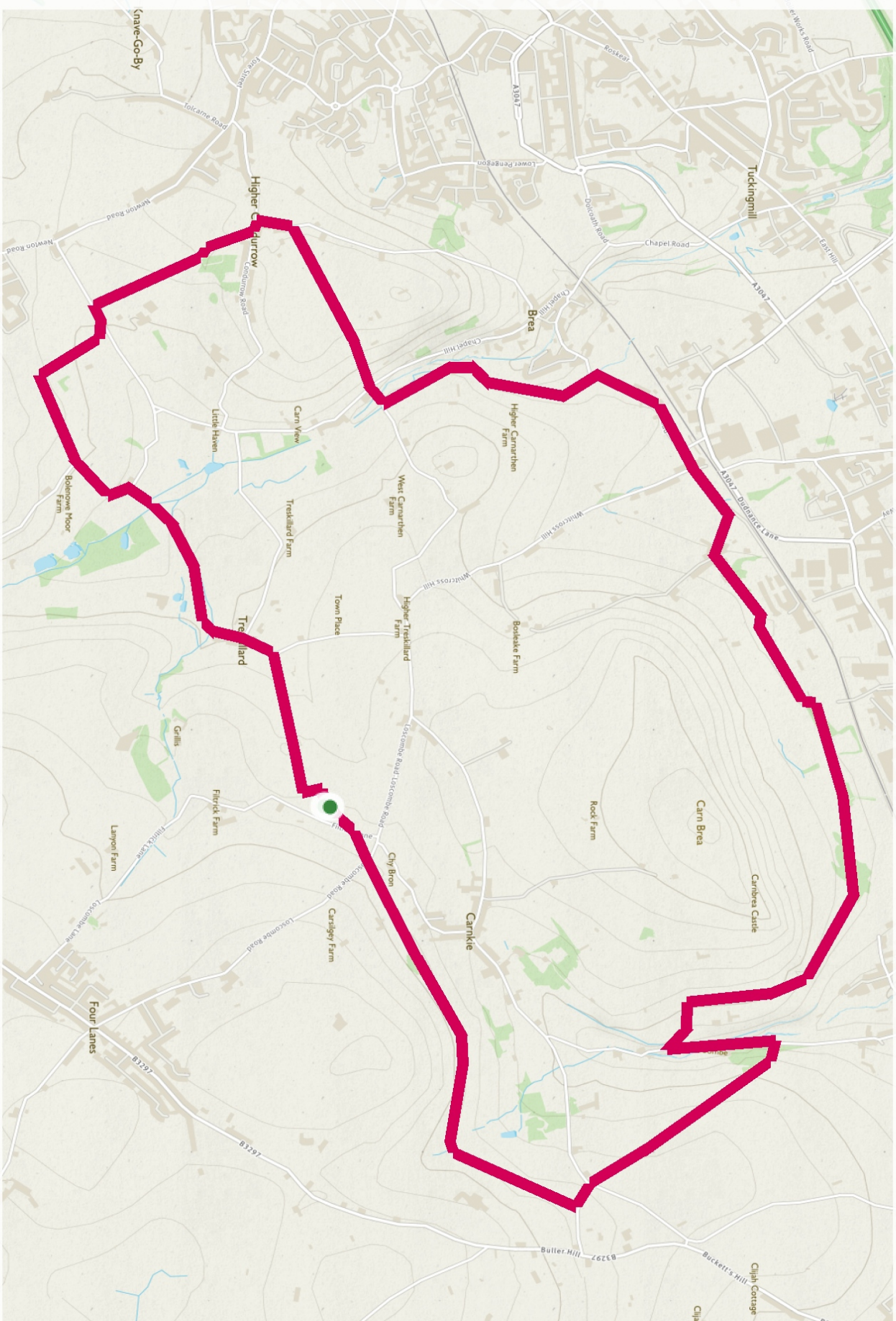




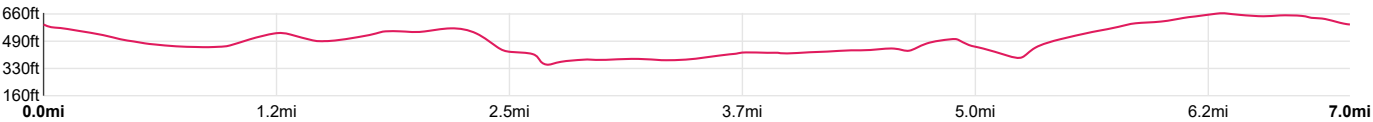
Route Information

Route Name The Great Flat Lode

Route Summary

Total Distance	6.94mi (11.16km)	Walk	2h 36min
Elevation	342.19ft at lowest point	Run	1h 23min
	662.73ft at highest point	Cycle	58min
Total Ascent	753.94ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 682 394	0.00mi	50° 12' 33" N	5° 14' 59" W	592.85ft
Dist to next: 0.04 mi					
61	SW 682 394	6.94mi	50° 12' 34" N	5° 14' 59" W	592.85ft