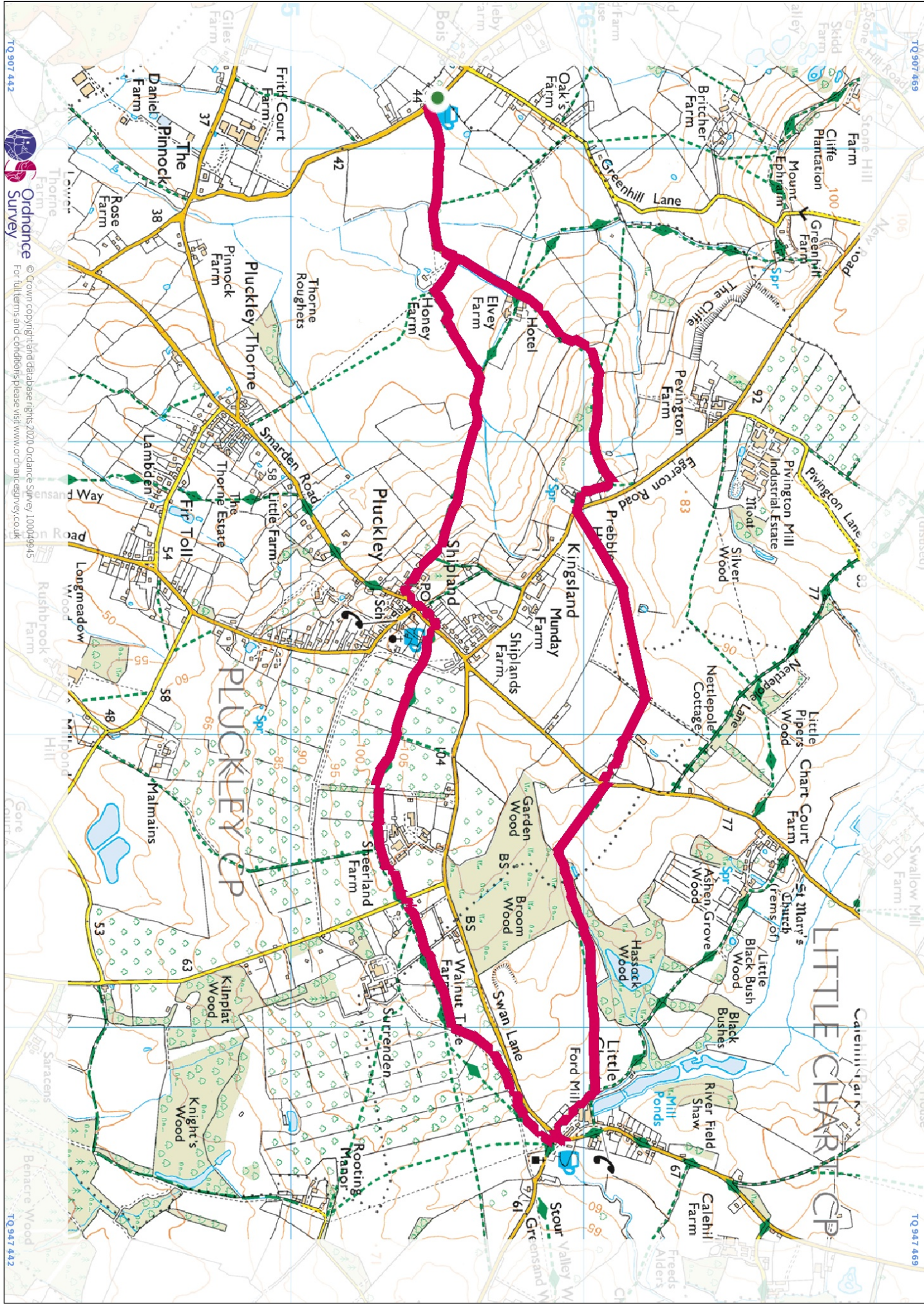




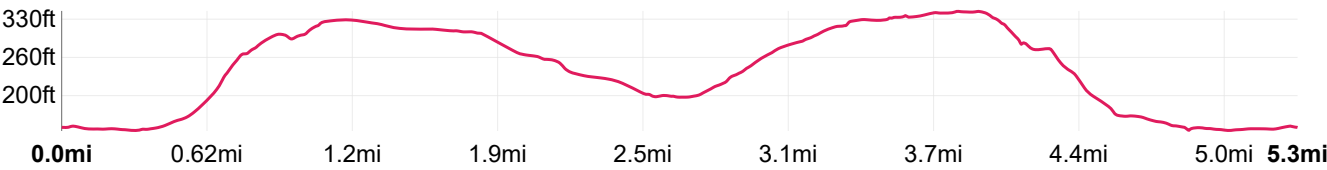
Route Information

Route Name Rose and Crown

Route Summary

Total Distance	5.3mi (8.6km)	Walk	2h 20min
Elevation	136ft at lowest point	Run	46min
	342ft at highest point	Cycle	31min
Total Ascent	408ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	TQ 908 455	0.00mi	51° 10' 36" N	0° 43' 43" E	143ft
	Dist to next: 5.27mi, Bearing to next: 254°, Ascent to next: 408ft				
2	TQ 908 454	5.27mi	51° 10' 36" N	0° 43' 43" E	142ft