

## Route Information

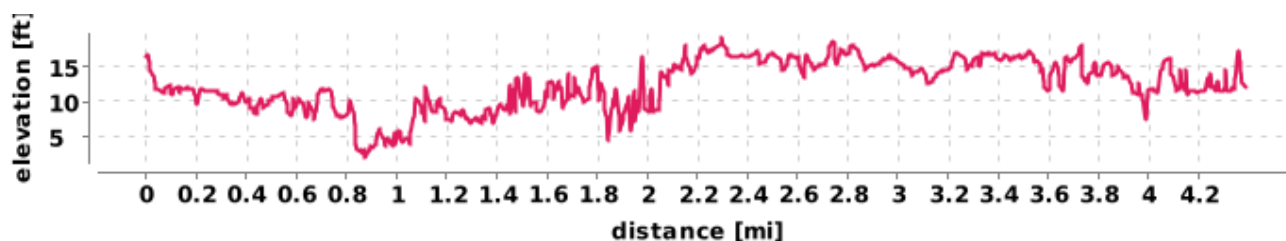
Rye Harbour

4.5 mile gentle flat walk round the nature reserve

## Route Summary

Total Distance **4.39 mi (7.06 km)**  
 Elevation **2 ft at lowest point**  
**19 ft at highest point**  
 Total Ascent **241 ft**

## Elevation Profile



## Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
0	<b>TQ 942 190</b>	<b>0 mi</b>	50° 56' 17" N	0° 45' 46" E	<b>16 ft</b>
	Dist to next: <b>4.39 mi</b> , Ascent to next: <b>-4 ft</b>				
1	<b>TQ 941 189</b>	<b>4.39 mi</b>	50° 56' 14" N	0° 45' 44" E	<b>12 ft</b>