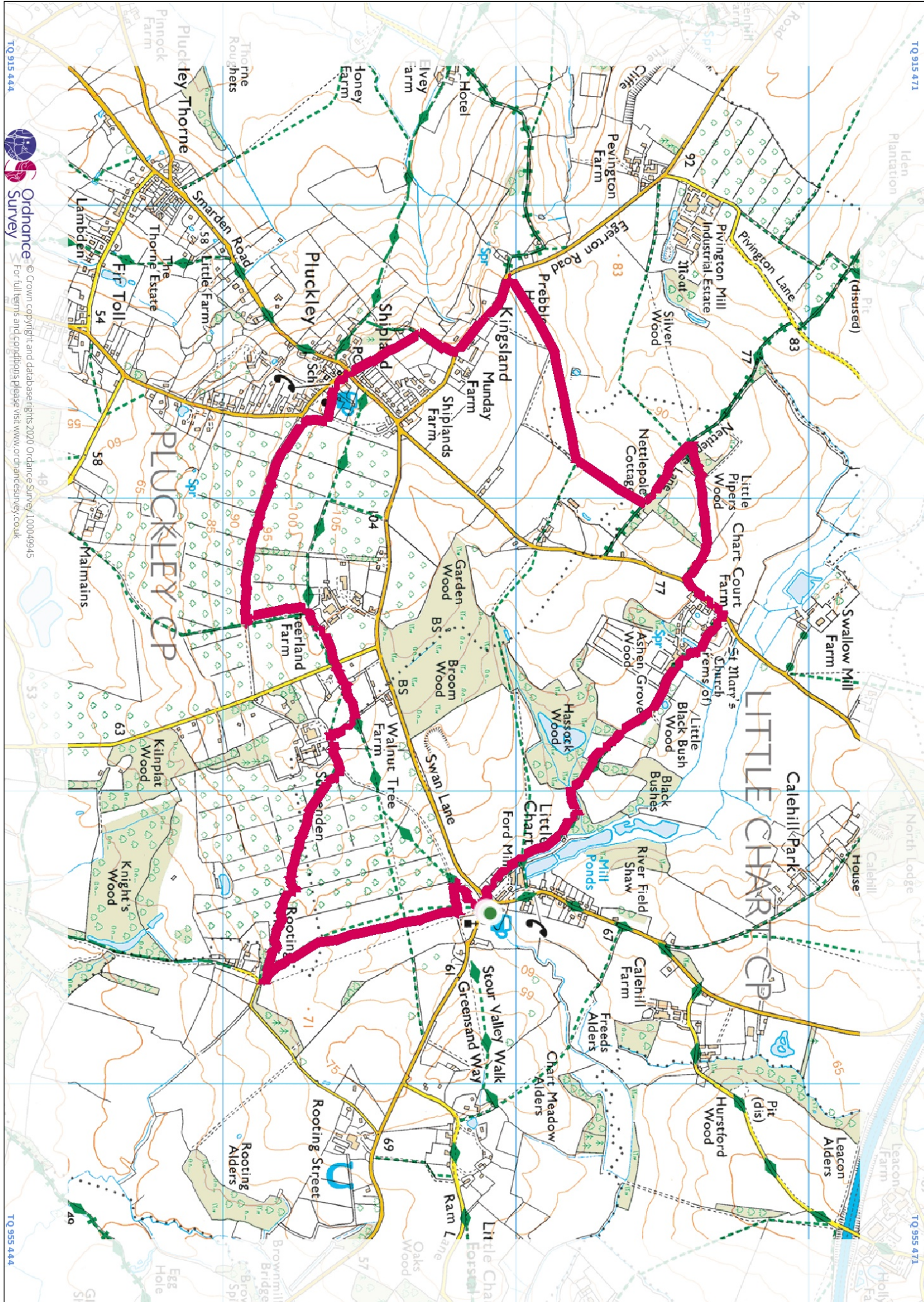




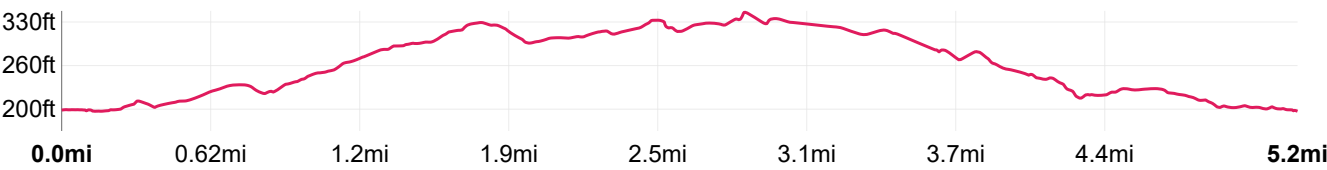
# Route Information

Route Name                      Swan 5 miler

## Route Summary

|                |                        |       |          |
|----------------|------------------------|-------|----------|
| Total Distance | 5.2mi (8.4km)          | Walk  | 2h 15min |
| Elevation      | 194ft at lowest point  | Run   | 45min    |
|                | 345ft at highest point | Cycle | 31min    |
| Total Ascent   | 336ft                  |       |          |

## Elevation Profile



## Route Card

| #                                                                 | OS Grid Ref | Dist from start | Latitude      | Longitude    | Elevation |
|-------------------------------------------------------------------|-------------|-----------------|---------------|--------------|-----------|
| 1                                                                 | TQ 944 458  | 0.00mi          | 51° 10' 45" N | 0° 46' 48" E | 196ft     |
| Dist to next: 5.14mi, Bearing to next: 30°, Ascent to next: 336ft |             |                 |               |              |           |
| 2                                                                 | TQ 944 459  | 5.14mi          | 51° 10' 45" N | 0° 46' 48" E | 194ft     |