



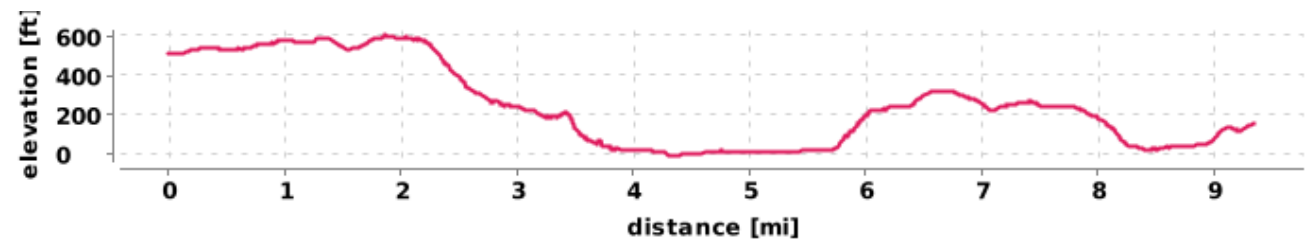
Route Information

PortEynon

Route Summary

Total Distance	9.35 mi (15.04 km)
Elevation	-9 ft at lowest point
	607 ft at highest point
Total Ascent	700 ft

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SS 490 900	0 mi	51° 35' 19" N	4° 10' 47" W	514 ft
	Dist to next: 4.75 mi, Ascent to next: -496 ft				
2	SS 510 873	4.75 mi	51° 33' 54" N	4° 9' 3" W	18 ft
	Lunch				
	Dist to next: 4.6 mi, Ascent to next: 142 ft				
3	SS 461 853	9.35 mi	51° 32' 45" N	4° 13' 13" W	160 ft