

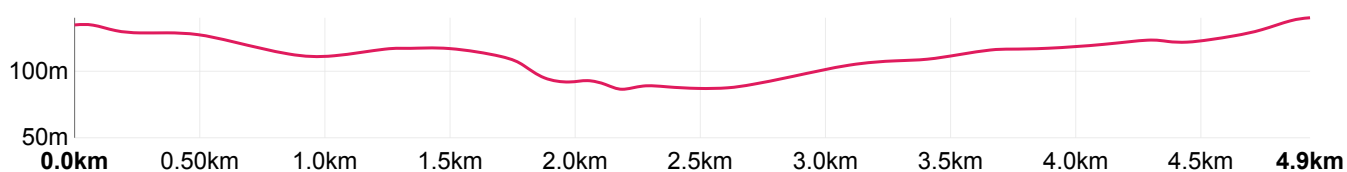
Route Information

Route Name

Route Summary

Total Distance	4.9km (3.1mi)	Walk	1h 6min
Elevation	85m at lowest point	Run	26min
	140m at highest point	Cycle	15min
Total Ascent	77m		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Ascent to next	Latitude	Longitude	Elevation
1	TQ 254 334 Start - Stanford Campsite Dist to next: 1.87 km	0.00km	12m	51° 5' 12" N	0° 12' 34" W	135m
2	TQ 245 344 Checkpoint 1 - Bridge to Buchan Park Carpark Dist to next: 0.74 km	1.87km	9m	51° 5' 45" N	0° 13' 21" W	94m
3	TQ 238 345 Checkpoint 2 - Bridleway Start Dist to next: 2.32 km	2.61km	56m	51° 5' 50" N	0° 13' 55" W	87m
4	TQ 229 327 Checkpoint 3 - Dragon Inn	4.93km	0m	51° 4' 51" N	0° 14' 48" W	140m