





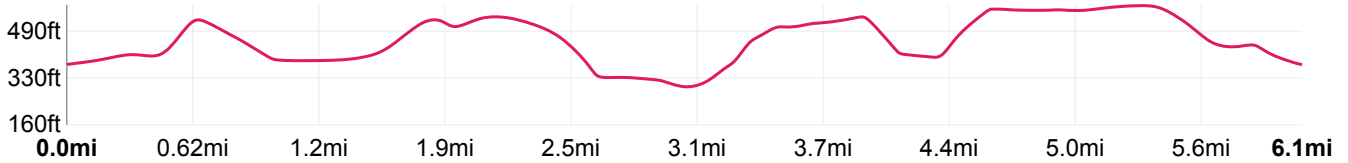
Route Information

Route Name Golden Cross Long Hash

Route Summary

Total Distance	6.1mi (9.8km)	Walk	2h 55min
Elevation	289x at lowest point	Run	53min
	584x at highest point	Cycle	29min
Total Ascent	859x		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SU 814 980	0.00mi	51° 40' 30" N	0° 49' 23" W	375x
	Dist to next: 6.06mi, Bearing to next: 299°, Ascent to next: 859x				
2	SU 814 980	6.06mi	51° 40' 30" N	0° 49' 24" W	376x