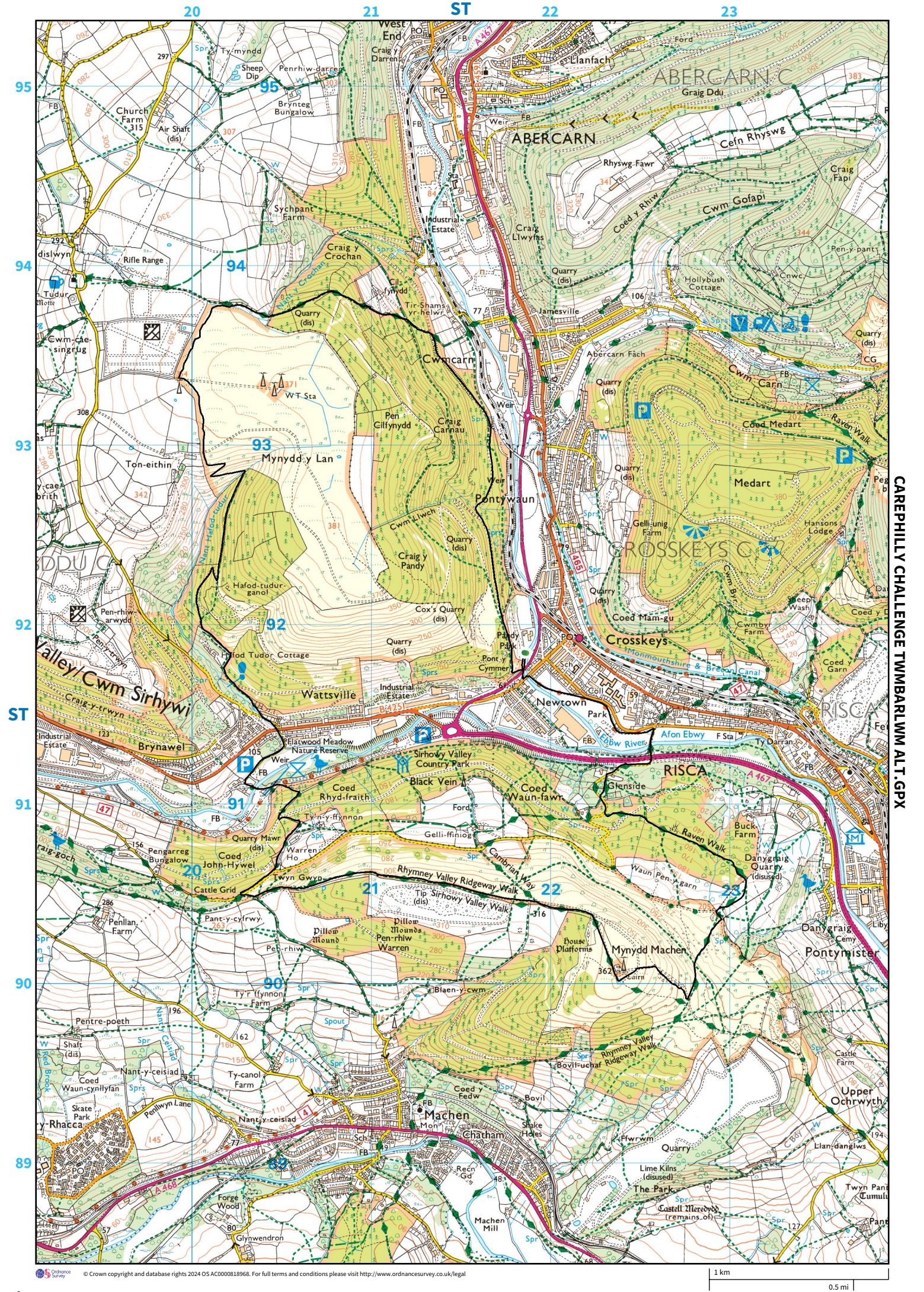




CAREPHILLY CHALLENGE TWMBARLWM ALT.GPX

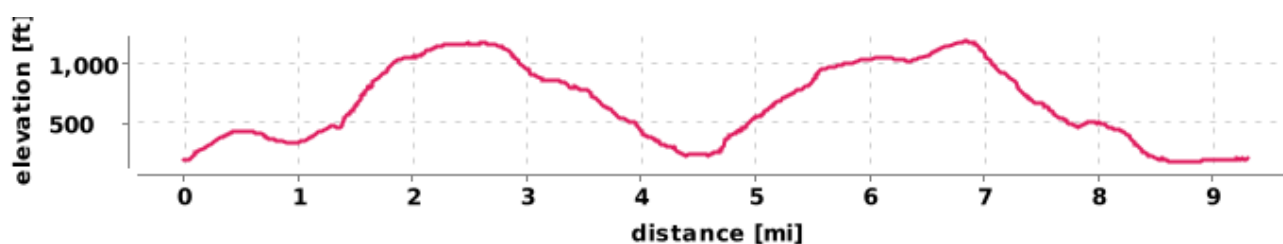
Route Information

Carephilly Challenge Twmbarlwm Alt.GPX

Route Summary

Total Distance **9.31 mi (14.99 km)**
 Elevation **179 ft** at lowest point
1187 ft at highest point
 Total Ascent **2260 ft**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	ST 218 918	0 mi	51° 37' 11" N	3° 7' 48" W	197 ft
Dist to next: 9.31 mi, Ascent to next: 8 ft					
2	ST 218 918	9.31 mi	51° 37' 11" N	3° 7' 48" W	205 ft