



TABLE MOUNTAIN

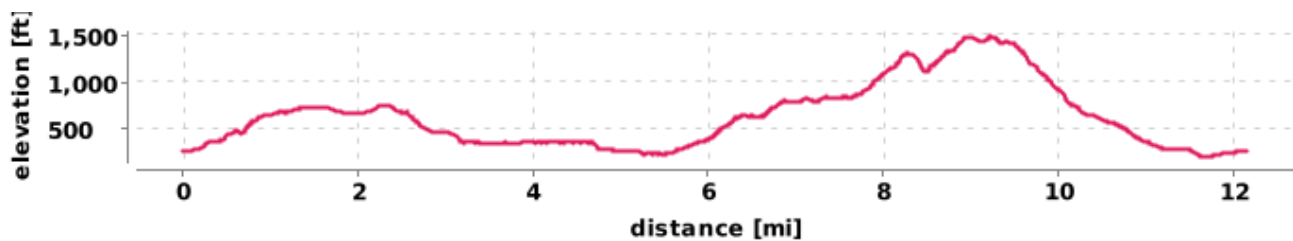
Route Information

Table Mountain

Route Summary

Total Distance **12.16 mi (19.57 km)**
 Elevation **206 ft at lowest point**
1489 ft at highest point
 Total Ascent **2432 ft**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SO 210 177	0 mi	51° 51' 8" N	3° 8' 51" W	276 ft
	Dist to next: 4.56 mi , Ascent to next: 85 ft				
2	SO 193 191	4.56 mi	51° 51' 53" N	3° 10' 22" W	361 ft
	Coffee				
	Dist to next: 2.84 mi , Ascent to next: 470 ft				
3	SO 211 202	7.4 mi	51° 52' 29" N	3° 8' 48" W	831 ft
	Lunch				
	Dist to next: 4.77 mi , Ascent to next: -556 ft				
4	SO 210 177	12.16 mi	51° 51' 8" N	3° 8' 51" W	275 ft