

LLANGRANNOG NEW QUAY

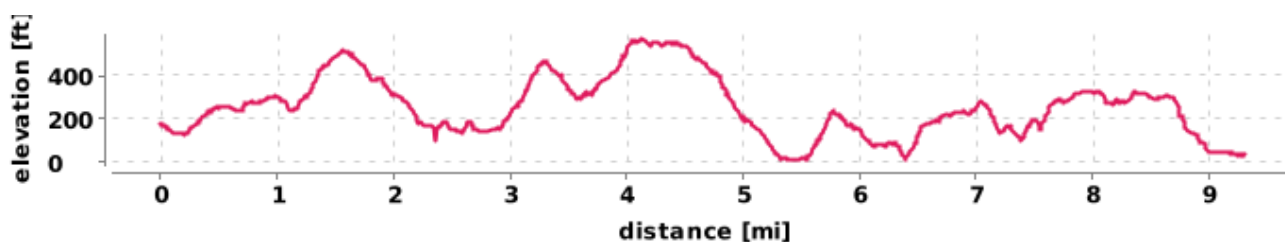
Route Information

Llangrannog New Quay

Route Summary

Total Distance **9.32 mi (14.99 km)**
 Elevation **12 ft at lowest point**
568 ft at highest point
 Total Ascent **2284 ft**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SN 316 538	0 mi	52° 9' 25" N	4° 27' 46" W	175 ft
	Dist to next: 4.05 mi , Ascent to next: 385 ft				
2	SN 346 565	4.05 mi	52° 10' 56" N	4° 25' 12" W	560 ft
	Refreshments				
	Dist to next: 2.14 mi , Ascent to next: -479 ft				
3	SN 360 581	6.19 mi	52° 11' 49" N	4° 23' 59" W	81 ft
	Lunch				
	Dist to next: 3.12 mi , Ascent to next: -38 ft				
4	SN 389 600	9.32 mi	52° 12' 54" N	4° 21' 29" W	43 ft