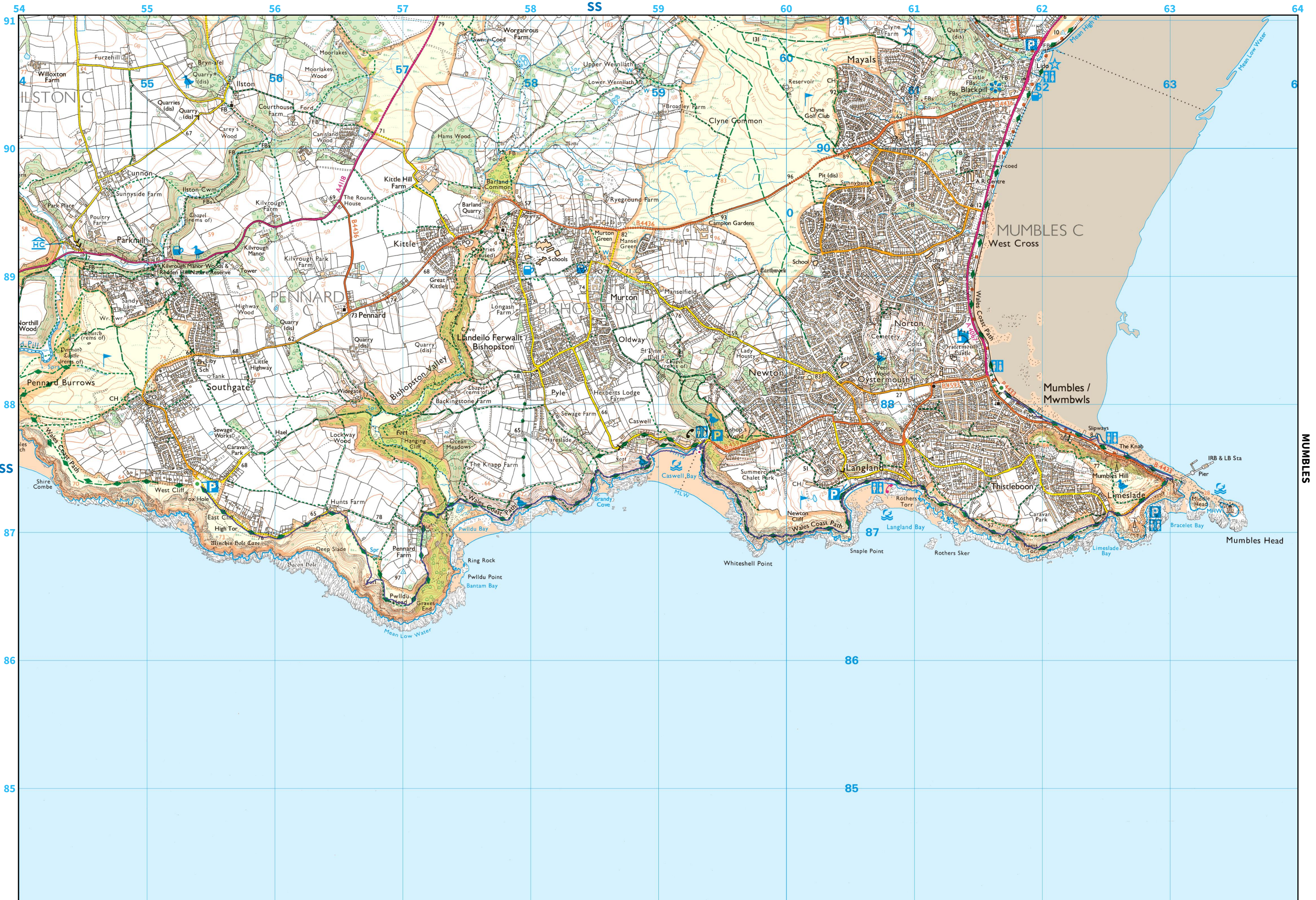




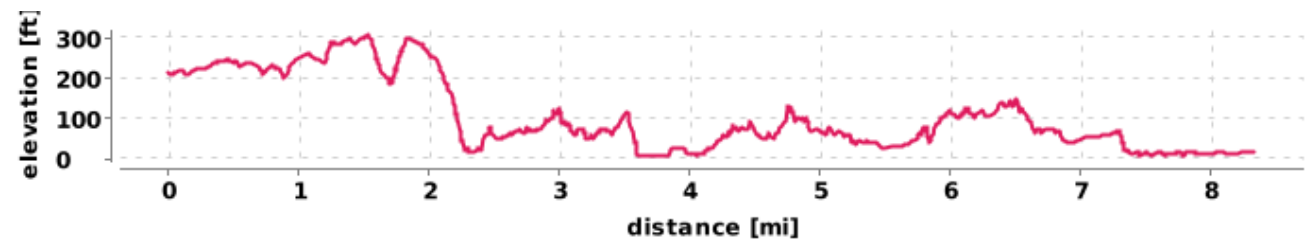
Route Information

Mumbles

Route Summary

Total Distance	8.34 mi (13.42 km)
Elevation	7 ft at lowest point
	307 ft at highest point
Total Ascent	1123 ft

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SS 553 873	0 mi	51° 34' 0" N	4° 5' 16" W	213 ft
	Dist to next: 4.06 mi, Ascent to next: -202 ft				
2	SS 593 876	4.06 mi	51° 34' 11" N	4° 1' 52" W	11 ft
	Lunch				
	Dist to next: 4.28 mi, Ascent to next: 5 ft				
3	SS 616 881	8.34 mi	51° 34' 30" N	3° 59' 50" W	16 ft