



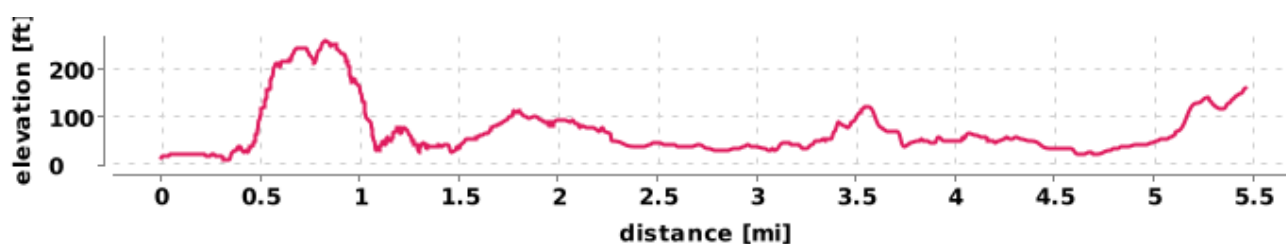
Route Information

Oxwich

Route Summary

Total Distance	5.47 mi (8.8 km)
Elevation	10 ft at lowest point
	259 ft at highest point
Total Ascent	812 ft

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SS 500 865	0 mi	51° 33' 28" N	4° 9' 50" W	17 ft
	Dist to next: 2.21 mi, Ascent to next: 53 ft				
2	SS 504 849	2.21 mi	51° 32' 37" N	4° 9' 29" W	70 ft
	Coffee				
	Dist to next: 3.26 mi, Ascent to next: 91 ft				
3	SS 461 853	5.47 mi	51° 32' 44" N	4° 13' 14" W	160 ft