



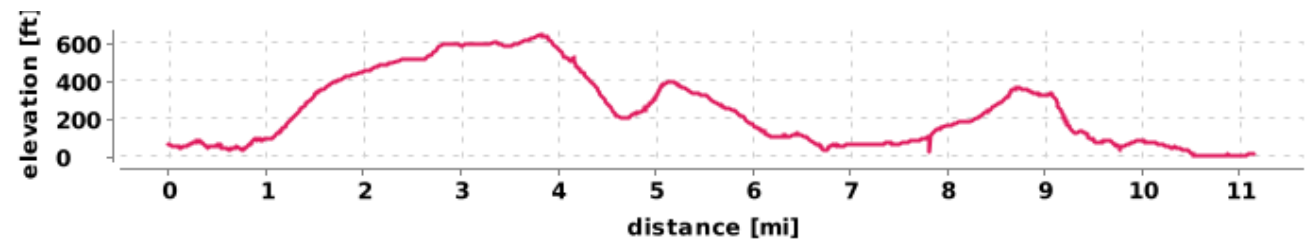
Route Information

Swanage

Route Summary

Total Distance	11.16 mi (17.95 km)
Elevation	5 ft at lowest point
	644 ft at highest point
Total Ascent	1390 ft

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SY 957 828	0 mi	50° 38' 44" N	2° 3' 40" W	66 ft
	Dist to next: 4.13 mi, Ascent to next: 448 ft				
2	SZ 011 808	4.13 mi	50° 37' 38" N	1° 59' 7" W	514 ft
	Squash				
	Dist to next: 3.64 mi, Ascent to next: -420 ft				
3	SZ 053 823	7.77 mi	50° 38' 28" N	1° 55' 30" W	95 ft
	Lunch				
	Dist to next: 3.39 mi, Ascent to next: -80 ft				
4	SZ 029 789	11.16 mi	50° 36' 35" N	1° 57' 35" W	15 ft