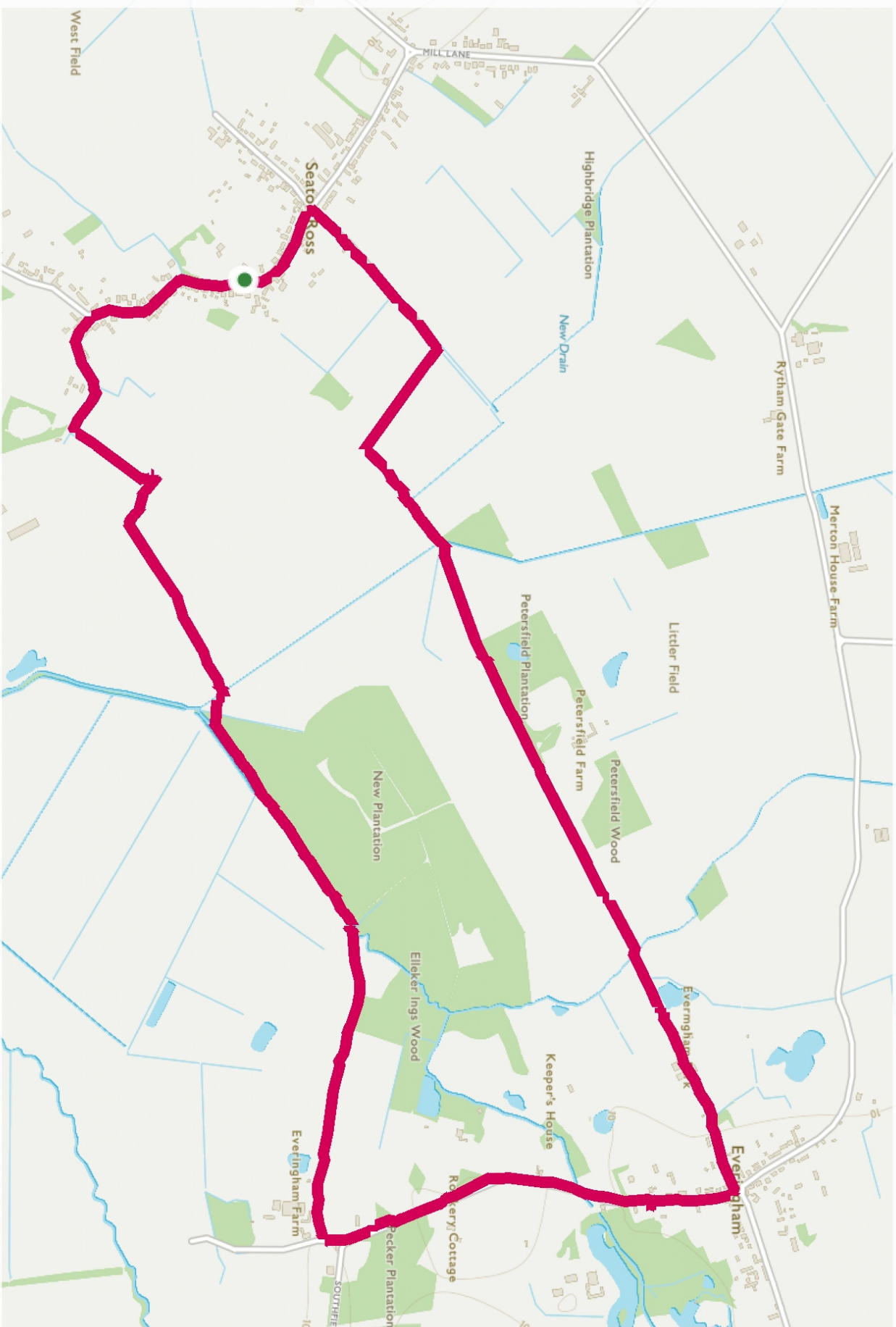




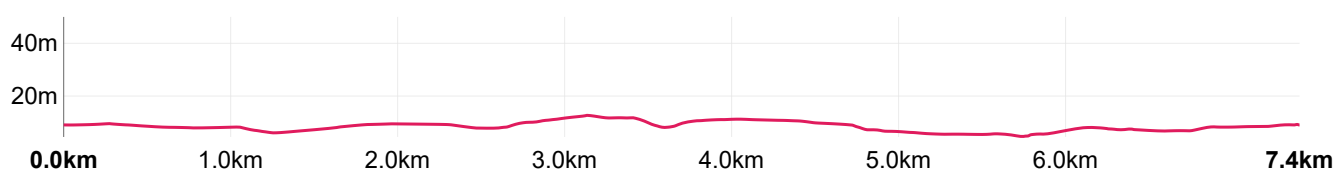
Route Information

Route Name WW CP& EP Seaton ross

Route Summary

Total Distance	7.5km (4.6mi)	Walk	0min
Elevation	4m at lowest point	Run	0min
	13m at highest point	Cycle	0min
Total Ascent	21m		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SE 781 412	0.00km	53° 51' 42" N	0° 48' 47" W	9m
	Dist to next: 7.39km, Bearing to next: 1°, Ascent to next: 21m				
2	SE 781 412	7.39km	53° 51' 42" N	0° 48' 47" W	9m