



Newport Bay / Bae Trefdraeth

DINAS CROSS

CARNINGLI TO DINAS

## Route Information

Carningli to Dinas

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### Route Summary

Total Distance           **6.61 km (4.11 mi)**  
Elevation                   **5 m at lowest point**  
                                  **306 m at highest point**  
Total Ascent               **21 m**

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### Elevation Profile

