



CWM CONNELL TO POPPIT SANDS

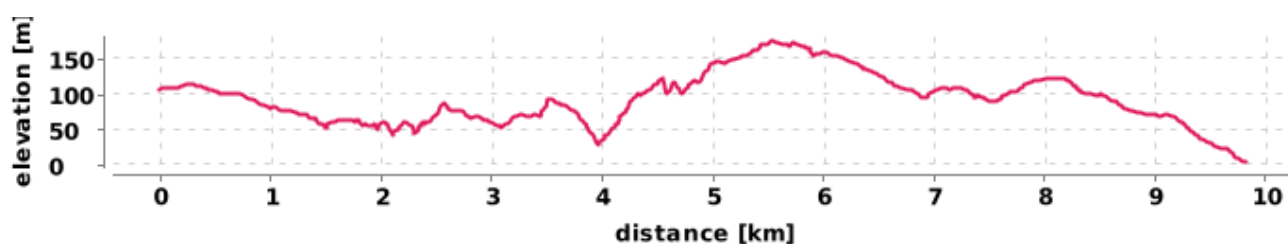
Route Information

Cwm Connell To Poppit Sands

Route Summary

Total Distance **9.83 km (6.11 mi)**
 Elevation **5 m at lowest point**
176 m at highest point
 Total Ascent **383 m**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SN 119 460	0 km	52° 4' 50" N	4° 44' 46" W	108 m
Dist to next: 9.83 km , Ascent to next: -103 m					
2	SN 151 485	9.83 km	52° 6' 16" N	4° 41' 59" W	5 m