

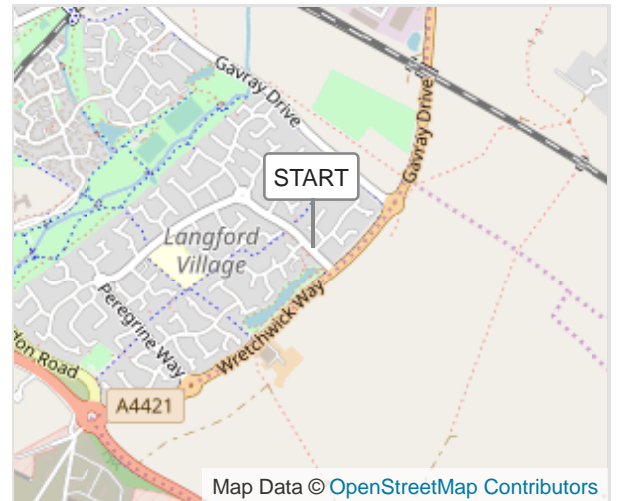


# Langford Circular Exercise Walk

## ROUTE INFORMATION



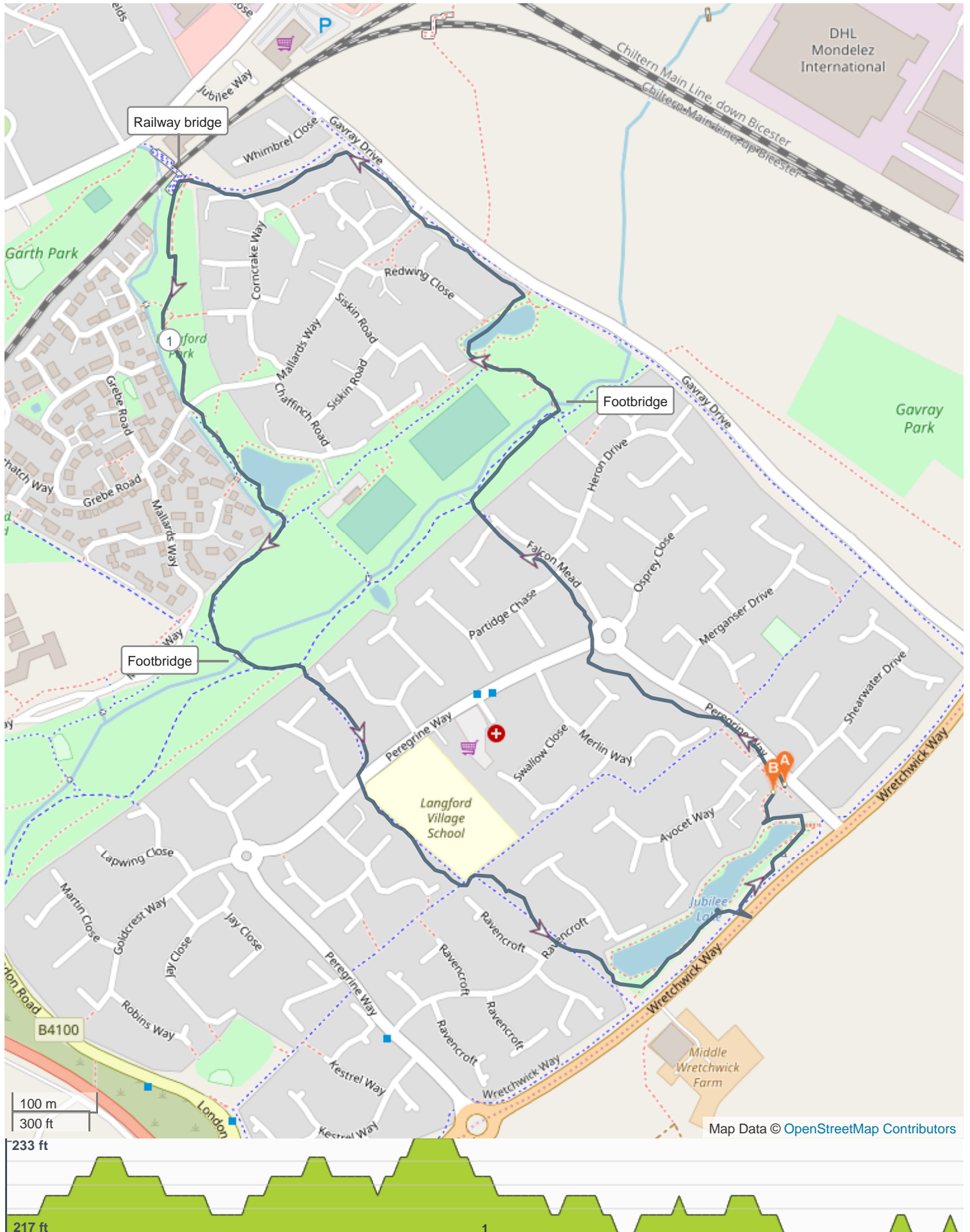
ROUTE LENGTH	1.994 miles
ASCENT	39 ft
DESCENT	42 ft
HILLS	↑ 31.4%   ↓ 34.3%   → 34.3%
TERRAIN	Mixed
START	<b>LAT:</b> 51.890793, <b>LNG:</b> -1.132823



## NOTES

A route for some daily walking exercise that takes most people under an hour, is mainly flat, and is less than 2 miles in total. At one end is the railway bridge and at the other is Jubilee Lake. Join the route at any point - it's circular. On this map the start and end is shown on Peregrine Way where it meets Shearwater Drive (by the red post box and just up from Jubilee Lake).

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## ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	1.994		