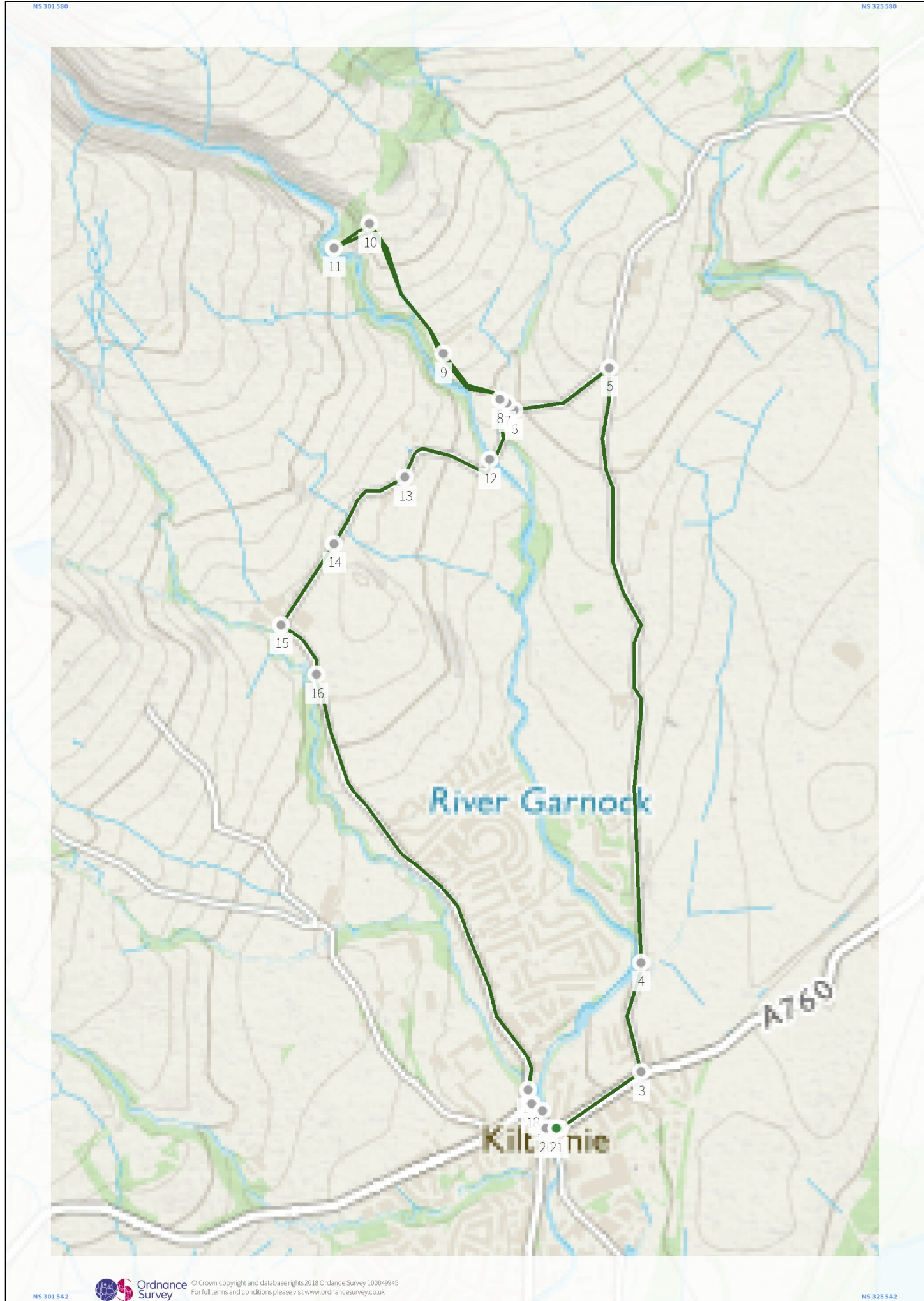




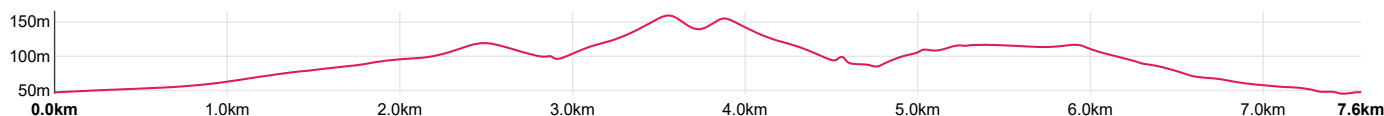
Route Information

Route Name GV Happy Hills - Glengarnock Castle & Stockbridge

Route Summary

Total Distance	7.52km (4.67mi)	Walk	1h 53min
Elevation	45.20m at lowest point	Run	1h 4min
	166.30m at highest point	Cycle	47min
Total Ascent	235.60m		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	NS 316 546 Radio City Cafe - Waypoint 1 START & Pit-stop - 47.20m Dist to next: 0.30 km	0.00km	55° 45' 21" N	4° 41' 4" W	47.20m
2	NS 318 548 Dipple Road - Waypoint 2 Dist to next: 0.35 km	0.30km	55° 45' 26" N	4° 40' 50" W	50.80m
3	NS 318 551 Dipple Bridge - Waypoint 5 Dist to next: 1.85 km	0.65km	55° 45' 37" N	4° 40' 50" W	54.30m
4	NS 318 569 To Lochwinnoch Option - Waypoint 18 122.40m Dist to next: 0.33 km	2.50km	55° 46' 36" N	4° 40' 56" W	122.40m
5	NS 315 568 SW Pipe - Waypoint 20 98.00m Dist to next: 0.03 km	2.82km	55° 46' 32" N	4° 41' 12" W	98.00m
6	NS 315 568 To Castle - Waypoint 21 100.40m Dist to next: 0.02 km	2.85km	55° 46' 32" N	4° 41' 14" W	100.40m
7	NS 315 568 Blackbarn Bridge - Waypoint 22 Dist to next: 0.24 km	2.87km	55° 46' 32" N	4° 41' 14" W	100.40m
8	NS 313 570 Blackbarn Farm - Waypoint 25 116.40m Dist to next: 0.46 km	3.11km	55° 46' 37" N	4° 41' 25" W	116.40m
9	NS 311 574 SW Pipeline - Waypoint 29 166.30m Dist to next: 0.14 km	3.57km	55° 46' 50" N	4° 41' 37" W	166.30m
10	NS 310 573 Glengarnock Castle - Waypoint 30 Ancient Ruins - 128.30m Dist to next: 1.01 km	3.70km	55° 46' 47" N	4° 41' 44" W	128.30m
11	NS 314 566 River Garnock Bridge - Waypoint 44 Dist to next: 0.36 km	4.71km	55° 46' 26" N	4° 41' 16" W	85.10m
12	NS 312 566 Campbells Farm - Waypoint 51 106.00m Dist to next: 0.33 km	5.07km	55° 46' 25" N	4° 41' 31" W	106.00m

13	NS 310 564 Brockly Quarry - Waypoint 57 117.00m Dist to next: 0.29 km	5.40km	55° 46' 18" N	4° 41' 44" W	117.00m
14	NS 308 562 To Pundeavon Reservoir Option - Waypoint 58 via Holehouse Farm - 113.60m Dist to next: 0.20 km	5.69km	55° 46' 10" N	4° 41' 53" W	113.60m
15	NS 309 560 Former SW Water Works - Waypoint 61 116.00m Dist to next: 1.47 km	5.88km	55° 46' 5" N	4° 41' 47" W	116.70m
16	NS 315 547 Free Car Park - Waypoint 78 49.30m Dist to next: 0.05 km	7.35km	55° 45' 24" N	4° 41' 10" W	49.30m
17	NS 315 547 Fish n Chips Shop - Waypoint 79 Dist to next: 0.03 km	7.40km	55° 45' 23" N	4° 41' 9" W	45.20m
18	NS 315 546 Bus Stop - Waypoint 80 Dist to next: 0.05 km	7.43km	55° 45' 22" N	4° 41' 7" W	45.20m
19	NS 315 546 River Garnock - Waypoint 81 At Kilbirnie Cross Dist to next: 0.03 km	7.48km	55° 45' 20" N	4° 41' 7" W	47.20m
20	NS 316 546 Radio City Cafe - Waypoint 82 FINISH & Pit-stop Dist to next: 0.01 km	7.51km	55° 45' 20" N	4° 41' 5" W	47.70m
21	NS 316 546	7.52km	55° 45' 21" N	4° 41' 5" W	47.20m