



14km Trail Run Swellendam

ROUTE INFORMATION



ROUTE LENGTH	14.858 km
ASCENT	361 m
DESCENT	366 m
HILLS	↑ 49.1% ↓ 43.6% → 7.3%
TERRAIN	Mixed
START	LAT: -34.025420, LNG: 20.445460



NOTES

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ROUTE DIRECTIONS

No	Km	Turn	Directions
1	14.858		FINISH