

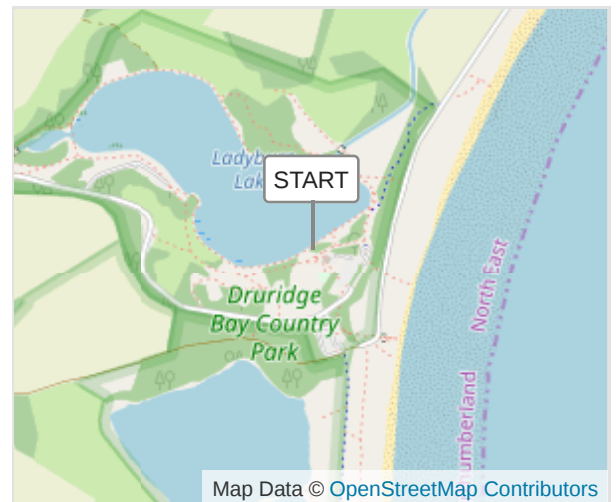


Ladyburn Lake Lap From Visitors Center

ROUTE INFORMATION



ROUTE LENGTH	1.628 miles
ASCENT	45 ft
DESCENT	45 ft
HILLS	⬆ 31.0% ⬇ 41.4% ➡ 27.6%
TERRAIN	Off-Road 🌲
START	LAT: 55.292062, LNG: -1.574643



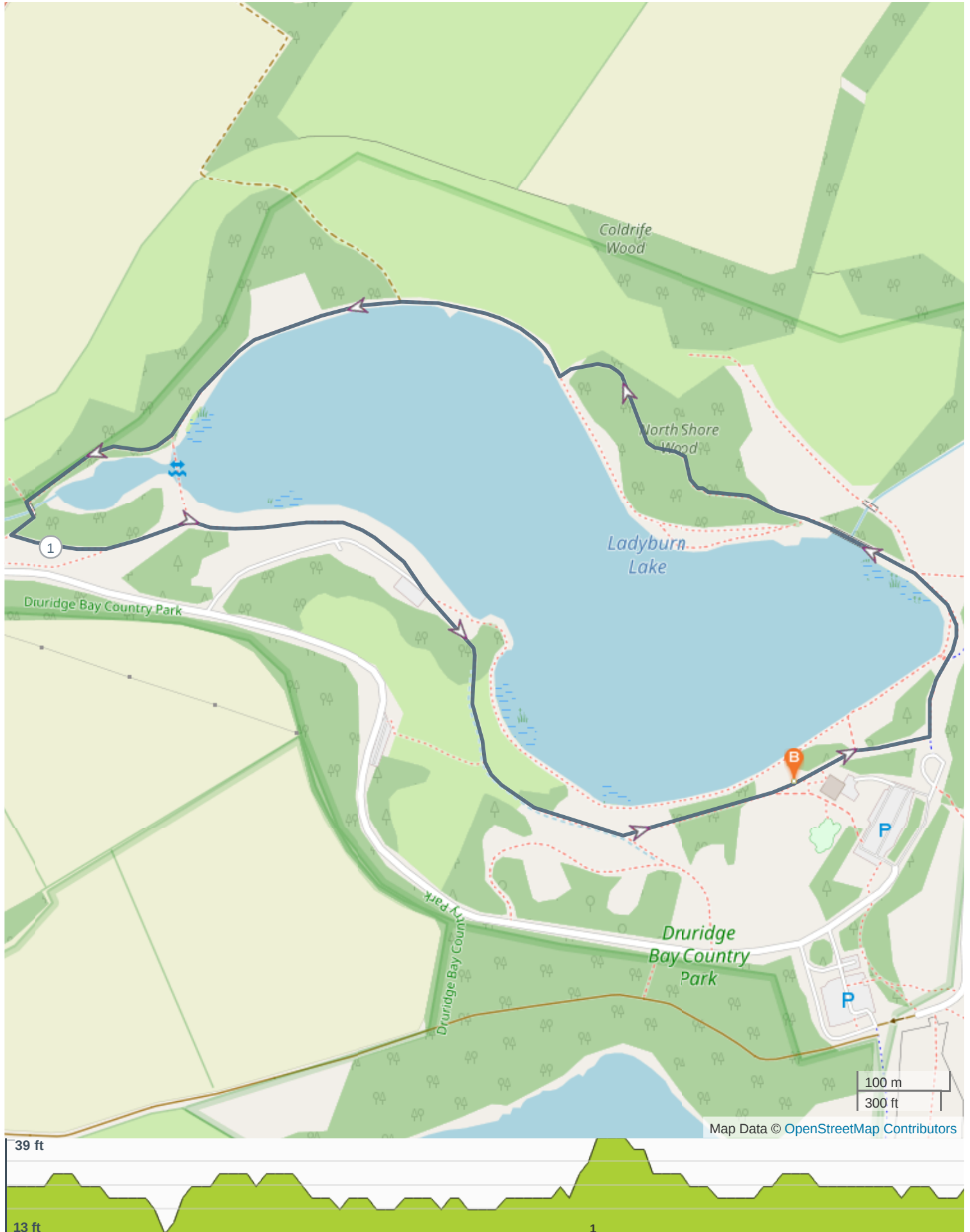
NOTES

After the first foot bridge within North Shore woods there are some tree routes on the trail which may be slippery especially if conditions are damp.

On exiting North Shore woods care needs to be taken as the trail takes a sharp right turn.

The route does not cross the stepping stones at the end of the lake but carries on into the nature reserve turning sharp left over the foot bridge.

Ladyburn Lake Lap From Visitors Center



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start on
2	0.096	←	Turn left
3	0.150		Keep left
4	0.220		Keep left
5	0.521	→	Turn right
6	0.833	↗	Keep right
7	0.944	←	Turn left
8	0.974	↙	Turn sharp left
9	1.099	↗	Turn slight right
10	1.281		Keep right
11	1.508	↖	Keep left
12	1.612		Keep left
13	1.628		FINISH