

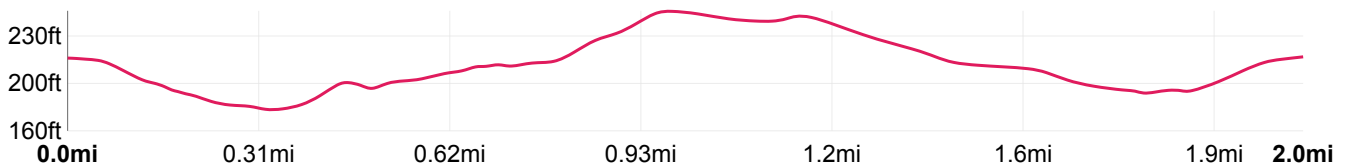
Route Information

Route Name Upton St Leonards Village - The Bowden Loop - Green walk 1
 A short walk around the village, including Bowden, Rooksmoor, Manor Farm

Route Summary

Total Distance	2.0mi (3.2km)	Walk	42min
Elevation	178ft at lowest point	Run	17min
	247ft at highest point	Cycle	10min
Total Ascent	114ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SO 863 148	0.00mi	51° 49' 56" N	2° 11' 56" W	214ft
	Start - SO 8637 1486 The Village Hall - please do not park in the hall car park. Dist to next: 0.49mi, Bearing to next: 67°, Ascent to next: 20ft				
2	SO 868 150	0.49mi	51° 50' 2" N	2° 11' 30" W	192ft
	Bowden Hall field - SO 8688 1507 Cross the field to the white house, then up Nut Hill towards Rooksmoor Dist to next: 0.49mi, Bearing to next: 154°, Ascent to next: 60ft				
3	SO 871 144	0.98mi	51° 49' 42" N	2° 11' 13" W	247ft
	The Stile - SO 8719 1443 Over the stile and down the field. Dist to next: 0.22mi, Bearing to next: 206°, Ascent to next: 6ft				
4	SO 870 141	1.20mi	51° 49' 32" N	2° 11' 21" W	246ft
	Manor Farm - SO 8704 1412 Walk diagonally across the field. Dist to next: 0.39mi, Bearing to next: 341°, Ascent to next: 0ft				
5	SO 868 146	1.59mi	51° 49' 50" N	2° 11' 31" W	205ft
	Green kissing gate - SO 8685 1468 Through the gate to the lane. Dist to next: 0.42mi, Bearing to next: 288°, Ascent to next: 28ft				
6	SO 863 148	2.01mi	51° 49' 55" N	2° 11' 56" W	215ft
	Finish SO 8638 1484				