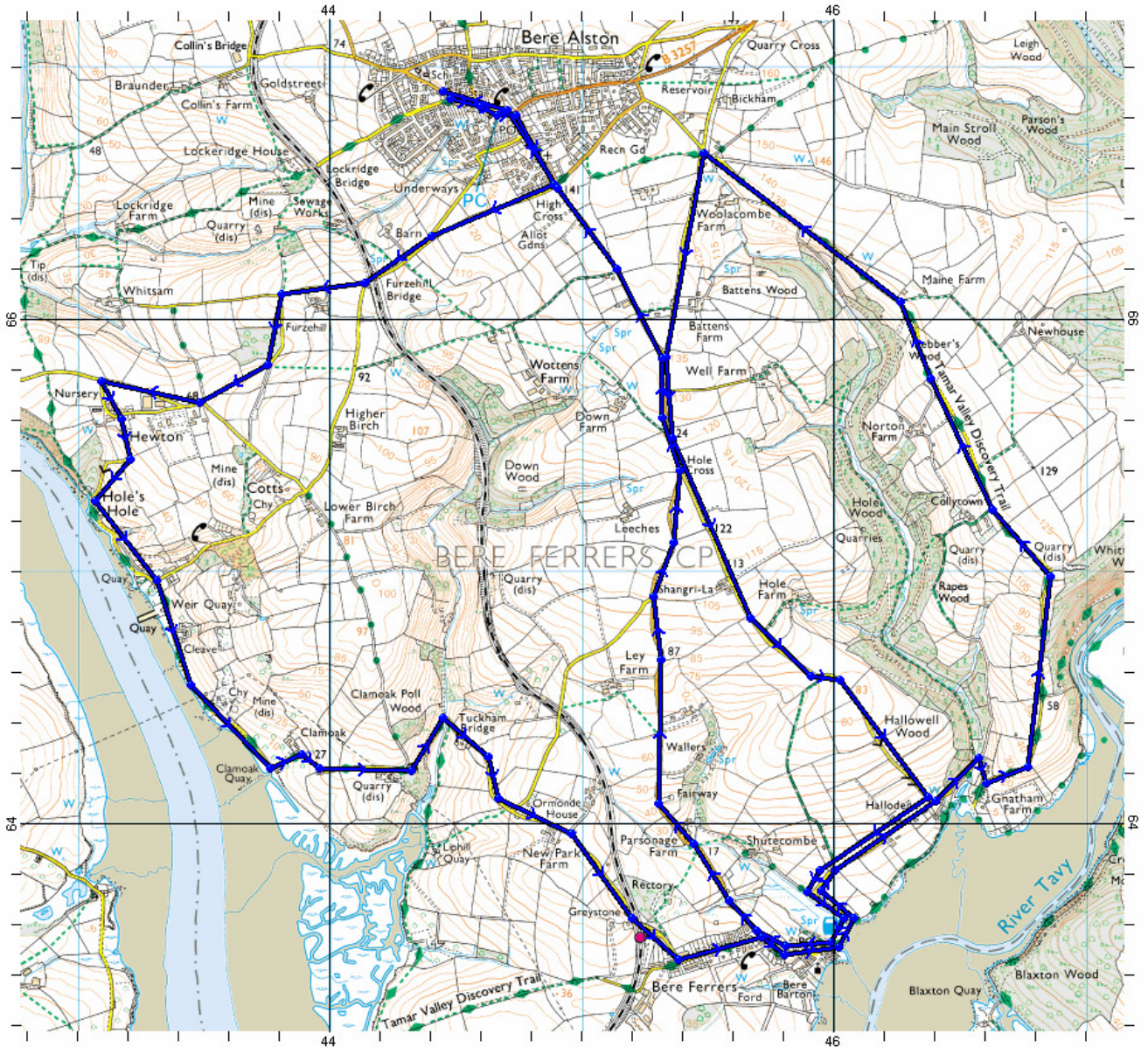


# Bere Alston 20k

Summary (Ben Pen See Saw – 20k of up and down)

Route Distance: 19.9 km    Estimated Time: 2:21

Total Ascent: 473 m    Total Descent: 470 m



## Elevation Profile

