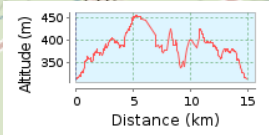


# Aldgate Valley Long



14.88 km (round trip)

Total climb: 342 m, Total descent: 341 m

Altitude range 144 m (Altitude from: 312 m to 456 m)

