

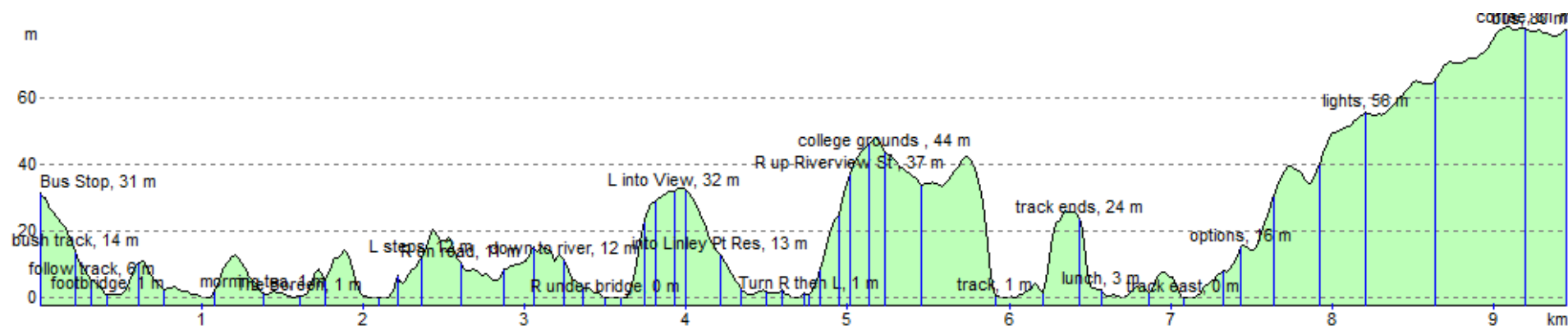
# : Lane Cove West-Blackman Park- Riverview- Lane Cove Village

## Summary

Route Distance: 9.45 km  
 Total Ascent: 287 m

Estimated Time: 3:14  
 Total Descent: 238 m

## Elevation Profile



## Waypoints