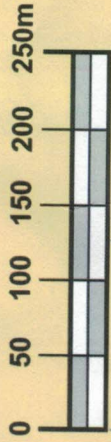


Portstewart Strand

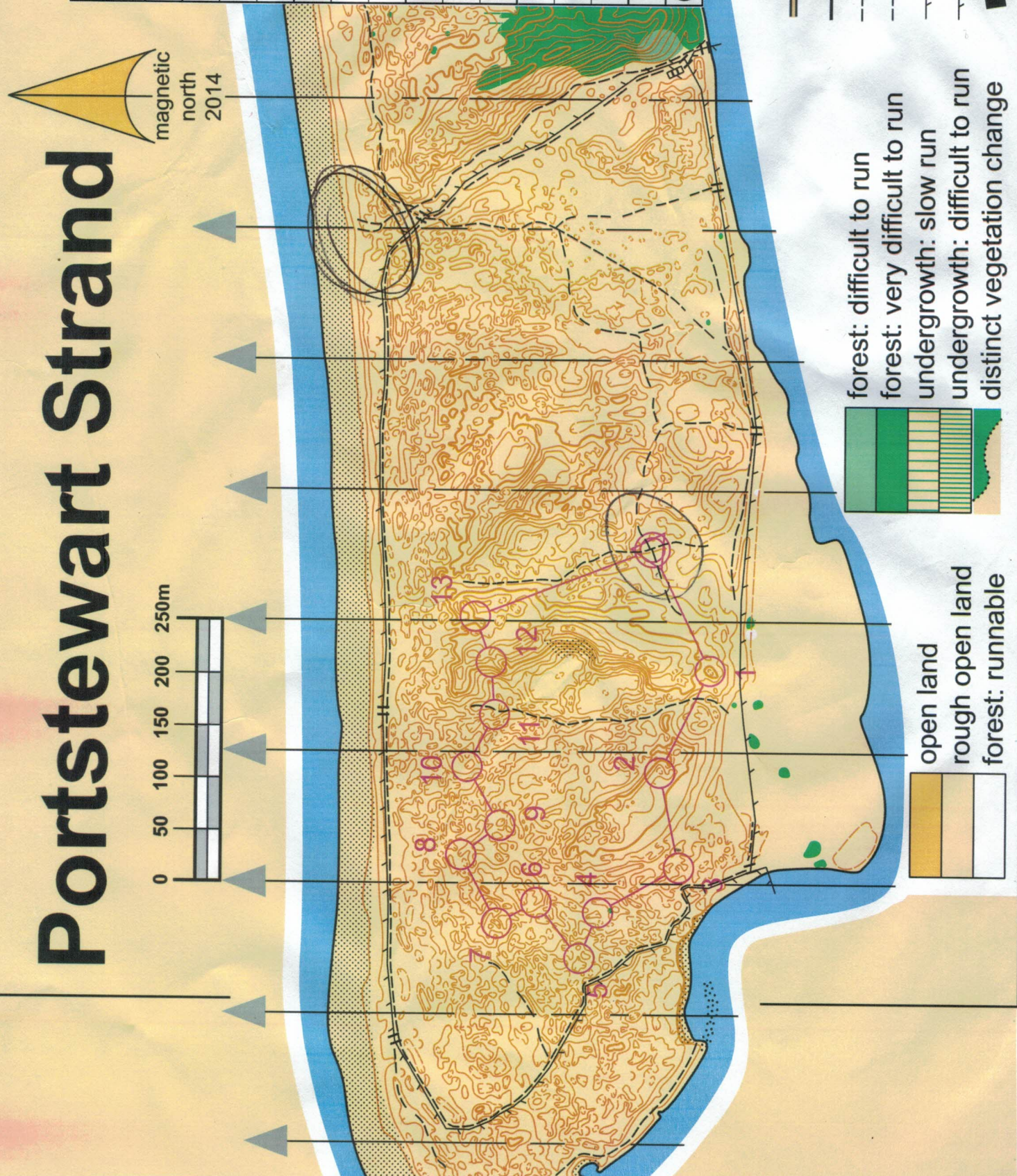
Scale 1:5,000

Contours 2.5m

Portstewart Training 8/18



small shapes	1.1 km
1 104	
2 106	
3 107	
4 108	
5 109	
6 110	
7 111	
8 112	
9 113	
10 114	
11 115	
12 116	
13 117	
	180 m



forest: difficult to run
 forest: very difficult to run
 undergrowth: slow run
 undergrowth: difficult to run
 distinct vegetation change

open land
 rough open land
 forest: runnable

- hard surface
- tarred road
- track
- small path
- indistinct path
- fence, gate
- ruined fence
- building