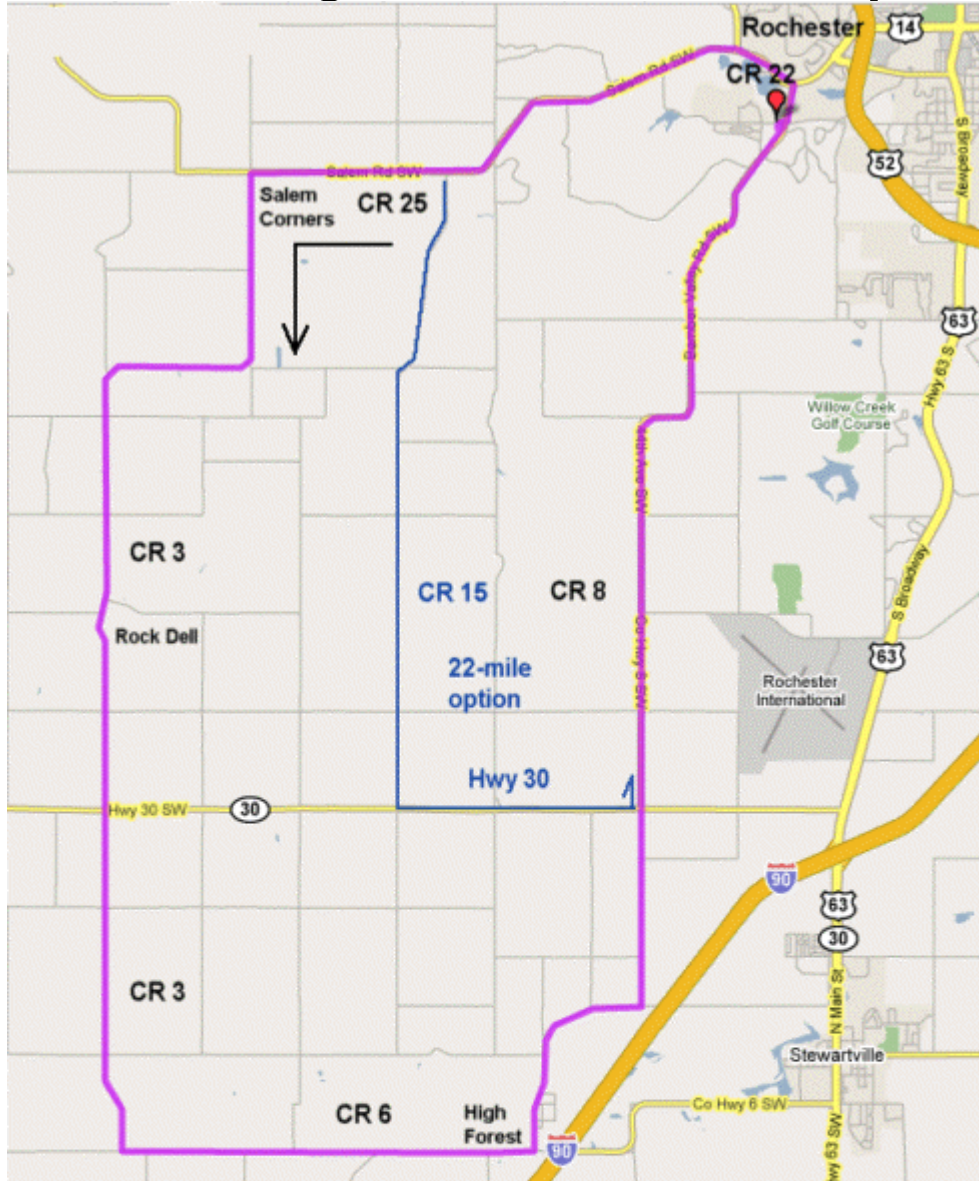
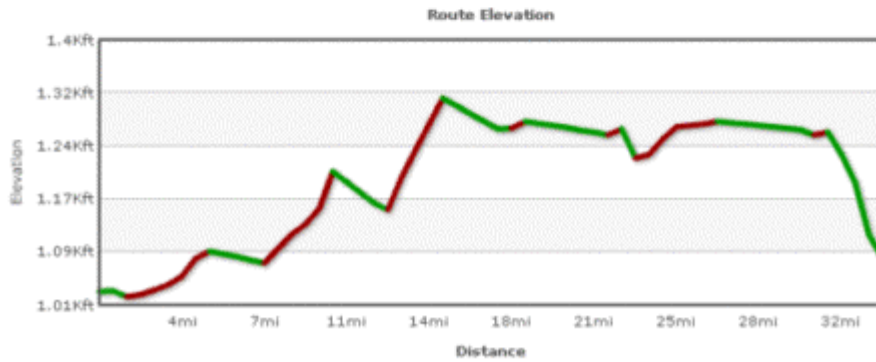


RASC High Forest 34-mile Loop



Elevation



Total climb: 443ft Total descent: 443ft

Cue Sheet for High Forest 34-mile Loop

Cumulative	Distance	Where	Notes	Direction		Elevation
0mi	0mi	Rochester		NNE	11°	1030.2ft
0.5mi	0.5mi		Left on Salem Rd	NW	309°	1031.3ft
1.2mi	0.7mi		Bear left on Salem Rd	WNW	272°	1025.9ft
6.6mi	5.4mi	Salem Corners	Left onto CR 3	SSW	180°	1071.8ft
12.3mi	5.7mi	Rock Dell		SSW	193°	1150ft
14.6mi	2.3mi		Cross Hwy 30	SSW	180°	1313.8ft
18.1mi	3.5mi		Left on CR 6	ESE	90°	1279.9ft
22.4mi	4.3mi	High Forest	Left onto CR 8	N	0°	1268.8ft
24.2mi	1.8mi		Left onto CR 8	N	0°	1271.5ft
32mi	7.8mi		North on Bamber Valley Rd	NNE	15°	1020ft