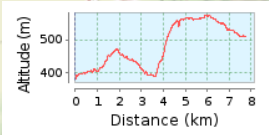


Day One: PenMar to Raven Rocks



4.8 miles (one-way trip)

Total climb: 902 ft, Total descent: 479 ft

Altitude range 640 ft (Altitude from: 1243 ft to 1883 ft)