

** 7km trail run of ngwenyaglass - 4.32 miles - round trip**

Swaziland , Inkhundla Motjane, Hhohho

**Altitude range**

295 feet (Altitude from 4,308 feet to 4,603 feet)

Total climb: 404 feet, Total descent: 404 feet



Starting Coordinates

Ending Coordinates

Latitude: S 26°13.291' / S 26°13'17.465" / N -26.2215181    Latitude: S 26°13.294' / S 26°13'17.642" / N -26.2215673  
Longitude: E 31°01.916' / E 31°1'54.994" / E +31.0319430    Longitude: E 31°01.916' / E 31°1'54.976" / E +31.0319379