

30km = 4 laps

15km = 2 laps

The screenshot shows the Strava interface for a route titled "7.5km sweetheart loop". The route is categorized as a "Nordic Skiing Route" and is marked as "Saved". Key details include a distance of 4.68 miles, an elevation gain of 541 feet, and a time of 28:07. The route was created by "greg finnoff" on February 12, 2026, and is public.

The main map area, titled "Route and Elevation", shows a topographic map with an orange route. Hand-drawn black lines with arrows point to specific locations: "Silver's", "Ute", "Homestead", "Blue Ridge", "Eagle Valley", "Lower Young", "Upper Young", "Tabernash", and "Blue Ridge". A pink dot on the map is labeled "Gold Mine". A text label "Start /finish/lap/feed table" is positioned near the top right of the map. Below the map is an elevation profile showing the route's vertical gain and loss over a 4.5-mile distance. The y-axis of the profile ranges from 8,800 feet to 9,100 feet.

Start /finish/lap/feed table