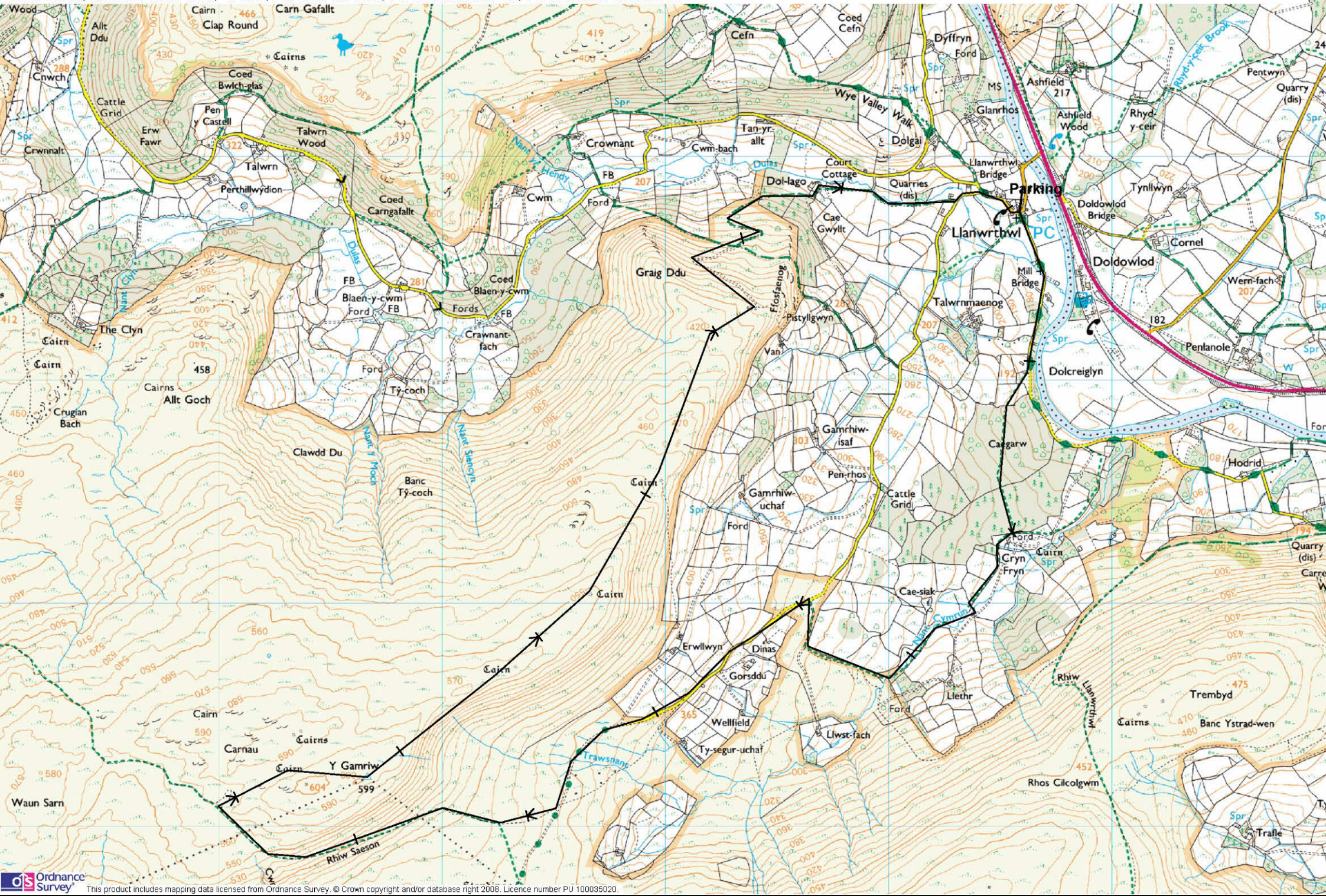
Anquet Maps 2008 www.Anquet.co.uk (Bottom Left - Top Right)-(SN 930 606-SN 989 648) Map printed at 1:20,000

Route: Walk 17 Y Gamriw from Llanwrthwl, Start Point: SN 976 638, End Point: SN 976 638, Flat Length: 7.61 Miles, Hidden Length: 7.64 Miles, Max Height: 598.52 Metres, Min Height: 174.93 Metres, Height Ascended: 469.59 Metres, Estimated Time: 4 hrs, 24 mins, Est Time: 2.3 Mi/hr, 914 m ascent adds 1hr, 914 m descent removes 1h



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