Anquet Maps 2008 www.Anquet.co.uk (Bottom Left - Top Right)-(SO 034 697-SO 076 756) Map printed at 1:20,000

Route: Walk 1 Abbeycwmhir/Glyndwrs Way, Start Point: SO 053 712, End Point: SO 053 712, Flat Length: 5.17 Miles, Hidden Length: 5.21 Miles, Max Height: 1,399.02 Feet, Min Height: 850.95 Feet, Height Ascended: 1,334.71 Feet, Estimated Time: 3 hrs, 11 mins, Est Time: 2.3 Mi/hr, 3,000 ft ascent adds 1hr, 3,000 ft descent removes 1h

This product includes mapping data licensed from Ordnance Survey. © Crown copyright and/or database right 2008. Licence number PU 100035020.