Anquet Maps 2009 www.Anquet.co.uk (Bottom Left - Top Right)-(SN 887 668-SN 943 711) Map printed at 1:20,000

Route: Walk 56 Penygarreg, Craig Goch & Roman Camp, Start Point: SN 914 673, End Point: SN 914 673, Flat Length: 7.38 Miles, Hidden Length: 7.43 Miles, Max Height: 504.12 Metres, Min Height: 253.75 Metres, Height Ascended: 479.50 Metres, Estimated Time: 4 hrs, 19 mins, Est Time: 2.3 Mi/hr, 914 m ascent adds 1hr, 914 m descent removes 1h

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