Anquet Maps 2009 www.Anquet.co.uk (Bottom Left - Top Right)-(SO 075 537-SO 130 580) Map printed at 1:20,000

Route: Walk 95 Llansantffraed Curch, Start Point: SO 100 548, End Point: SO 100 548, Flat Length: 3.93 Miles, Hidden Length: 3.94 Miles, Max Height: 311.20 Metres, Min Height: 218.41 Metres, Height Ascended: 215.65 Metres, Estimated Time: 2 hrs, 13 mins, Est Time: 2.3 Mi/hr, 914 m ascent adds 1hr, 914 m descent removes 1h

Ordnance Survey
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