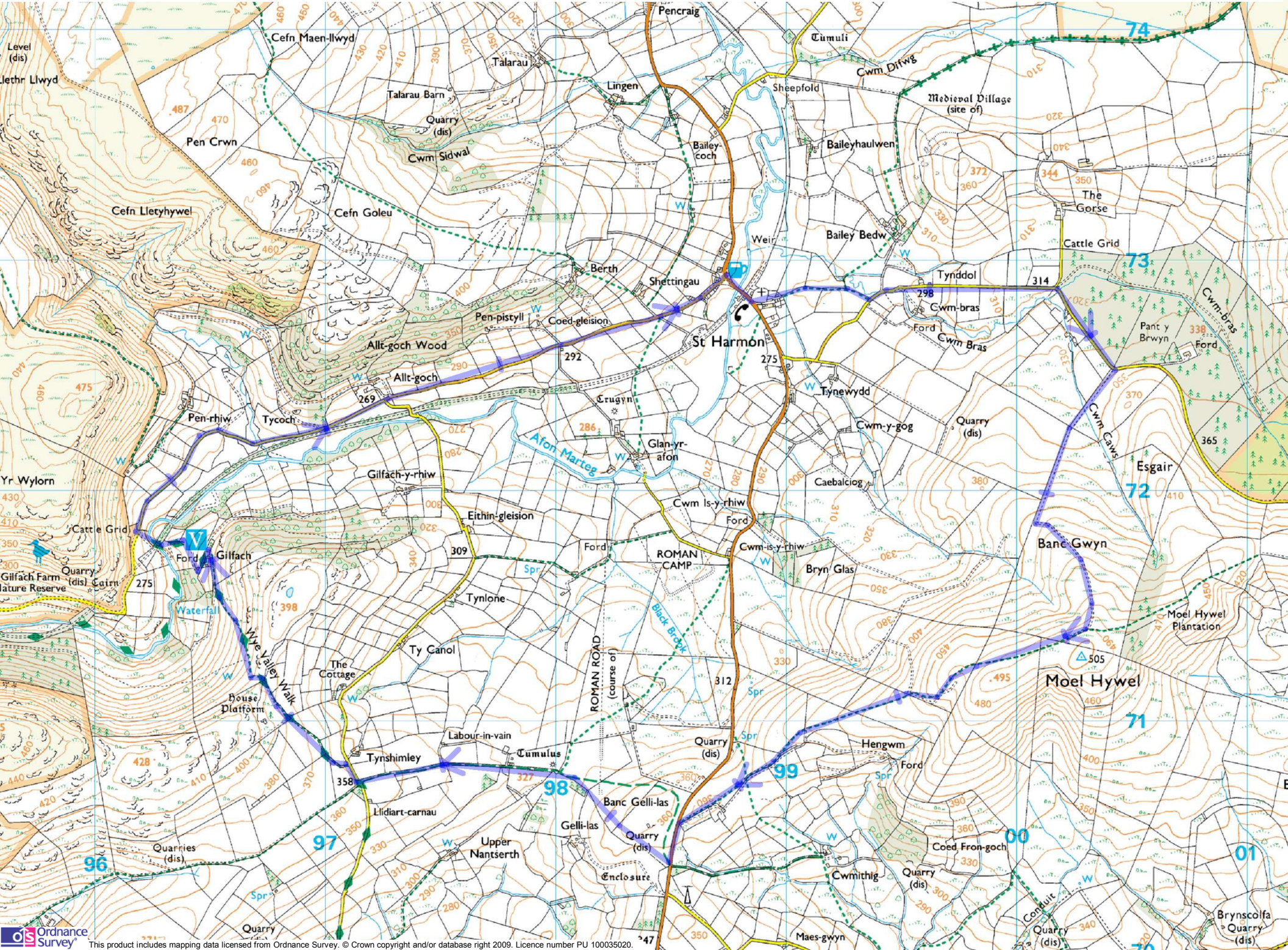
Anquet Maps 2009 www.Anquet.co.uk (Bottom Left - Top Right)-(SN 955 700-SO 011 743) Map printed at 1:20,000

Route: Walk 102 St Harmon, Moel Hywel & Gilfach, Start Point: SN 988 728, End Point: SN 988 728, Flat Length: 7.26 Miles, Hidden Length: 7.29 Miles, Max Height: 485.41 Metres, Min Height: 248.99 Metres, Height Ascended: 372.38 Metres, Estimated Time: 4 hrs, 2 mins, Est Time: 2.3 Mi/hr, 914 m ascent adds 1hr, 914 m descent removes 1h



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