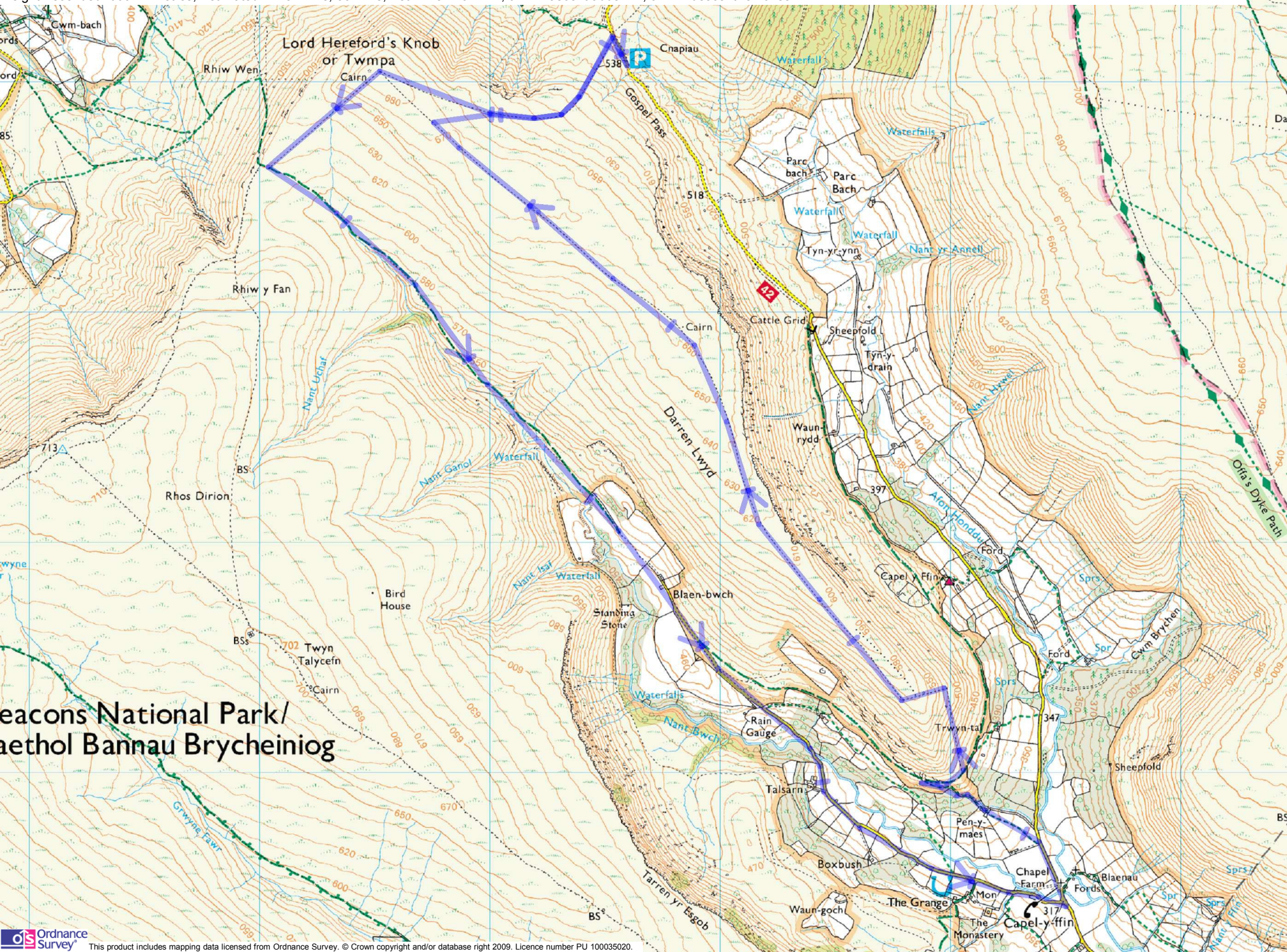
Anquet Maps 2009 www.Anquet.co.uk (Bottom Left - Top Right)-(SO 208 312-SO 264 355) Map printed at 1:20,000

Route: Walk 122 Gospei Pass & Capel-y-ffin, Start Point: SO 235 350, End Point: SO 235 350, Flat Length: 8.03 Miles, Hidden Length: 8.10 Miles, Max Height: 686.82 Metres, Min Height: 319.87 Metres, Height Ascended: 603.71 Metres, Estimated Time: 4 hrs, 53 mins, Est Time: 2.3 Mi/hr, 914 m ascent adds 1hr, 914 m descent removes 1h



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