Anquet Maps 2009 www.Anquet.co.uk (Bottom Left - Top Right)-(SN 877 656-SN 932 699) Map printed at 1:20,000

Route: Walk 132 Pengarreg Circuit from Penbont, Start Point: SN 914 673, End Point: SN 915 673, Flat Length: 5.69 Miles, Hidden Length: 5.74 Miles, Max Height: 471.45 Metres, Min Height: 253.88 Metres, Height Ascended: 462.90 Metres, Estimated Time: 3 hrs, 32 mins, Est Time: 2.3 Mi/hr, 914 m ascent adds 1hr, 914 m descent removes 1h

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