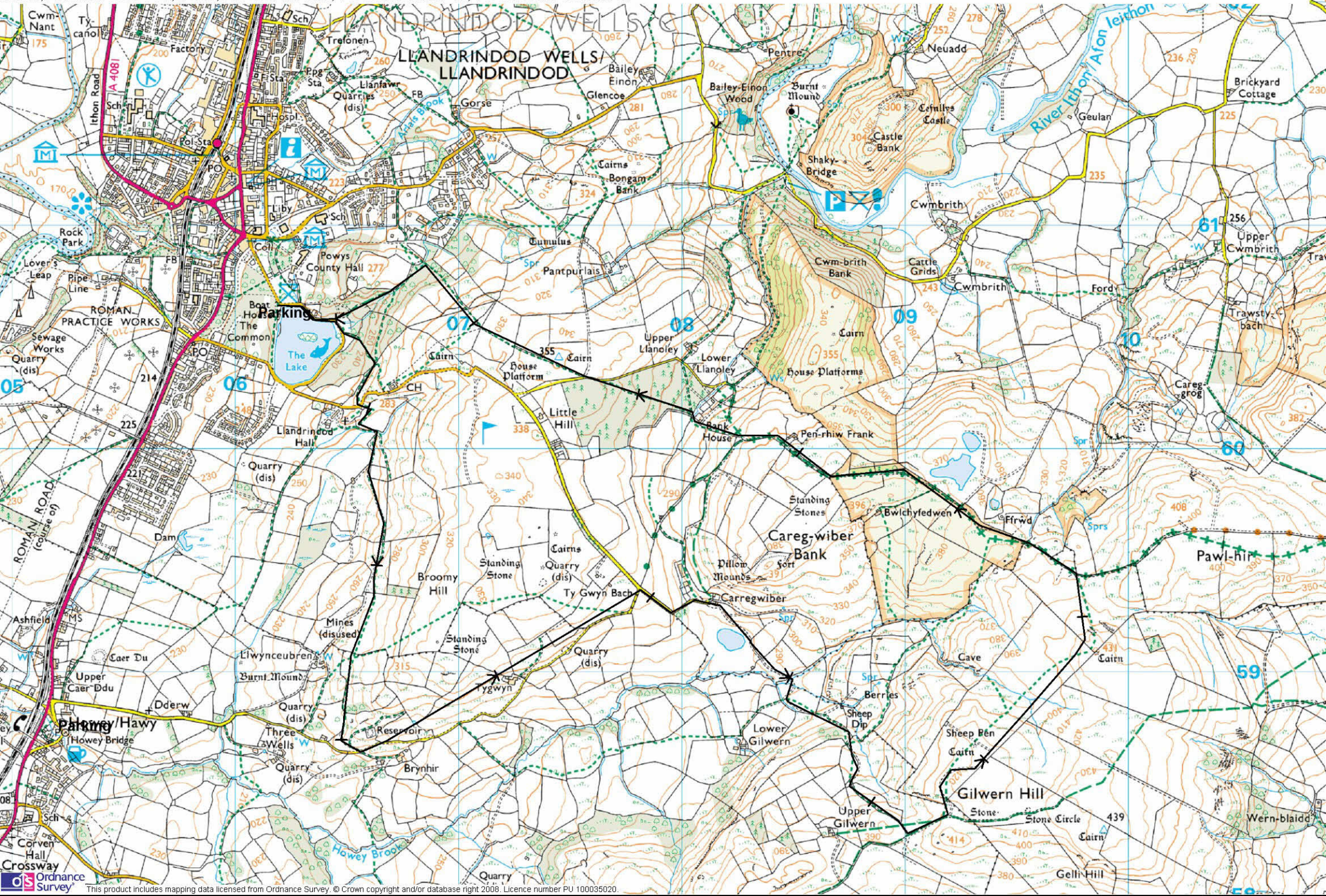
Anquet Maps 2008 www.Anquet.co.uk (Bottom Left - Top Right)-(SO 049 580-SO 108 621) Map printed at 1:20,000

Route: Walk 20 Carreg-wiber & Gilwern Hill, Start Point: SO 061 606, End Point: SO 061 606, Flat Length: 7.18 Miles, Hidden Length: 7.21 Miles, Max Height: 423.66 Metres, Min Height: 224.00 Metres, Height Ascended: 426.12 Metres, Estimated Time: 4 hrs, 7 mins, Est Time: 2.3 Mi/hr, 914 m ascent adds 1hr, 914 m descent removes 1h



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