

Anquet Maps 2009 www.Anquet.co.uk (Bottom Left - Top Right)-(SO 136 372-SO 192 415) Map printed at 1:20,000  
Route: Walk 30 Ciltwrch round from Glasbury, Start Point: SO 178 392, End Point: SO 178 392, Flat Length: 5.66 Miles, Hidden Length: 5.67 Miles, Max Height: 218.12 Metres, Min Height: 80.00 Metres, Height Ascended: 182.42 Metres, Estimated Time: 2 hrs, 54 mins, Est Time: 2.3 Mi/hr, 914 m ascent adds 1hr, 914 m descent removes 1h

