Anquet Maps 2008 www.Anquet.co.uk (Bottom Left - Top Right)-(SO 071 719-SO 106 769) Map printed at 1:16,667

Route: Walk 31 Llananno Church & Ysgwd-ffordd, Start Point: SO 094 744, End Point: SO 094 744, Flat Length: 5.03 Miles, Hidden Length: 5.07 Miles, Max Height: 435.19 Metres, Min Height: 270.08 Metres, Height Ascended: 383.61 Metres, Estimated Time: 3 hrs, 4 mins, Est Time: 2.3 Mi/hr, 914 m ascent adds 1hr, 914 m descent removes 1h