Anquet Maps 2008 www.Anquet.co.uk (Bottom Left - Top Right)-(SO 062 444-SO 122 486) Map printed at 1:20,000

Route: Walk 4 Aberedw, Llewelyns Cave & Llandeilo Hill, Start Point: SO 080 473, End Point: SO 080 473, Flat Length: 5.67 Miles, Hidden Length: 5.70 Miles, Max Height: 1,439.55 Feet, Min Height: 417.43 Feet, Height Ascended: 1,219.15 Feet, Estimated Time: 3 hrs, 19 mins, Est Time: 2.3 Mi/hr, 3,000 ft ascent adds 1hr, 3,000 ft descent removes 1h

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