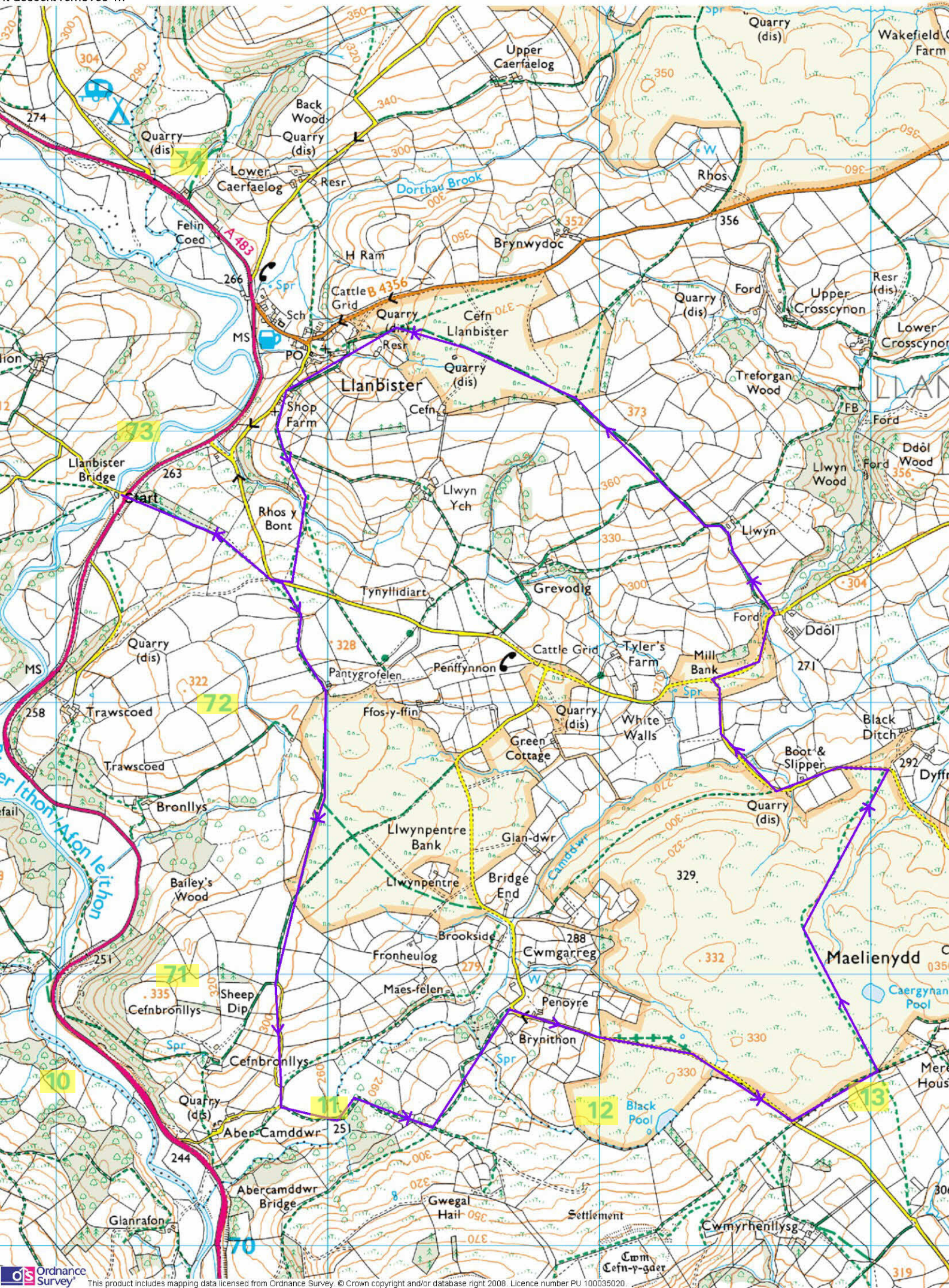
Anquet Maps 2008 www.Anquet.co.uk (Bottom Left - Top Right)-(SO 097 698-SO 132 747) Map printed at 1:16,667

Route: Walk 90 Llanbister 3 Commons, Start Point: SO 102 727, End Point: SO 102 727, Flat Length: 7.23 Miles, Hidden Length: 7.26 Miles, Max Height: 1,233.60 Feet, Min Height: 831.22 Feet, Height Ascended: 1,239.89 Feet, Estimated Time: 4 hrs, 2 mins, Est Time: 2.3 Mi/hr, 3,000 ft ascent adds 1hr, 3,000 ft descent removes 1h



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