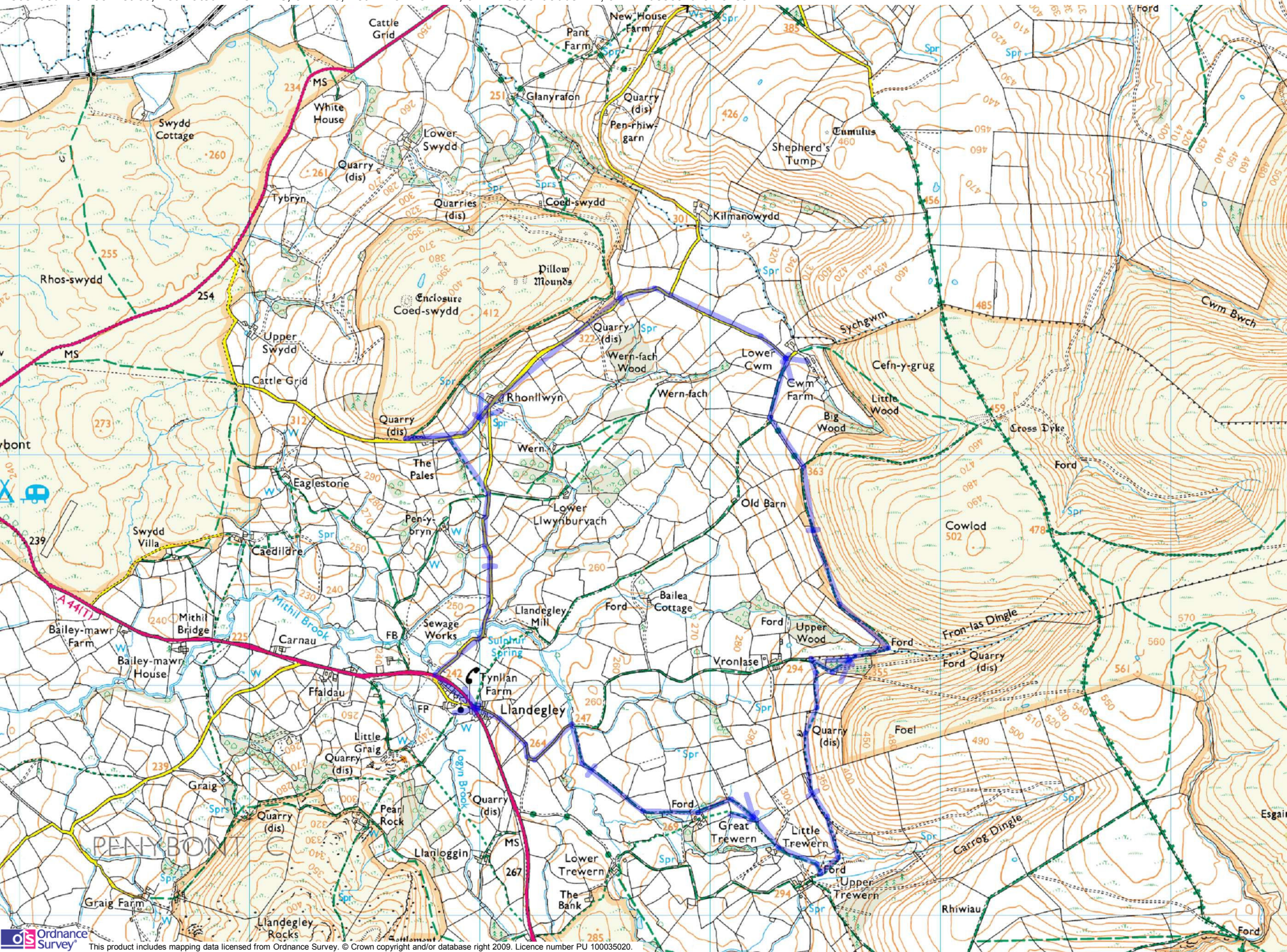
Anquet Maps 2009 www.Anquet.co.uk (Bottom Left - Top Right)-(SO 119 618-SO 175 661) Map printed at 1:20,000

Route: Walk 92 The Pales & Radnor Forest, Start Point: SO 136 640, End Point: SO 136 640, Flat Length: 5.22 Miles, Hidden Length: 5.23 Miles, Max Height: 364.26 Metres, Min Height: 238.05 Metres, Height Ascended: 257.63 Metres, Estimated Time: 2 hrs, 52 mins, Est Time: 2.3 Mi/hr, 914 m ascent adds 1hr, 914 m descent removes 1h



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