



THE WALKING HOLIDAY COMPANY

ITINERARY

GWN7: 7 nights / 6 walking days

northern section

Arrival Day - at Machynlleth - overnight accommodation booked

Walk Day 1: Machynlleth to Cemmaes Road	9 miles/14km
Walk Day 2: Cemmaes Road to Llanbryn-mair	7 miles/11km
Walk Day 3: Llanbryn-mair to Llangadfan	10.5 miles/16.5km
Walk Day 4: Llangadfan to Pont Llogel	11 miles/16km
Walk Day 5: Pont Llogel to Meifod	11.5 miles/19km
Walk Day 6: Meifod to Welshpool	11 miles/17km

Departure Day - Depart after breakfast