



THE WALKING HOLIDAY COMPANY

ITINERARY

ODPNSS7: 7 nights / 6 walking days

Southern section

Arrival day - at Knighton - overnight accommodation booked

Walk Day 1:	Knighton to Kington	13.5 miles/21.6km
Walk Day 2:	Kington to Hay on Wye	14.5 miles/23.2km
Walk Day 3:	Hay on Wye to Longtown	13 miles/20.8km
Walk Day 4:	Longtown to White Castle	12 miles/19.2km
Walk Day 5:	White Castle to Redbrook	14.5 miles/23.2km
Walk Day 6:	Redbrook to Chepstow Bridge	12.7 miles/20.32km

Departure Day - Depart after breakfast