



THE WALKING HOLIDAY COMPANY

ITINERARY

WVWN7: 7 nights / 6 walking days Hay on Wye to Rhyd y Benwch

Arrival Day - at Hay on Wye - overnight accommodation booked

Walk Day 1:	Hay on Wye to Llanstephan Bridge	11 miles/17.5km
Walk Day 2:	Llanstephan Bridge to Builth Wells	10 miles/16km
Walk Day 3:	Builth Wells to Newbridge on Wye	7 miles/11km
Walk Day 4:	Newbridge on Wye to Rhayader	9.5 miles.15km
Walk Day 5:	Rhayader to Llangurig	12 miles/19km
Walk Day 6:	Llangurig to Rhyd y Benwch	12 miles/19.5km

Departure Day - Depart after breakfast