



Step by Step - Gilwern to Llanfoist

The Monmouthshire & Brecon Canal

Walk Distance 3.5miles (7 miles return). This is a linear walk

Name:

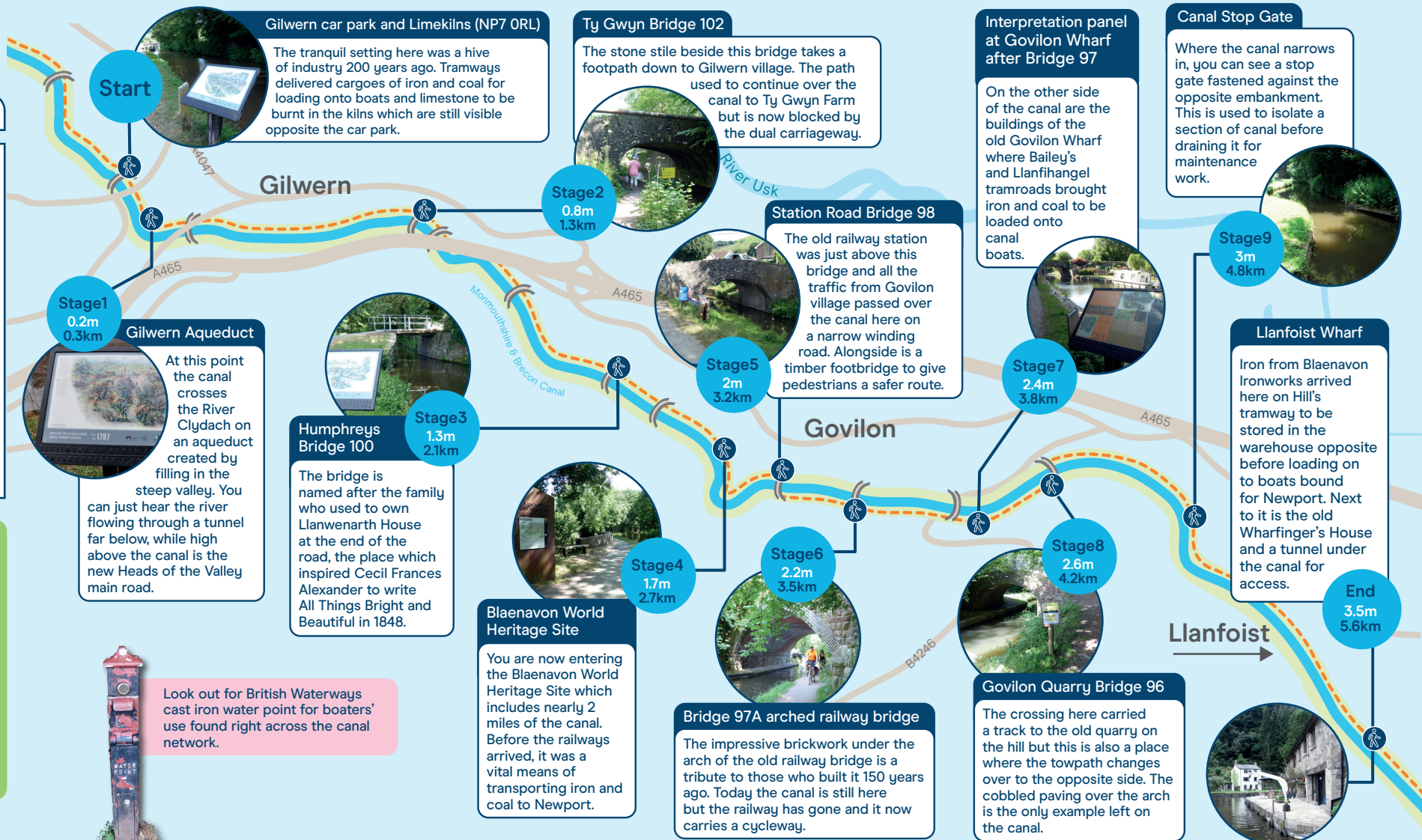
[illegible]

Walking tips

- Walk for a longer amount of time by adding 2-3 minutes each week.
- Challenge yourself by increasing your distance each week.
- Increase the speed of your walk.



Look out for British Waterways cast iron water point for boaters' use found right across the canal network.



Charity number 1146792



Powys



Bannau
Brycheiniog



Ymddiriedolaeth Natur
Maldwyn
Montgomeryshire
Wildlife Trust



Enjoy · Take Action · Volunteer · Donate
canalrivertrust.org.uk