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