WORD WORM MAZE

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Starting with the “A” in the upper left-hand corner, find a word by moving adjacently letter to letter, horizontally, vertically, or diagonally, one letter at a time. When you reach the last letter of the word, move to an adjacent letter and start the next word, and continue doing so until you reach a word ending in “Z” in the lower right-hand corner. For example, to move from the “A” to the “T” in the upper right-hand corner, you could move through the words ARENAS, RIBALD, and GASLIT, ending at the “T”. You may not remain on a letter and double it (so no words with double letters are allowed), but you may reuse the same letter by returning to it (for example, from the starting “A” you could form AORTA). Also, no capitalized words can be used; all words should be the kind of words that are legal in Scrabble. Find a solution made up of only four-letter words, and then a solution made up of only five-letter words, and finally a solution made up of only six-letter words.

A  R  I  X  K  I  H  S  I  T
O  T  E  N  S  R  B  A  L  W
Q  N  D  A  E  M  E  G  D  E
R  U  X  J  L  P  C  T  J  P
P  Y  S  H  K  X  N  F  O  M
V  B  Z  F  G  E  B  C  B  V
O  A  I  E  M  L  F  H  N  U
R  X  C  N  H  R  X  U  Q  H
F  T  B  S  P  I  J  A  R  E
S  W  E  D  A  T  Y  I  T  Z

Suggested Hint:
It only takes 5 four-letter words to reach the end, and only 6 five-letter words. The six-letter word solution is 12 words long.