

Rhaglen / Programme

Troedio Clwyd Walks

Yn cynnwys Troedio Sir y Fflint a Sir Ddinbych
Incorporating Walkabout Flintshire & Denbighshire



Dewch i ymuno â ni a gwneud ffrindiau newydd
Come and join us and make new friends

www.walkaboutflintshire.com / www.denbighshirecountryside.org.uk/lets_walk/



Teithiau Wythnosol / Weekly Walks

Pob Llun Every Mon	10.30	Llanelwy St Asaph	Llain Bowllo Bowling Green	LL17 0RQ	lawr + 1 hr +
Pob Llun Every Mon	10.30	Yr Wyddgrug Mold	Maes Parcio Tesco Tesco Car Park	CH7 1UB	lawr 1 hr
Pob Llun Every Mon	2.00	Fflint Flint	Canolfan Hamdden y Pafiliwn Pavillion Leisure Centre	CH6 5ER	50 mun 50 mins
Pob Llun 1af Every 1st Monday	10.30	Yr Wyddgrug Mold	Maes Parcio Tesco Tesco Car Park	CH7 1UB	90mun 90mins
Pob Mawrth 1af a 3ydd Every 1st and 3rd Tuesday	10.00	Bwcle Buckley	Taith tu allan y dre Cysylltwch 01352 781318 Out of town walk Contact 01352 781318	CH7 2EG	3-4 awr 3-4 hrs
Pob 2il 4ydd a 5ed Mawrth Every 2nd 4th 5th Tue	10.00	Bwcle Buckley	Maes Parcio y Presinct Precinct Car Park	CH7 2EG	90mun 90mins
Pob Mawrth Every Tue	10.00	Dinbych Denbigh	Canolfan Hamdden Leisure Centre	LL16 3HB	lawr + 1 hr +
Pob Mawrth Every Tue	10.30	Talacre	Goleudy ^ Lighthouse ^	CH8 9RD	40 mun 40 mins
Pob Mawrth Every Tue	11.00	Dyserth	Canolfan Cymuned * Community Centre *	LL18 6LP	2awr 2hr
Pob Mawrth Every Tue	2.00	Yr Wyddgrug Mold	Drovers Arms Denbigh Rd	CH7 1BP	90mun 90mins
Pob Mercher Every Wed	10.30	Fflint Flint	Canolfan Hamdden y Pafiliwn Pavilion Leisure Centre	CH6 5ER	90 mun 90 mins
Pob Mercher Every Wed	10.30	Llanelwy St Asaph	Llain Bowllo Bowling Green	LL17 0RG	lawr + 1 hr +
Pob Mercher Every Wed	2.00	Caerwys	Clwb Golff Golf Club	CH7 5AQ	lawr + 1 hr +
Pob Mercher Every Wed	7.00	Helygain Halkyn	(Ebrill-Medi) Blue Bell Inn (Apr-Sep)	CH8 8DL	lawr + 1 hr +
Pob Iau Every Thursday	10.00	Bwcle Buckley	Maes Parcio y Presinct * Precinct Car Park *	CH7 2EG	60 or 90 60 or 90
Pob Iau Every Thursday	10.00	Dinbych Denbigh	Pwll y Grawys Lenten pool	LL16 3LG	lawr + 1 hr +

Pob Iau Every Thursday	10.30	Yr Wyddgrug Mold	Canolfan Cymuned Parkfields ^ Parkfields Comm. Centre ^	CH7 1XG	45 mun 45 mins
Pob Iau Every Thursday	10.30	Mostyn	Canolfan Cymuned Community Centre	CH8 9DE	lawr 1hr
Pob Iau Every Thursday	11.00	Rhuddlan	Canolfan Cymuned * Community Centre *	LL18 5PU	2 awr 2 hrs
Pob Iau Every Thursday	2.00	Helygain Halkyn	Blue Bell Inn	CH8 8DL	90 mun 90 mins
Pob Gwener Every Friday	10.30	Aston	Melrose Inn	CH5 1LR	lawr 1hr
Pob Gwener Every Friday	12.30	Rhyl	Pwll Brickfield Brickfield Pond	LL18 2YR	2 awr 2 hrs
Pob Gwener (Ebrill-Medi) Every Friday (Apr-Sep)	6.45	Rhesycae	Miners Arms	CH7 5LR	90 mun 90mins
Pob Sadwrn Every Saturday	10.30	Helygian * Halkyn *	Blue Bell Inn	CH8 8DL	1-2 awr 1-2 hrs
Pob Sadwrn Every Saturday	10.30	Talacre	Smugglers Inn	CH8 9RD	90 mun 90 mins
Sul (dim olaf) Sunday (not last)	10.00	Treffynnon Holywell	Canolfan Cymuned Holway Holway Community Centre	CH8 7NH	3 awr 3 hrs

Teithiau Nordic / Nordic Walks

Pob Llun Every Mon	9.45	Ardal Prestatyn Prestatyn Area	Cysylltwch 07951655215 Contact 07951655215	—	lawr 1hr
Pob Mawrth Every Tue	1.00	Dinbych Denbigh	Morrison's	LL16 3RQ	lawr + 1hr +
Pob Iau Every Thu	10.30	Loggerheads	Parc Gwledig Country Park	CH7 5LH	lawr + 1 hr +
Pob Iau Every Thu	10.30	Dinbych Denbigh	Morrison's	CH7 5LH	2 awr + 2 hrs +
Pob Gwener Every Fri	10.30	Ardal Rhyl Rhyl Area	Cysylltwch 01745356197 Contact 01745356197	—	1 awr 1 hr

* Sesiwn dechreuwyr & profiadol / **beginners & advanced sessions**
^ Taith Hawdd / **Easy Walk**

Teithiau cerdded yn
agored i bawb / Teithiau
yn addas i bawb /
Arweinir gan
Wirfoddolwyr wedi ei
hyfforddi

Mae cerdded cyson wedi cael ei
ddangos i wella hunan hyder,
stamina, rheolaeth pwysau ac i leihau
straen a phryder. Ceisiwch gyrraedd
15 munud cyn amser dechrau y
Daith Gerdded os gwelwch yn dda.
Argymhellir esgidiau da a chot law.

Walks open to
everyone / Walks will
suit all abilities /
Led by Trained
Volunteer
Walk Leaders

Regular walks have been
shown to improve self confidence,
stamina, weight control and to
reduce anxiety and stress. Please
try to arrive 15 minutes before
the walk start time. Stout
footwear and waterproof jackets
are recommended.



Am wybodaeth bellach cysylltwch a / **For further information**

Katrina Day

Swyddog Datblygu Cerdded / **Walking Development Officer**

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neu ebostiwnch / **or email** katrina.day@denbighshire.gov.uk