

Monday
St Asaph
10.30^{am} Bowling Green
1hr + LL17 0RQ

Mold 
10.30^{am} Tesco Car Park
60-90min + CH7 1UB

Gwaenysgor
11^{am} Village Hall
1hr LL18 6LG

Denbigh ■
11^{am} Trefeirion
1hr LL16 3LY

Prestatyn
1.45 Town Council Offices
40min LL19 9LR

Flint
2^{pm} Jade Jones Leisure
Centre 50 min CH6 5ER

Bagillt
7^{pm} Upper Shippe Inn
90min (April-Sept)
CH6 6EQ

Tuesday
Corwen ■
9.30^{am} Canolfan Ni
1hr LL21 0DP

Buckley 
10^{am} Precinct Car Park
90min CH7 2EG
Call 01352 781318

Talacre
10.30^{am}
The Lighthouse Inn
40min CH8 9RD
Call 01352 810614

Northop Hall
10:45^{am} Boars Head
1hr CH7 6HS
Every 2nd Tuesday
of the Month

Dyserth
11^{am} Community Centre
2hrs LL18 6LP

Deeside
11.30^{am} Leisure Centre
30 min CH5 1SA

Holywell
1^{pm} Leisure Centre
90-120 min CH8 7UZ

Ruthin ■
1.30^{pm} Naylor Leyland
Centre 1hr LL15 1AF

Mold 
2^{pm} Queen's Head
90-120 min CH7 1UQ

Wednesday
Flint
10.30^{am} Jade Jones Leisure
Centre 90min CH6 5ER

St Asaph
10.30^{am} Bowling Green
60min LL17 0RG

Mold
1^{pm} Leisure Centre
30min + CH7 1HT

Corwen ■
1^{pm} Canolfan Ni
2hrs LL21 0DP

Caerwys
2^{pm} Golf Club
1hr CH7 5AQ

Halkyn
7^{pm} Blue Bell Inn
60 and 90 min CH8 8DL
(Apr-Sep)

Thursday
Buckley
10^{am} Precinct Car Park
60 or 90 min (small annual
charge) CH7 2EG

Denbigh
10^{am} Lenton Pool
1hr+ LL16 3LG

Holywell
10.15^{am} Leisure Centre
30min+ CH8 7UZ

Mold
10.30^{am} Parkfield
Community Centre
45min CH7 1XG

Mostyn
10.30^{am} Community
Centre 1hr CH8 9PE

Rhuddlan
11^{am} Community Centre
120min LL18 5PU

Halkyn
2^{pm} Blue Bell Inn
90min CH8 8DL

Flint
2^{pm} Jade Jones Pavilion
30min+ CH6 5ER

Carmel
7^{pm} Halfway House
(rear car park) 90min
End of May to Mid Sept
CH8 8QT

Friday
Shotton
10.30^{am} Melrose Inn
45-60min & 60-90min
CH5 1LR


Rhyl
12.30^{pm} Brickfield Pond
2hrs LL18 2YR

Brynford
6.45^{pm} Crooked Horn
90min (April-Sept)
CH8 8AX

Saturday
Halkyn
10.30^{am} Bluebell Inn
90min CH8 8DL

Talacre
The Lighthouse Inn
10:30^{am} 90min
(slow or fast walk)
CH8 9RD

Sunday
Holywell
10^{am} Holway Community
Centre
190min CH8 7DW
(different meeting point
last Sunday)

 includes some out
of town walks

■ Mind Walks



Nordic Walks

Monday
Prestatyn area
9:45^{am} Call 07951655215
for meeting point 1hr

Tuesday
Holywell
10^{am} Tesco Car Park
1hr CH8 7AN

Thursday
Loggerheads
10.30^{am} Country Park 60-
90min CH7 5LH

Friday
Rhyl area
10.30^{am}
1hr call for details
01745 356197

Saturday
Halkyn
1^{pm} Blue Bell Inn
1hr CH8 8DL



Cronfa Amaethyddol Ewrop ar gyfer Datblygu
Gwledig: Ewrop yn Buddsoddi
mewn Ardaloedd Gwledig
The European Agricultural Fund for
Rural Development: Europe Investing in
Rural Areas



Llywodraeth Cymru
Welsh Government

Regular walks have been shown to improve self-confidence, stamina and 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. Walks are led by trained volunteers

More regular walks available from Llanasa, Carmel and Prestatyn. Pram walks also available

For further details call 01352 810614
or 01745 356197
countryside@denbighshire.gov.uk

For updates please check the website
www.denbighshirecountryside.org.uk/lets_walk
www.walkaboutflintshire.com
www.pmyoullneverwalkalone.com
www.letswalkcymru.org.uk

Whilst every effort has been made to make this leaflet as accurate as possible, neither authors or publishers accept any responsibility for the consequence of errors.

