

Teithiau Nordic / Nordic Walks

Pob Llun Every Mon	9.45	Ardal Prestatyn Prestatyn Area	Cyswlltwch 07951655215 Contact 07951655215	—	1 awr 1 hr
Pob Mawrth Every Tue	10.00	Treffynnon Holywell	Maes Parcio Tesco Tesco Car Park	CH8 7AN	1 awr 1 hr
Pob Mawrth Every Tue	13.00	Dinbych Denbigh	Morrison's	LL16 3RQ	1 awr + 1 hr +
Pob Iau Every Thu	10.30	Loggerheads	Parc Gwledig Country Park	CH7 5LH	1 awr + 1 hr +
Pob Iau Every Thu	10.30	Dinbych Denbigh	Morrison's	LL16 3RQ	2 awr + 2 hrs +
Pob Gwener Every Fri	10.30	Ardal Rhyl Rhyl Area	Cysylltwch 01745356197 Contact 01745356197	—	1 awr 1 hr
Dydd Sadrwn cyntaf y mis First Saturday of the month	13.00	Helygain Halkyn	Blue Bell Inn	CH8 8DL	1 awr 1 hr

Nodwch os gwelwch yn dda fod polion yn cael eu darparu ond fod nifer yn gyfyngedig.
Poles are provided at these sessions, but numbers are limited.

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 â / For further information

Katrina Day

Swyddog Datblygu Cerdded / Walking Development Officer

Rhyl 01745 356197 / Loggerheads 01352 810614 / Mobile 07789480849
neu ebostiwlch / or email katrina.day@denbighshire.gov.uk

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	60-90 mun 60-90 min
Pob Llun 1af Every 1st Monday	10.30	Yr Wyddgrug Mold	Taith tu Allan y Dre Out of Town Walk		60-90 mun 60-90 mins
Pob Llun Every Mon	11.00	Gwaenysgor	Neuadd y Pentref Village Hall	LL18 6LG	60 mun 60 mins
Pob Llun Every Mon	14.00	Fflint Flint	Canolfan Hamdden Jade Jones Jade Jones Leisure Centre	CH6 5ER	50 mun 50 mins
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	Gweler gwefan See website	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	90 mun 90 mins
Pob Mawrth Every Tue	10.00	Dinbych Denbigh	Canolfan Hamdden Leisure Centre	LL16 3HB	lawr + 1 hr +
Pob Mawrth Every Tue	10.30	Talacre	Maes Parcio Smugglers Inn ^ Smugglers Inn Car Park ^	CH8 9RD	40 mun 40 mins
Pob Mawrth Every Tue	11.00	Dyserth	Canolfan Cymuned * Community Centre *	LL18 6LP	2awr 2hr
Pob Dydd Mawrth Every Tue	13.00	Trefynnon Holywell	Canolfan Hamdden ^ Leisure Centre ^	CH8 7UZ	45-60 mun 45-60 mins
Pob 2il Mawrth & Olaf Every 2nd Tue & Last	14.00	Yr Wyddgrug Mold	Queens Head, Ffordd Gaer Queen's head, Chester Road	CH7 1BP	90-120 mun 90-120 mins
Pob 2il Mawrth & Olaf Every 2nd Tue & Last	14.00	Yr Wyddgrug Mold	Queen's Head Taith tu allan y dre / Out of town walk	CH7 1BP	90-120 mun 90-120 mins
Pob Mercher Every Wed	10.30	Fflint Flint	Canolfan Hamdden Jade Jones Jade Jones 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	14.00	Caerwys	Clwb Golff Golf Club	CH7 5AQ	lawr + 1 hr +
Pob Mercher Every Wed	19.00	Helygain Halkyn	Blue Bell Inn (Ebril-Medi) (Apr-Sep)	CH8 8DL	60 & 90 mun 60 & 90 mins
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 9PE	lawr 1hr
Pob Iau Every Thursday	11.00	Rhuddlan	Canolfan Cymuned * Community Centre *	LL18 5PU	2 awr 2 hrs
Pob Iau Every Thursday	14.00	Helygain Halkyn	Blue Bell Inn	CH8 8DL	90 mun 90 mins
Pob Gwener Every Friday	10.30	Aston	Melrose Inn * ^	CH5 1LR	45 & 60 45 & 60
Pob Gwener Every Friday	12.30	Rhyl	Pwll Brickfield Brickfield Pond	LL18 2YR	2 awr 2 hrs
Pob Gwener Every Friday	18.45	Licswm Lixum	Crown Inn (Ebril-Medi) (Apr-Sep)		90 mun 90 mins
Pob Sadwrn Every Saturday	10.30	Helygian Halkyn	Blue Bell Inn *	CH8 8DL	90 mun 90 mins
Pob Sadwrn Every Saturday	10.30	Talacre	Smugglers Inn	CH8 9RD	90 mun 90 mins

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

Tro rheolaidd ar gael o Llanasa a Threffynnon. Ffoniwch 01745 356197 / 01352 810614 am wybodaeth bellach.

Regular walks available at Llanasa and Holywell. Please contact 01745 356197 / 01352 810614 for further details.