

<p>Friday</p> <p>Shotton 60 min & 90 min 10.30 Melrose Inn CH5 1LR Grade 1 to 2 easy/mod Facilities PTBR</p> <p>Lixwm. 90 min 18.45 Crown Inn CH8 8NQ Grade 2 moderate Facilities PTR (April to September only)</p> <p>Carmel 90 min 19.00 Ffordd Gwelfor CH8 8SQ Grade 2 moderate Facilities P (Note: end of May to mid September only)</p> <p>Saturday.</p> <p>Penyffordd 60-90 min 10.00am Royal British Legion car park CH4 0JZ Grade 0 intro 1 Easy Facilities PTRB 2nd and 4th Saturday</p>	<p>Saturday</p> <p>Halkyn 90 min 10.30 Blue Bell Inn CH8 8DL Grade 1 to 2 easy/mod Facilities PTBR</p> <p>Halkyn 180 min 10.30 Blue Bell Inn CH8 8DL Grade 3 hard Facilities PTBR Note: 3rd Sat each month; bring a picnic</p> <p>Talacre 90 min 10.30 The Lighthouse Inn CH8 9RD Grade 1 easy slow or fast walk Facilities PTR</p> <p>Llanasa 180 min 10.00 various start points Grade 2 moderate Call Jeff Morgan on 01745 570 981 to confirm start point facilities PR 2nd Saturday each month</p>	<p>Sunday</p> <p>Holywell 180 min 09.45 usually Home Bargains CH8 7TQ Grade 3 moderate Facilities PTBR Call 07577 555 168 to confirm start point.</p> <p>Notes: All our walks have been graded to help choose a walk suitable for your abilities.</p> <p>Grade 0 Introductory; Short mostly flat circular walks up to 1.5 miles. Suitable for beginners and those with pushchairs.</p> <p>Grade 1 Easy; Mostly flat with slight inclines on footpaths and no stiles.</p> <p>Grade 2 Moderate; Inclines on footpaths and grassland and could include stiles.</p> <p>Grade 3 Hard; Some steeper inclines and stiles over footpaths and grassland.</p>	<p>Facilities available at the start of the walk are;</p> <p>P = parking T = toilets R = refreshments B = on a 'bus route</p> <p>Some walks have a star (*). This means that there are car share/out-of-town walks organised from time to time.</p> <p>Please contact your walk leader or see our website for more details.</p> <p>Telephone numbers are included where the walk start varies. Please contact the walk leader to confirm the start point.</p> <p>Dog walkers are welcome subject to certain conditions.</p> <p>Please see our website for full details.</p> <p>If you would like to see this programme in Welsh, please go to our website which is;</p> <p>www.walkaboutflintshire.com</p>	<p>Free led walks for all abilities.</p> <h2>Walkabout Flintshire</h2> <p>Fun + Fitness + Friendship</p> <p>Walking has been shown to improve fitness and selfconfidence in all ages. Choose a walk to suit your ability and just turn up at the start.</p> <p>There's no need to book in advance.</p> <p>Aim to arrive at least 15 minutes before the start time. This will give you time to register and listen to the walk leader's briefing.</p> <p>All walks are led by trained volunteers.</p> <p>Please ensure you have either stout shoes or walking boots and don't forget to bring waterproof clothing in case of rain!</p> <p>Details of other organisations offering led walks in this area can be found on our website;</p> <p>www.walkaboutflintshire.com</p> <p>Every effort has been made to ensure accuracy of this publication. We cannot accept responsibility for any errors or omissions.</p> <p>Updated 14 November 2020.</p>
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<p>Monday</p> <p>Mold * 60 min to 90 min 10.30 Tesco car park Mold CH7 1UB Grade 1 easy to 2 mod Facilities PTBR</p> <p>Flint 50 min 14.00 Jade Jones Pavilion Flint CH6 5ER Grade 1 easy Facilities PTBR</p> <p>Bagillt 90 min 19.00 Upper Shippe Inn CH8 6EQ Grade 1 easy Facilities PTR (Note: April to September only)</p>	<p>Tuesday</p> <p>Buckley * 90 min 10.00 Precinct car park CH7 2EG Grade 2 moderate Facilities PTB 01352 781 318</p> <p>Northop Hall Area * 90 min 10.45 Call Brian on 01244 544 564 for start details Grade 2 moderate Facilities P</p> <p>Holywell 90 min & 120 min 13.00 Leisure Centre CH8 7UZ Grade 2 moderate Facilities PTBR</p> <p>Mold * 90 min to 120 min 14.00 Queens Head CH7 1UQ Grade 3 hard Facilities PBTR</p>	<p>Wednesday</p> <p>Flint 90 min 10.30 Jade Jones Pavilion CH6 5ER Grade 1 to 2 easy to moderate Facilities PTBR</p> <p>Caerwys 60 – 90 min 13.30 Marian Car Park Grade 2 moderate Facilities PTR</p> <p>Halkyn 60 min and 90 min 19.00 Blue Bell Inn CH8 8DL a. Grade 1 easy b. Grade 1 to 2 easy to moderate Facilities PTR (Note: April to September only)</p>	<p>Thursday</p> <p>Mold 45 min 10.30 The Club House, Park Avenue CH7 1RY Grade 0 to 1 easy Facilities PTRB</p> <p>Mostyn 60 min 10.30 Community Centre CH8 9PE Grade 2 to 3 moderate to hard Facilities PTBR</p> <p>Halkyn 90 min 14.00 Blue Bell Inn CH8 8DL a. Grade 2 moderate b. Grade 3 hard Facilities PTBR</p>	<p>Nordic Walks</p> <p>Tuesday</p> <p>Holywell Craft Mill (sometimes Greenfield Dock: check first) 10.00 about 60 minutes Grade 1 or 2 easy to moderate Facilities PTBR</p> <p>Tel: 01352 711 309 for start point (not during school holidays)</p>  <p>For more details of special, out-of-town, charity, pram walks and loads more, please go to our website;</p> <p>www.walkaboutflintshire.com</p> <p>Follow us on Facebook.com/Walkabout Flintshire and Twitter.</p>
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