

<p>Friday.</p> <p>Shotton 60 min & 90 min 10.30 at Melrose Inn CH5 1LR Grade 1 to 2 easy/mod Facilities PTBR</p> <p>Lixwm. 90 min 18.45 at 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) Starts 18/5/2018</p>	<p>Saturday.</p> <p>Halkyn 90 min 10.30 at 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 and 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>Sunday.</p> <p>Holywell 190 min 09.45 Home Bargains CH8 7TQ Grade 3 to 4 mod/hard Facilities PTBR Call 07577 555 168 for start point last Sunday of month.</p>	<p>Notes:</p> <p>All our walks have been graded to help choose a walk suitable for your abilities.</p> <p>Grade 0 Introductory;</p> <p>Short mostly flat circular walks up to 1.5 miles. Suitable for beginners and those with pushchairs.</p> <p>Grade 1 Easy;</p> <p>Mostly flat with slight inclines on footpaths and no stiles.</p> <p>Grade 2 Moderate;</p> <p>Inclines on footpaths and grassland and could include stiles.</p> <p>Grade 3 Hard;</p> <p>Some steeper inclines and stiles over footpaths and grassland.</p> <p>Dog walkers are welcome subject to certain conditions. Please see our website for full details.</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 start (*). This means that there are car share/out-of-town walks organised from time to time. 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>If you would like to see this programme in Welsh, please go to our website which is; www.walkaboutflintshire.com</p>	<p>Free led walks for all abilities.</p> <h2 style="text-align: center;">Walkabout Flintshire</h2> <p style="text-align: center;">Fun + Fitness + Friendship</p> <p style="text-align: center;">Walking has been shown to improve fitness and self confidence in all ages. Choose a walk to suit your ability and just turn up at the start. There's no need to book in advance.</p> <p style="text-align: center;">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 style="text-align: center;">All walks are led by volunteers.</p> <p style="text-align: center;">Please ensure you have either stout shoes or walking boots and don't forget to bring waterproof clothing in case of rain!</p> <p style="text-align: center;">Other organisations offering led walks in this area can be found on our website at;</p> <p style="text-align: center;">www.walkaboutflintshire.com</p> <p style="text-align: center;">Every effort has been made to ensure accuracy of this publication. We cannot accept responsibility for any errors or omissions.</p> <p style="text-align: center;">Published October 2018.</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 Facilities PTBR</p> <p>Gwaenysgor 60 min 11.00 Village hall LL18 6LG Grade 2 moderate facilities PBR</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 CH6 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 Note: 01352 781 318</p> <p>Northop Hall * 90 min 10.45 Boars Head CH7 6HS Every 2nd Tuesday of the month Grade 2 moderate Facilities P</p> <p>Deeside 30 min 11.30 leisure Centre CH5 1SA Grade 0 easy Facilities PBTR</p> <p>Holywell 90 min & 120 min 13.00 Leisure Centre CH8 7UZ Grade 2 moderateFacilities PTBR</p> <p>Mold * 90 min to 120 min 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 min 14.00 Golf Club CH7 5AQ Grade 1 to 2 easy to 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 PTBR (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>Halkyn 90 min 14.00 Blue Bell Inn CH8 8DL a. Grade 2 moderate b. Grade 3 hard Facilities PTBR</p> <p>Mostyn 60 min 10.30 Community Centre CH8 9PE Grade 2 to 3 moderate to hard Facilities PTBR</p>	<p style="text-align: center;">Nordic Walks</p> <p style="text-align: center;">Tuesday</p> <p style="text-align: center;">Holywell Craft Mill (sometimes GreenField Dock: check first) 13.00 about 60 minutes Grade 1 or 2 easy to moderate Facilities PTBR Tel: 01352 711 309 for start point (not during school holidays)</p> <p style="text-align: center;">Saturday.</p> <p style="text-align: center;">Halkyn 60 minutes 13.00 from Blue Bell Inn CH8 8DL Grade 1 to 2 easy to moderate Facilities PTBR</p> <p style="text-align: center;">For more details of special, out-of-town, charity , pram walks and loads more, please go to our website at</p> <p style="text-align: center;">www.walkaboutflintshire.com</p> <p style="text-align: center;">Follow us on Facebook.com/Walkabout Flintshire</p>
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