Friday.	Saturday.	Sunday.	Facilities available at the start of the walk are;	Free led walks for all abilities.
Shotton	Penyffordd	Holywell		
60 min & 90 min	60-90 min	180 min	P = parking	Walkabout Flintshire
10.30	10.00am	09.45	T = toilets	
Melrose Inn	Royal British Legion car park	usually Home Bargains	R = refreshments	
CH5 1LR	CH4 0JZ	CH8 7TQ	B = on a 'bus route	Fun + Fitness + Friendship
Grade 1 to 2 easy/mod	Grade 0 intro 1 Easy	Grade 3 moderate		
Facilities PTBR	Facilities PTRB	Facilities PTBR	Some walks have a star (*). This	Walking has been shown to improve fitness
	2nd and 4th Saturday	Call 07577 555 168 to confirm	means that there are car share/out-	and self confidence in all ages.
Lixwm.	5	start point.	of-town walks organised from time	
90 min	Halkyn	1	to time.	Choose a walk to suit your ability and just
18.45	90 min	Notes: All our walks have been		turn up at the start. There's no need to book in
Crown Inn	10.30 Blue Bell Inn	graded to help choose a walk	Please contact your walk leader or	advance.
CH8 8NQ	CH8 8DL	suitable for your abilities	see our website for more details.	
Grade 2 moderate	Grade 1 to 2 easy/mod			Aim to arrive at least 15 minutes before the
Facilities PTR	Facilities PTBR	Grade 0 Introductory; Short	Telephone numbers are included	start time. This will give you time to register
(April to September only)		mostly flat circular walks up to	where the walk start varies. Please	and listen to the walk leader's briefing.
(Halkyn	1.5 miles. Suitable for	contact the walk leader to confirm	
	180 min 10.30 Blue Bell Inn	beginners and those with	the start point.	All walks are led by trained volunteers.
	CH8 8DL	pushchairs.	F	
	Grade 3 hard	P	Dog walkers are welcome subject	Please ensure you have either stout shoes or
	Facilities PTBR	Grade 1 Easy; Mostly flat with		walking boots and don't forget to bring
	Note: 3rd Sat each month;	slight inclines on footpaths and		waterproof clothing in case of rain!
	bring a picnic	no stiles.	Please see our website for full	
			details. If you would like to see	Details of other organisations offering led
	Llanasa	Grade 2 Moderate; Inclines on	this programme in Welsh, please	walks in this area can be found on our
	180 min	footpaths and grassland and	go to our website which is;	website; www.walkaboutflintshire.com
	10.00	could include stiles.		
	various start points		www.walkaboutflintshire.com	
	Grade 2 moderate	Grade 3 Hard; Some steeper		Every effort has been made to ensure
	Call Jeff Morgan on 01745 570	inclines and stiles over		accuracy of this publication. We cannot accept
	981 to confirm start point	footpaths and grassland.		responsibility for any errors or omissions.
	Facilities PR	Tootpatils and grassiand.		
	2nd Saturday each month			
				Updated 1 November 2023.
				<u> </u>

Monday. Tuesday. Wednesday. Thursday. Nordic Walks Mold * Holvwell Flint Halkvn 90 min 60 min to 90 min 90 min & 120 min 90 min Tuesday 10.30 13.00 10.30 14.00 Leisure Centre Blue Bell Inn Tesco car park Mold Jade Jones Pavilion **Greenfield Valley** CH7 1UB CH8 7UZ CH6 5ER CH8 8DL **Copper Hill Pool** Grade 1 easy to 2 mod Grade 2 moderate Grade 1 to 2 easy to moderate a. Grade 2 moderate (sometimes Greenfield Dock: Facilities PTBR Facilities PTBR b. Grade 3 hard Facilities PTBR check first) Facilities PTBR 10.00 Mold * Caerwys 90 min to 120 min $60 - 120 \min$ about 60 minutes 10.00 (wef 10/10/23) 14.00 Oueens Head Grade 1 or 2 easy to moderate CH7 1UQ Marian Car Park Facilities PTBR Tel: 01352 711 309 Grade 3 hard Grade 2 moderate for start point (not during school Facilities PBTR Facilities PTR holidays) Halkyn 60 min and 90 min 19.00 Blue Bell Inn CH8 8DL For more details of special, out-ofa. Grade 1 easy town, charity, pram walks and loads b. Grade 1 to 2 easy to moderate more, please go to our website; Facilities PTR www.walkaboutflintshire.com (Note: April to September only) Follow us on Facebook.com/Walkabout Flintshire and Twitter.