

# Free Guided Walks for the Over 50s ~ Enjoy Springtime in Denbighshire

## Delivered by Penybryn Outdoor Learning CIC

Register online to join – [CLICK HERE FOR LINK](#) **\*\*Registration is essential\*\***

Any queries? Contact Chris on 07971 788052 or email [info@penybrynoutdoor.cymru](mailto:info@penybrynoutdoor.cymru)

For all walks, please bring the following: Walking boots or strong walking shoes, waterproof jacket, waterproof trousers, suitable backpack, drink, lunch (on full walk days) and snacks.

### WEEK 1

| <i>Date</i>     | <i>Time</i>   | <i>Start &amp; End Point</i>    | <i>Type</i> | <i>Distance</i> | <i>Number of Participants</i> |
|-----------------|---------------|---------------------------------|-------------|-----------------|-------------------------------|
| Mon 20th March  | 09:30 - 12:30 | Middle Parc Skate Park, Denbigh | Moderate    | 9km             | 10                            |
| Mon 20th March  | 13:00 - 16:00 | Middle Parc Skate Park, Denbigh | Easy        | 5km             | 10                            |
| Tues 21st March | 09:30 - 16:30 | Llyn Brenig Visitor Centre      | Strenuous   | 14km            | 10                            |
| Wed 22nd March  | 09:30 - 16:30 | Llyn Brenig Visitor Centre      | Strenuous   | 16km            | 10                            |



Cyngor Gwasanaethau Gwirfoddol Sir Ddinbych  
Creu Cymunedau Cryf trwy Weithredu Gwirfoddol  
Denbighshire Voluntary Services Council  
Building Resilient Communities through Voluntary Action



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| WEEK 2           |               |                                          |             |                 |                               |
|------------------|---------------|------------------------------------------|-------------|-----------------|-------------------------------|
| <i>Date</i>      | <i>Time</i>   | <i>Start Point</i>                       | <i>Type</i> | <i>Distance</i> | <i>Number of Participants</i> |
| Mon 27th March   | 09:30 - 12:30 | Wirral View, Mostyn, Rhyl                | Easy        | 7km             | 10                            |
| Mon 27th March   | 13:00 - 16:00 | Wirral View, Mostyn, Rhyl                | Moderate    | 10km            | 10                            |
| Tues 28th March  | 09:30 - 16:30 | Llandrillo Village Car Park              | Strenuous   | 15km            | 10                            |
| Wed 29th March   | 09:30 - 16:30 | Vicarage Lane Car Park Rhuddlan          | Easy        | 7km             | 10                            |
| Thurs 30th March | 09:30 - 12:30 | Middle Parc Skate Park, Denbigh          | Moderate    | 9km             | 10                            |
| Thurs 30th March | 13:00 - 16:00 | Middle Parc Skate Park, Denbigh          | Easy        | 5km             | 10                            |
| Fri 31st March   | 09:30 - 12:30 | Barkby Beach Car Park (Lower), Prestatyn | Easy        | 5km             | 10                            |
| Fri 31st March   | 13:00 - 16:00 | Barkby Beach Car Park (Lower), Prestatyn | Moderate    | 14km            | 10                            |



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| WEEK 3          |               |                                      |             |                 |                               |
|-----------------|---------------|--------------------------------------|-------------|-----------------|-------------------------------|
| <i>Date</i>     | <i>Time</i>   | <i>Start Point</i>                   | <i>Type</i> | <i>Distance</i> | <i>Number of Participants</i> |
| Mon 3rd April   | 09:30 - 12:30 | Wirral View, Mostyn, Rhyl            | Easy        | 7km             | 10                            |
| Mon 3rd April   | 13:00 - 16:00 | Wirral View, Mostyn, Rhyl            | Moderate    | 10km            | 10                            |
| Tues 4th April  | 09:30 - 12:30 | Market Street Car Park, Llangollen   | Moderate    | 6km             | 10                            |
| Tues 4th April  | 13:00 - 16:00 | Market Street Car Park, Llangollen   | Strenuous   | 10km            | 10                            |
| Wed 5th April   | 09:30 - 12:30 | Heoly Parc Car Park, Ruthin          | Easy        | 7km             | 10                            |
| Wed 5th April   | 13:00 - 16:00 | Heoly Parc Car Park, Ruthin          | Moderate    | 9km             | 10                            |
| Thurs 6th April | 09:30 - 16:30 | Chain Bridge Hotel, Llangollen       | V Strenuous | 12km            | 10                            |
| Fri 7th April   | 09:30 - 16:30 | Crown Hotel, Pen Y Stryt, Nr Wrexham | V Strenuous | 11km            | 10                            |



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