

<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>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>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>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. 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 style="text-align: center;">Walkabout Flintshire</h2> <p style="text-align: center;">Fun + Fitness + Friendship</p> <p>Walking has been shown to improve fitness and self confidence in all ages.</p> <p>Choose a walk to suit your ability and just turn up at the start. 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; 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 style="text-align: center;">Updated 26 October 2022.</p>
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Monday.

Mold *

60 min to 90 min
10.30
Tesco car park Mold
CH7 1UB
Grade 1 easy to 2 mod
Facilities PTBR

Bagillt

90 min
19.00
Upper Shippe Inn
CH6 6EQ
Grade 1 easy
Facilities PTR
(Note: April to September only)

Tuesday.

Northop Hall Area *

90 min
10.45 Call Brian on
01244 544 564 for start details
Grade 2 moderate
Facilities P

Holywell

90 min & 120 min
13.00
Leisure Centre
CH8 7UZ
Grade 2 moderate
Facilities PTBR

Mold *

90 min to 120 min
14.00 Queens Head
CH7 1UQ
Grade 3 hard
Facilities PBTR

Wednesday.

Flint

90 min
10.30
Jade Jones Pavilion
CH6 5ER
Grade 1 to 2 easy to moderate
Facilities PTBR

Caerwys

60 – 90 min
11.00 (wef 2/11/22)
Marian Car Park
Grade 2 moderate
Facilities PTR

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)

Thursday.

Halkyn

90 min
14.00
Blue Bell Inn
CH8 8DL
a. Grade 2 moderate
b. Grade 3 hard
Facilities PTBR

Nordic Walks

**Tuesday
Greenfield Valley
Copper Hill Pool**

(sometimes Greenfield Dock:
check first)
10.00
about 60 minutes
Grade 1 or 2 easy to moderate
Facilities PTBR Tel: 01352 711 309
for start point (not during school
holidays)

**For more details of special, out-of-town, charity, pram walks and loads more, please go to our website;
www.walkaboutflintshire.com**

**Follow us on
Facebook.com/Walkabout
Flintshire and Twitter.**

