

<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>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>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>Walkabout Flintshire</h2> <p>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>Updated 30th July 2025</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>Tuesday.</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>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>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 – 120 min 10.00 (wef 10/10/23) Marian Car Park Grade 2 moderate Facilities PTR</p> <p>)</p>	<p>Thursday.</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 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)</p> <p>For more details of special, out-of-town, charity, pram walks and loads more, please go to our website; www.walkaboutflintshire.com</p> <p>Follow us on Facebook.com/Walkabout Flintshire and Twitter.</p>
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