

*Fersiwn Cymraeg ar gael os gofynnir

TEITHIAU CERDDED ABERSOCH WALKS

Programme of **Guided Walks** May Week 2009

Feel like a walk? Don't know the footpaths? Why not join a guided walk?



Range of walking abilities catered for. Walks of 2-10 miles length. All welcome.

- **Wednesday April 29th**, 11.00 am
Moderate walk (4-6 miles/3-4 hours): Llanbedrog rural hinterland
(note this walk is in conjunction with Gorwel/Horizon walking group, and starts and finishes at Llanbedrog National Trust Carpark near beach, bring lunch).
- **Thursday April 30th**, 11.00-12.00 am **Nordic Walking** Meet at Neuadd Abersoch village hall
- **Thursday April 30th**, 2.30 pm
Moderate Walk (4-5 miles/3 hours) Penbennar – Porth Fawr – Penrhyn Du – Cwrs Golff
- **Friday May 1st**, 11.00 am.
Long walk (8-10 miles/5-6 hours) Warren-Llanbedrog Head-Mynytho-Nant Fawr
(bring lunch).
- **Saturday May 2nd**, 11.00 am
Long walk (8-10 miles/5-6 hours) Porth Ceiriad-Cilan-Llanengan (bring lunch)
- **Sunday May 3rd**, 11.00 am
Moderate Walk (3-4 miles/2-3 hours) Pen y Gaer – Llangian – Lon Garmon (bring lunch)
- **Monday May 4th**, morning from 10.00 am
Geocaching for all – digital treasure hunt on Mynydd Cilan – trail takes about an hour
Pre-register and details with Tourist information Centre or email name and no. in group to phewlett@toucansurf.com or phone Peter on 01758 760532, GPS supplied.
Start at Cilan National Trust Carpark, 3 miles south of Abersoch, map ref. 295248
- **Tuesday May 5th** 2.30-3.30pm **Nordic Walking** Meet at Neuadd Abersoch village hall

Our **volunteer leaders** are local residents who know the area well.

All walks **start and finish by Talafon/Londis in the centre of Abersoch** unless otherwise specified.

There is **charge of £1 for Adults** for each walk. This goes towards SAC expenses.

Please **wear stout, comfortable footwear and bring a waterproof coat.**

For longer walks **bring a drink and a snack** and carry them in a rucksack.

We regret that **no dogs** are allowed on our walks.

Please remember that you join these walks **at your own risk.**

Have you followed the Abersoch audio trail yet? (see www.audioguide2go.com)



Further information from Noel 01758 713 300.

We look forward to walking with you!