

# TEITHIAU CERDDED ABERSOCH WALKS

## Programme of **Guided Walks** August 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.

- **Thursday July 30<sup>th</sup>**, 1.30 pm  
Easy walk (3-4 miles/2-3 hours), Llwybrau Nefyn Footpaths; in conjunction with Llyn Ramblers, meet at carpark near Nefyn Police Station..
- **Tuesday August 4<sup>th</sup>**, 11.00 am  
Long walk (8-10 miles/5-6 hours) Warren-Llanbedrog Head-Mynytho-Nant Fawr (bring lunch), led by Mike.
- **Wednesday August 5<sup>th</sup>**, 11.00 am  
Moderate walk (4-5 miles/3-4 hours) around Bwlchtocyn and Abersoch, in conjunction with Gorwel/Horizon walking group, meet at Crowrach Isaf near P.Ceiriad (map 311255, bring lunch).
- **Tuesday August 11<sup>th</sup>**, 11.00 am  
Moderate Walk (3-4 miles/2-3 hours) Reservoir – Rhandir, led by Ruth.
- **Thursday August 13<sup>th</sup>**, 1.00 pm  
Moderate walk (4-6 miles/3-4 hours) Cylchdaith Mynytho Circular; in conjunction with Llyn Ramblers, meet at Foel Gron carpark near Mynytho.
- **Tuesday August 18<sup>th</sup>**, 11.00 am  
Moderate Walk (3-4 miles/2-3 hours) Pen y Gaer – Llangian – Lon Garmon (bring lunch), led by Margaret and Graham.
- **Wednesday August 19<sup>th</sup>**, 11.00 am  
Moderate walk (4-5 miles/3-4 hours), Aberdaron Coastal Walk, in conjunction with Gorwel/Horizon walking group, meet at Cwrt National Trust carpark (map 159261, bring lunch).
- **Tuesday August 25<sup>th</sup>**, 2.30 pm  
Moderate Walk (4-5 miles/3 hours) Penbennar – Porth Fawr – Pentrhyn Du – Cwrs Golff, led by Margaret and Graham.
- **Wednesday August 26<sup>th</sup>**, 5.00 pm  
Short evening walk in the Abersoch area (2-4 miles/2 hours), led by Noel.
- **Monday August 31<sup>st</sup>**, 11.00 am  
Long walk (8-10 miles/5-6 hours) Porth Ceiriad-Cilan-Llanengan (bring lunch), led by Noel.
- **Wednesday September 2<sup>nd</sup>**, 11.00 am  
Moderate walk (5-6 miles, 3-4 hours) around Llyn Dinas, Snowdonia, in conjunction with Gorwel/Horizon walking group, meet Pont Bethania carpark (mapref 628506) (bring lunch)

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 a one-off charge of **£1 for Adults** for SAC membership. 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**. (Fersiwn Cymraeg ar gael os gofynnir)

**Further information from Noel 01758 713 300.**

**We look forward to walking with you!**