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## Taith Cerdded Nordic, Ionawr 2025

I gael rhagor o wybodaeth cysylltwch a Katrina ar  
01824 708396 wneu e-postio  
[naturerbuddiechyd@sirddynbych.gov.uk](mailto:naturerbuddiechyd@sirddynbych.gov.uk)



Location	Activity	Date	Time
Maes Parcio Hwb Harbwr, Y Rhyl	Taith Gerdded Nordig (polion wedi'u daparu)	Dydd Gwener 6	10:15 - 11:30
Coed Y Morfa, Prestatyn	Taith Gerdded Nordig (polion wedi'u daparu)	Dydd Gwener 13	10:15 - 11:30
Gwarchodfa Natur, Rhuddlan	Taith Gerdded Nordig (polion wedi'u daparu)	Dydd Gwener 20	10:15 - 11:30
Maer Parcio Anglia, Dyserth	Taith Gerdded Nordig (polion wedi'u daparu)	Dydd Gwener 20	10:15 - 11:30



Mae gweithgareddau yn addas ar gyfer pob gallu a lefelau ffitrwydd. I gael rhagor o wybodaeth cysylltwch â [Naturerbuddiechyd@sirddinbych.gov.uk](mailto:Naturerbuddiechyd@sirddinbych.gov.uk)  
Activities are suitable for all abilities and fitness levels. For information or to book, contact [Natureforhealth@denbighshire.gov.uk](mailto:Natureforhealth@denbighshire.gov.uk)



Gwasanaeth Cefn Gwlad Sir Ddinbych / Denbighshire Countryside Service  
Bryniau Clwyd a Dyffryn Dyfrdwy / Clwydian Range and Dee Valley  
Tai Sir Ddinbych / Denbighshire Housing



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## Nordic walking, Rhyl, January 2025

For information or to book contact Katrina on 01824708396  
or email [natureforhealth@denbighshire.gov.uk](mailto:natureforhealth@denbighshire.gov.uk)



Location	Activity	Date	Time
Rhyl Harbour Hub Car Park	Nordic Walking (poles provided)	Friday 3rd	10:15 - 11:30
Prestatyn Coed Y Morfa	Nordic Walking (poles provided)	Friday 10th	10:15 - 11:30
Rhuddlan Nature Reserve	Nordic Walking (poles provided)	Friday 17th	10:15 - 11:30
Dyserth Anglia Car Park	Nordic Walking (poles provided)	Friday 24th	10:15 - 11:30
Brickfield Pond Car-park	Nordic Walking (poles provided)	Friday 31st	10:15 - 11:30



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## Ymarfer Corff ar Eistedd Prestatyn, Ionawr 2025

I gael rhagor o wybodaeth cysylltwch a Katrina ar 01824  
708396 wneu e-postio  
[naturerbuddiechyd@sirddynbych.gov.uk](mailto:naturerbuddiechyd@sirddynbych.gov.uk)



Location	Activity	Date	Time
Canolfan Jiwibili, Seabank Drive, Prestatyn	Ymarfer Corff ar Eistedd	Dydd Tachwedd	10:30 - 11:30
		Medi 14	
		Medi 21	
		Medi 28	



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## Seated Exercise Prestatyn, January 2025

For information or to book contact Katrina on 01824708396  
or email [natureforhealth@denbighshire.gov.uk](mailto:natureforhealth@denbighshire.gov.uk)



Location	Activity	Date	Time
Jubilee Centre, Seabank Drive Prestatyn.	Seated Exercise for Beginners	Tuesday 14th Tuesday 21st Tuesday 28th	10:30—11:30



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## Y.N.W.A. NORDIC WALKING 2025

Held Tuesday Mornings at 10.00 a.m.

**\*Please arrive 10 minutes early for registration & prompt start\***

**\*New walkers welcome BUT will require an Induction First\***

**There is a £2.00 fee for hiring poles.**

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### JANUARY

7<sup>th</sup> Jan. Thomas Avenue Car Park, Dyserth, LL18 6AN. Toilets at Waterfall café if open.

14<sup>th</sup> Jan. Saints Leisure Centre car park, Meliden. LL19 8LD toilets at Saints.

**Note to newer walkers, it is not always possible to get a space in this car park.**

21<sup>st</sup> Jan. The Hub, Foryd Harbour, Rhyl. LL18 5AX **Do not park in the Hub car park unless you have a Denbighshire parking permit or wish to pay their prices. We suggest you park in the Range car park NOT ALDI then cross at the crossing, walk over the bridge towards the Hub and we will be waiting for you at the bench at the end of the bridge.**

28<sup>th</sup> Jan. The Beaches Hotel Car Park, Prestatyn. LL19 7LG. Toilets at the Hotel. **Please make sure you enter your car registration number inside the Hotel.**

## **FEBRUARY**

**4<sup>TH</sup> Feb** Aldi car park, Rhuddlan, LL18 5AQ. Toilets at Aldi

**11<sup>th</sup> Feb.** Coed y Morfa, off Fforddisa, Prestatyn, LL19 8AJ. Nearest toilets the Bus Station.

**18<sup>th</sup> Feb** Lower Gronant car park, Shore Rd, Gronant. Nearest Postcode LL19 9SS. Closest toilets @ Tesco's. **(For newer walkers this is the road which leads down to Presthaven)**

**25<sup>th</sup> Feb** Bowls Centre, Ferguson Avenue, Prestatyn, LL197YA Toilets @ The Bowls Centre.

**For further information or regarding Inductions – (one to one training)**

**Contact Sue on 07493 188707 or Kenn on 07747 429397**



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Llangollen, Ionawr 2025

Contact Becky 07748808372 or Chloe 07785601869

or scan the QR code to book



Location	Activity	Date	Time
Plas Newydd, Llangollen	Tasgau Ysgafn Garddio Sgwrs a Phaned	Dydd Mawrth 7, 14, 21, 28	10-12
Hwb Pengwern, Llangollen	Sefyll yn Dal	Dydd Iau 9, 16, 23, 30	11.15-12.15
Hwb Pengwern, Llangollen	Sesiwn Lles	Dydd Mercher 29	10.30-12
Llangollen	Taith gerdded	Dydd Iau 30	1-3



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Bryniau Clwyd a  
Dyffryn Dyfrdwy  
Tirwedd Cenedlaethol  
Clwydian Range  
and Dee Valley  
National Landscape





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Llangollen, January 2025

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Location	Activity	Date	Time
Plas Newydd, Llangollen	Light Gardening, Cuppa and Chat	Tuesday 7, 14, 21, 28	10-12
Pengwern Community Hub	Stand Tall Seated Exercise Class	Thursday 9, 16, 23, 30	11.15-12.15
Pengwern Community Hub	Wellbeing Wednesday	Wednesday 29	10.30-12
Llangollen	Guided Walk	Thursday 30	1-3



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Corwen, Ionawr 2025

Contact Becky 07748808372 or Chloe 07785601869

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Location	Activity	Date	Time
Gardd Gymunedol, Corwen	Tasgau Ysgafn Garddio Sgwrs a Phaned	Dydd Mercher 8, 15, 22, 29	1-3
Pen Y Pigyn, Corwen	Sesiwn Ymwybyddiaeth Ofalgar	Dydd Iau 23	1-2



Mae gweithgareddau yn addas ar gyfer pob gallu a lefelau ffitrwydd. I gael rhagor o wybodaeth cysylltwch â [Naturerbuddiechyd@sirddinbych.gov.uk](mailto:Naturerbuddiechyd@sirddinbych.gov.uk)  
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Corwen, January 2025

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Location	Activity	Date	Time
Corwen Community Garden	Light Gardening, Cuppa and Chat	Wednesday 8, 15, 22, 29	1-3
Pen Y Pigyn, Corwen	Mindful Walk	Thursday 23	1-2



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