



e
edrych yn dda

e
easy exercise



y
ymarfer hawdd

t
tackle fat



deithiau gwaith yn
Prestatyn
short walks for busy people

working walks in
Prestatyn
short walks for busy people

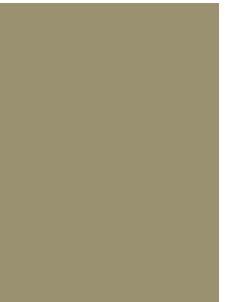
i
iachus

h
healthy heart



h
hwyl i bawb

l
lots of new friends



c
calon iach

a
a longer life



d
delio gyda'r pwysau

h
having fun



Ffoniwch Gydlynnydd Footloose ar
01745 356197
ichi gael gwybod am Footloose a'r rhaglen o deithiau
cerdded tywysedig o gwmpas Sir Ddinbych

Cerdded i gadw'n iach

Phone the Footloose coordinator on
01745 356197
to find out about Footloose and the
programme of guided walks around Denbigh

Stay healthy through walking

Cerdded i gadw'n iach



Stay healthy through walking



Cerdded i gadw'n iach



Stay healthy through walking

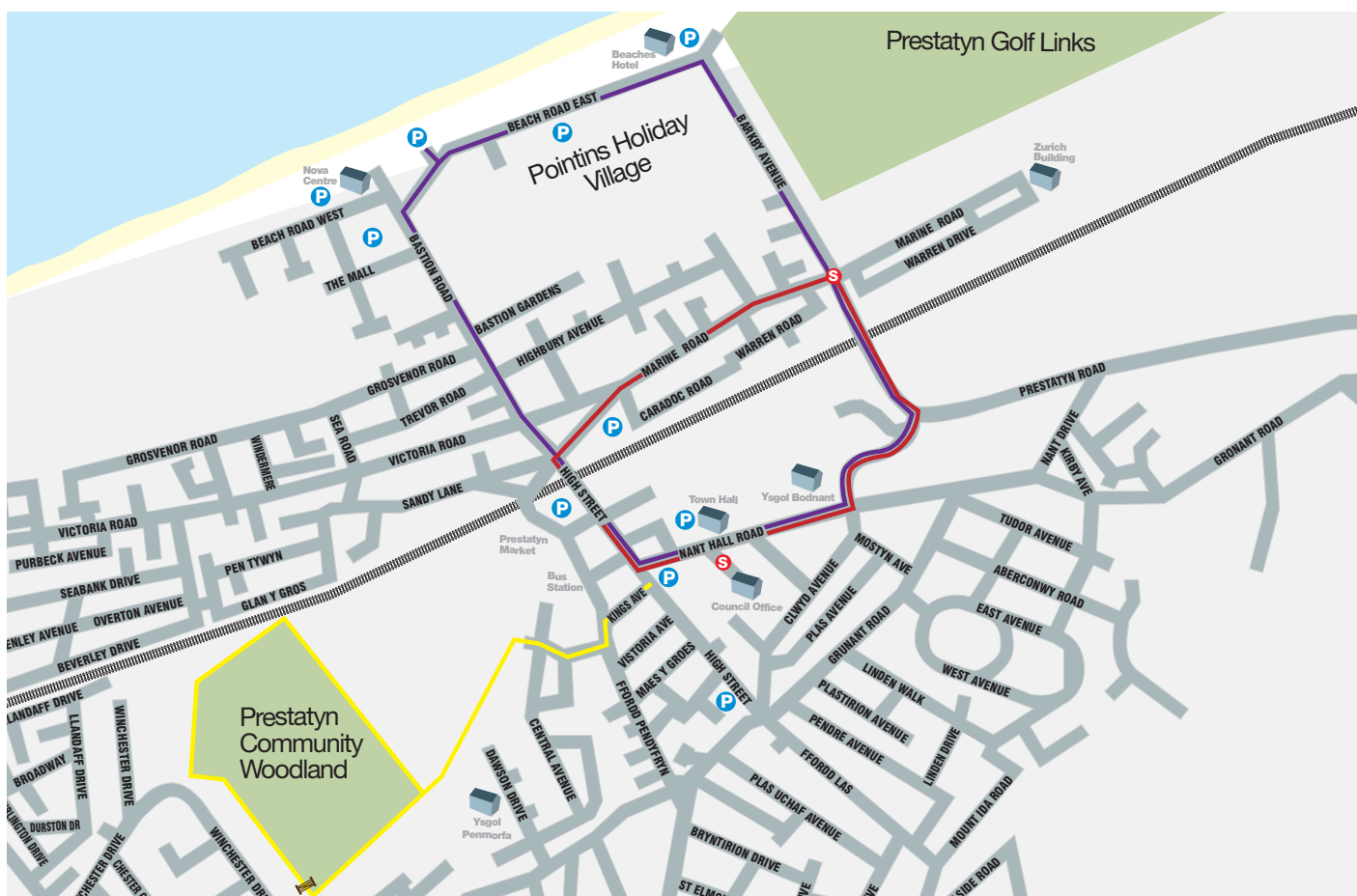
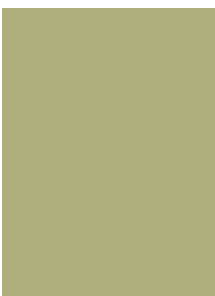
deithiau gwaith yn Prestatyn

3 Walks ideal for lunch breaks

Walk 1
 Perhad 30 minutes
 Camau 2,800
 Pellter 1.4 miles

Walk 2
 Perhad 41 minutes
 Camau 4,000
 Pellter 2 miles

Walk 3
 Perhad 45 minutes
 Camau 4,200
 Pellter 2.1 miles



working walks in Prestatyn

3 Walks ideal for lunch breaks

Walk 1
 Approximate
 Time 30 minutes
 Steps 2,800
 Distance 1.4 miles

Walk 2
 Approximate
 Time 41 minutes
 Steps 4,000
 Distance 2 miles

Walk 3
 Approximate
 Time 45 minutes
 Steps 4,200
 Distance 2.1 miles

map key

█ WALK 1	S START
█ WALK 2	P PARKING
█ WALK 3	LANDMARK
GATE	RAILWAY
STILE	DISMANTLED RAILWAY

