

# CERDDED YNG NGWYNEDD - RHAGLEN TEITHIAU WALKING IN GWYNEDD - WALKS PROGRAMME

## Teithiau Wythnosol . Weekly Walks

Diwrnod . Day	Gradd . Grade	Man Cyfarfod . Meeting Place	Amser . Time	Hyd y Daith . Duration of Walk	Arweinydd Cerdded . Walk Leader
Llun . Monday	Iechyd . Health	Canolfan Hamdden Glan Wnion, Dolgellau LL40 1LH	10:45 - 13:00	1.5 - 2 awr / hours	Jean Cox neu / or Avril Measures 01341 422224 neu / or 01341 421780
	Iechyd . Health	Canolfan Hamdden Dwyfor, Pwllheli	13:15 - 14:45	1 - 1.5 awr / hours	Staff y Ganolfan . Centre Staff 01758 613437
	Nordig . Nordic	Cerdded Nordig Bangor Bangor Nordic Walking	10:00 - 13:00	2 - 3 awr / hours	Gill Edwards 01248 362925
Mawrth . Tuesday	Iechyd . Health	Canolfan Hamdden Plas Ffrancon, Bethesda LL57 3DT	10:00 - 12:00	1 - 1.5 awr / hours	Eurwen Smith 01248 602198
Mercher . Wednesday	Iechyd . Health	Canolfan Hamdden Glan Wnion, Dolgellau LL40 1LH	10:00 - 10:30	30 munud / minute	James Richards 07833441175
Iau . Thursday	Iechyd . Health	Canolfan Hamdden Plas Silyn, Penygroes LL53 6NE	11:30 - 12:00	30 munud / minute	Craig Corne 01286 882047
	Datblygol . Progressive	Canolfan Hamdden Plas Silyn, Penygroes LL53 6NE	10:00 - 12:00	1.5 - 2 awr / hours	Staff y Ganolfan . Centre Staff 01286 882047
	Iechyd . Health	Canolfan Hamdden Glaslyn, Porthmadog LL49 9HW	11:00 - 13:00	1.5 - 2 awr / hours	Vic Tritton 07780917733 / 01766 830551
Gwener . Friday	Babi a Plentyn Baby and Toddler	The Institute, Corris, Machynlleth SY20 9BU	09:30 - 12:00	1 - 2 awr / hours	Ruth Chapman ruth_susannah@hotmail.com 07889 817221

## Teithiau Iechyd Misol . Monthly Health Walks

Diwrnod . Day	Gradd . Grade	Man Cyfarfod . Meeting Place	Amser . Time	Hyd y Daith . Duration of Walk	Arweinydd Cerdded . Walk Leader
Llun . Monday	Iechyd . Health	Llyn Tegid, Y Bala LL23 7YE	09:00 - 12:00	2 awr / hours	Bill Taylor . Arwel Morris 07825403054 / 01678 520626
3ydd Dydd Mercher bob mis 3rd Wednesday every month	Pobl gyda nam golwg Visually Impaired	Clwb Cerdded Eryri Walking Group, North Wales Society for the Blind, 325 Stryd Fawr, Bangor	10:30	Amrywiol (angen pecyn bwyd) Varies (need a packed lunch)	Carys Dafydd 01766 772269
Gwener . Friday	Iechyd . Health	Canolfan Hamdden Bro Dysynni, Tywyn	Amrywiol Varies	30 - 60 munud / minute	Rachael Roberts 01654 710167

## Grwpiau Cerdded Annibynnol . Independent Walking Groups

Diwrnod . Day	Gradd . Grade	Man Cyfarfod . Meeting Place	Amser . Time	Hyd y Daith . Duration of Walk	Arweinydd Cerdded . Walk Leader
Iau . Thursday	Nordig . Nordic	Cerdded Nordig Gwynedd Nordic cerddednordigcymru@live.co.uk nordicwalkingwales@live.co.uk	10:00 - 11:00	1 awr / hours	Catrin Roberts 01766 830568 / 07900615380
Gwener . Friday	Nordig . Nordic	Cerdded Nordig a Iechyd Dwyfor Dwyfor Health and Nordic Walks	10:30 - 13:00	2 awr / hours	Caroline Moncrieff 07980538811

## Grwpiau Cerdded Tymhorol . Seasonal Walking Groups

Diwrnod . Day	Gradd . Grade	Man Cyfarfod . Meeting Place	Amser . Time	Hyd y Daith . Duration of Walk	Arweinydd Cerdded . Walk Leader
Mawrth . Tuesday	Datblygol . Progressive	Caffi Blades Abersoch Cafe	10:00 - 12:00	2 awr / hours	Jean Lancaster 01758 740021 / 07798912474
Mercher . Wednesday	Teithiau Teulu Family Walks	Ger / By Eglwys Penrhyndeudraeth	09:30 - 11:00	1.5 awr / hours	Ann Jones 01766 771410

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