



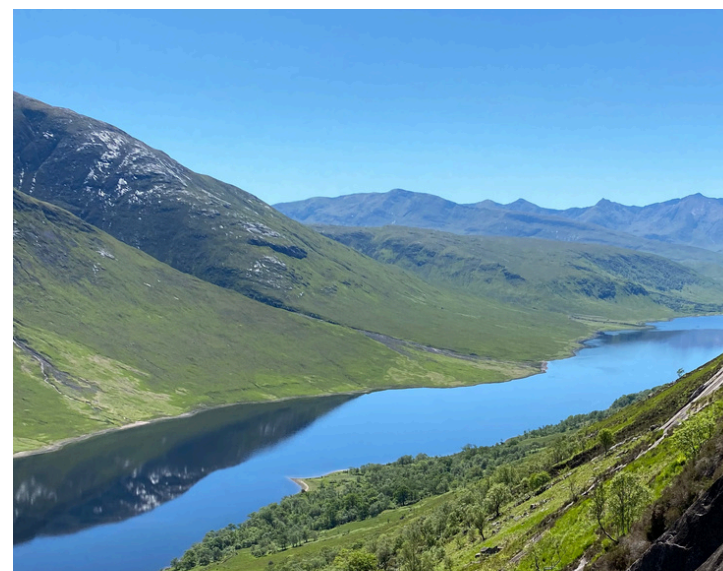
In Partnership with
 **Gecko House**

Dyffryn Ogwen 25th July 2024



Mindful Walk 9:30am - 5pm

**Led by experienced Mountain Leaders
Andrew Sutcliffe and Martin Shrigley Mayfield
Level 3 and Level 1 Mental Health 1st Aiders**



**Should be £45.00 Per Person
but asking for donations to GECKO HOUSE
via Creative Adventures Conwy CIC**

8 spaces available, we can offer transport for 4 people



**Mindful Mountain Walk, ideal for those that want to escape for
the day and breath the mountain air. Must be relatively fit
and have good walking shoes / boots and waterproofs.
Meeting point at Ogwen Cafe / Car park**

BOOK ON: 01492 353535 or climb@boathouseclimbingcentre.co.uk

APS Creative Adventures AALA Licence Number L83241

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