



## *taking you into the countryside...*

Bryn Walking offers guided walks in Mid Wales and the Marches

Your guide, Helen, will plan and design a walk – length, grade and points of interest on the way, to suit you. A gentle stroll along the canal or a 12 mile hike – castles, forts, a pub lunch, or a National Trail – whatever it might be Helen will ensure a safe and enjoyable experience for **you** on **your** day out or holiday in Mid Wales.

*“Myself and two friends, anxious to get a taste of the mid Wales countryside but having only ever referred to any area in Wales as ‘Wales’ we didn’t have much of a clue about specific places. We were so lucky to find Helen from Bryn Walking. Our wonderful walk included Dolforwyn Castle, an enigmatic ruin and representative of many of the 13 Century ruins in the area.*

*Helen was able to set the pace to suit us, the timing and distance was also specified by us and we were back in time to change and get to the pub for our dinner, feeling well exercised. Helen is organised, efficient and friendly. I would definitely recommend anyone visiting this unspoilt area to get in touch with Bryn Walking and fast track your way into the Welsh Marches.” – Katie Waistell, Buckinghamshire.*

Helen was brought up in the countryside just north of Shrewsbury in a village called Baschurch. She was first introduced to walking when very small, walking some of the Pembrokeshire coastal path around Fishguard and St.David’s and also Offa’s Dyke around the Knighton area, spending two summer holidays at a tiny riverside campsite in Llanfair Waterdine.

*“We often had family outings up Caradoc or Rodney’s Pillar. A favourite memory is the ‘slippery slopes’ at Carding Mill Valley, Church Stretton.”*

Helen is an experienced walker and map reader, enthusiastic, energetic and friendly. Her passion is walking and taking others out on a walk to benefit from fresh air and exercise, not to mention enjoying our beautiful countryside in Mid Wales. Helen wants to make your stay in Mid Wales even more memorable by designing a walk to suit you – length, grade and places of interest.

*“I want to design a day for you walking out in the open countryside of mid-Wales and the borders, enjoying and discovering the beautiful scenery and stunning views. I do the designing, the planning, and the map reading, so come and join me to enjoy a healthy bit of fresh air and exercise. We can discuss your requirements and I can advise on what you might like. I have a whole library of walks and I love to design new ones using the network of footpaths, bridle ways, open access land and lanes.*

*“Typically you might enjoy a 4 mile stroll incorporating the Montgomeryshire canal or you might enjoy a more strenuous walk of 12 miles or so, perhaps stopping at a pub on route for refreshments.*

*“I have extensive local knowledge of walking territory and I am passionate about exploring new routes with points of interest on the way so part of my enjoyment is doing new walks on my own first, a recce, to ensure that the walk is accessible, has points of interest and most importantly suits you.”*

Find out more at [www.brynwalking.co.uk](http://www.brynwalking.co.uk) or call Helen on 07881 365169

### **Contact**

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*...a walk designed to suit you*