



Bryn Walking

Menhinick Outdoors Limited

07881 365169



What we offer:

- Guided Walks & Walking Events
- Mountain Training courses:
 - Mountain Skills
 - Hill Skills
- National Navigation Award Scheme courses:
 - Bronze
 - Silver
 - Gold
- Personal & Group Tuition
- REC First Aid Training



About

Helen Menhinick - Mountain Leader

We promote the many benefits of walking for wellbeing and to improve confidence in the outdoors by teaching good practices and offering map reading and navigation skills in the hills and mountains.

Menhinick Outdoors Limited trades as Bryn Walking and Bryn Walking for Women.

- Mid Wales
- Cambrian Mountains
- Brecon Beacons
- Snowdonia

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