

# BRYN WALKING

NAVIGATION & FIRST AID TRAINING IN MID-WALES

NOVEMBER 2019

## Helen Menhinick Hill and Moorland Leader



### Profile

*I have lived in mid-Wales most of my life and have walked across the entire area so can offer interesting and challenging guided walks.*

*From November onwards I will be offering navigation courses through the National Navigation Award Scheme (NNAS) for small groups. Additionally I can provide First Aid training through the BHF ELS Heartstart Scheme.*

*"Anyone booking on a course or walk with Helen will be in safe hands ...I have observed Helen leading several walks and she is very good at providing leadership and effective group management – the feedback she receives from participants is always very positive."*



*-Alan Ward (International Mountain Leader)*

## Contact details:

**Email:** [helenmenhinick@hotmail.co.uk](mailto:helenmenhinick@hotmail.co.uk)

**Website:** [www.brynwalking.co.uk](http://www.brynwalking.co.uk)

**Phone:** 07881 365169

## Accommodation:

My Airbnb luxury self-catering accommodation offers one double and one twin room, both of which are en-suite. A spacious lounge and kitchen diner offers more than enough space for groups staying with us. Spectacular views across Newtown. Private off road parking for cars is available and there is a large terrace.

## What's on offer

- National Navigation Award Scheme Courses
- BHF Heartstart First Aid Courses
- Guided Walks
- Self-catering accommodation at Bryn Heulog in Newtown
- On-site conference room



Bryn Heulog Holidays  
Bryn Gardens  
Newtown  
Powys  
SY16 2DR

