**11th – 24th July**

Self-Guided. 15 miles

Llanbedr LL45 2LD

**Llanbedr to Talybont**

Parking in large lay-bys on A496 near Llanbedr or Talybont

NOTE: this amazing ride is self-guided and recommended only when the tide is right.  You need to check the tides as you can only get along the beach at low tide.  There is no alternative as the coast road gets congested.

Check for tides here

<https://www.tideschart.com/United-Kingdom/Wales/Gwynedd/Tal--y--bont-Beach/>

Voluntary contribution / sponsorship paid into the SponsorMe fundraising page. Click on the Donate button on [www.horses4health.co.uk](http://www.horses4health.co.uk)

A person riding a horse

Description automatically generated with low confidence A person riding a horse

Description automatically generated with medium confidence