

SNOWDON



TICKS

WHEN OUT IN THE COUNTRYSIDE YOU SHOULD TAKE SIMPLE STEPS TO TRY AND AVOID A TICK BITE AS SOME OF THEM CARRY INFECTIONS SUCH AS LYME DISEASE RUDUCE YOUR CHANCES OF BEING BITTEN BY WEARING SHOES RATHER THAN SANDALS AND TUCK YOUR TROUSERS INTO YOUR SOCKS KEEP TO THE MIDDLE OF PATHES TO AVOID CONTACT



TICKS CONTINUED...

- with vegetation
- Brush down your clothes before entering the house and do a tick check on everybody if you do find a tick remove it as soon as possible using a tick remover or fine nosed tweezers make a note of the date and contact your gp if you develop a rash or flu like symptoms for further information go to www.lymedisseassaaction.org.uk or request a leaflet by writing to lyme disease action b po box 235 penryn cornwall tr1088wz



DAY OUT WITH THE WARDEN

- What better way to enjoy and learn about Snowdonia than in the company of a national park warden during the summer season a series of guided walks led by our local wardens will be held in the beddgelert area there will be a variety of walks for more information contact the beddgelert information centre contact details on the snowdonia national park Authority facebook page please note that advance booking is essential.

SNOWDONIA PASS

- SEE MORE OF SNOWDONIA FOR LESS WITH THE NEW VISITOR DISCOUNT CARD - THE SNOWDONIA PASS GIVES YOU ACCESS TO DISCOUNTS AT FIFTY PARTICIPATING ATTRACTIONS ACTIVITIES RESTAURANTS SHOPS AND ACCOMMODATION PROVIDERS ACROSS NORTH WALES EACH PASS COSTS JUST £ FIVE PER PERSON AND LASTS FOR 12 MONTHS GIVING YOU INCREDIBLE VALUE FOR MONEY THE CARD IS SUPER SIMPLE TO USE CAN BE PURCHASED ONLINE OR AT ONE OF SEVERAL RETAILERS IN GWYNEDD ONCE YOU'VE PURCHASED AND RECEIVED YOUR CARD JUST PRESENT IT AT THE NEXT PAGE



SNOWDONIA PASS CONT.

At any one of the participating businesses (or mention when booking) to receive your discount. It's that simple! And with the pass lasting a full 12 months you can use it again and again.

Terms and conditions apply so check the website for full details before you purchase.

Go to www.snowdoniapass.co.uk

