



MENTRIBE

Men's support Peer to Peer Group

01

MOUNTAIN DAYS

High-level mountain walks or long low-level trails.

02

BUSHCRAFT

Lessons in bushcraft and campfire training.

03

LOW LEVEL WALKS

Low-level trail walks throughout North Wales.

04

COLD WATER SWIM

Cold water swimming and recovery sessions.

More Information

Visit our Instagram: @mentribe_ OR contact:

mentribeinfo@gmail.com

