

PRACTICALITIES

How to get there:

By car: Come off the A55 at the roundabout signed for PENMAENMAWR (Exit 16).

Follow the road as far as the Mountain View Hotel.

Take a sharp left into Conwy Old Road.

Continue for half a mile. The entrance to Noddfa is on the right opposite Tan-y-Foel cemetery.

By train: Some trains stop (by request) at Penmaenmawr Station (Chester to Pen weekdays: 11.29, 12.28, 14.28, 15.26, 16.28, 17.26, 18.25,

[check times with train company before-hand please](#)).

It is possible for us to meet you at Pen station.

Taxis are available from outside Llandudno Junction station.

If you arrive early, the sea and the beach is easy walking distance albeit a steep climb ...this hill Pen-y-Bryn, is just behind the house which has beautiful gardens.



WORLD COMMUNITY FOR
CHRISTIAN MEDITATION

WEST MIDS SPRING RETREAT

Friday 23 April – Sunday 25 April, 2010

Noddfa Centre, Conway Old Road,
Penmaenmawr, Gwynedd LL34 6YF

WEST MIDS SPRING RETREAT
23 April – 25 April, 2010

Name

Address

Postcode

Telephone

Email

A deposit of £20 is payable with the Booking Form, non-refundable after 31 March 2010 when the balance of £75 is due. Cheques payable to: "Margaret Jarvis".

Please state any particular dietary requirements e.g. vegetarian:

Please state any other special needs, but note that there are only 2 single and 1 double/ensuite ground floor rooms which will be allocated on the basis of need. One twin disabled on the ground floor has already been allocated. There is a Stannah lift to some of the upper floor rooms; please state if you need the lift.

Return completed form and cheque and an s.a.e. to Margaret Jarvis, West-Mids Co-ordinator, 44 Torrin Drive, Shrewsbury SY3 6AW. westmids@christian-meditation.org.uk 01743-240401

WEST MIDS SPRING RETREAT
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NODDFA HOUSE



Noddfa is a Welsh word meaning haven or refuge - a place of peace and welcome a place where you can regain energy. It is the name of the centre run by the sisters of the Sacred Heart of Mary in Penmaenmawr, on the North Wales coast.

It consists of 25 rooms all told – 6 twins, 3 doubles, 16 singles. See the preceding page for details of ground floor rooms. The ideal number of participants would be 15 to 25.

The weekend will begin with registration from 3pm on Friday 23 April and end after lunch on Sunday 25 April

COST

The cost of the retreat is £95 full board.