

# Well-being on your doorstep

*A toolkit to assist health and  
well-being practitioners in Bridgend  
County to encourage patients to  
access their local green spaces.*



**In 2015 the Well-being of Future Generations (Wales) Act was introduced, placing a duty on public bodies to improve the social, economic, environment and cultural well-being of Wales. The Act requires public bodies to think more long-term, work better with people and communities and each other, and take a more joined up approach to the delivery of national and local well-being goals.**

The production of this Well-being on Your Doorstep Toolkit is one of the many contributions Bridgend County is making, and will continue to make, towards the delivery of the goals identified in the Well-being of Future Generations Act.

How the Act has informed the spirit of collaborative working practices locally is epitomised by the collaborative approach to the production of this Toolkit. It has brought together teams and advisors from Bridgend County Borough Council's Countryside and Environment department, health and well-being specialists, Natural Resources Wales, Garw Valley Heritage Society, the Wildlife Trust of South and West Wales, as well as community sector partners. The resulting Toolkit demonstrates the links between Bridgend County's beautiful green spaces and the health and well-being of the population.

## **Acknowledgements**

Special thanks to Natural Resources Wales and Bridgend County Borough Council for financial contributions to the production of the Well-being on Your Doorstep Toolkit, and to Dr Peter Harrop for his specialist health advice.





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# What is this about?

**This toolkit is aimed at health and well-being practitioners working in Bridgend County Borough, who want to encourage their patients / clients to become more active outdoors.**

**As a professional in your field, you may be rolling your eyes at this point. It's likely that you receive many publications and statistics about the positive effects of exercise on the health and well-being of your patients.**

**This toolkit takes a different approach.**

**It's been designed in a way that you can use it with your patients / clients to introduce them to the local green spaces they can access to improve their health and well-being – the ones on their doorstep!**





# Why does this approach help?

Going for a walk, or taking in some fresh air in the countryside can be a big step for some patients / clients. The thought of doing it can conjure lots of strenuous images like hiking over mountains, hill-races and endurance walking over marshy landscapes.

Sometimes when patients / clients are advised that getting out and about can improve their health and well-being, they may not enthusiastically and they may make a genuine commitment to doing it. Indeed, many will take the advice on board and experience life-changing health benefits, but what about those who don't?

A number of patients / clients perceive barriers to taking up advice to get more active outdoors. We won't pretend that this toolkit

addresses all of those barriers, but it does try to address a few of them - knowing where to go, what to expect when they get there, and understanding how what they are doing is helping them mentally and physically.

It's about giving your patients / clients the confidence to try it and the motivation to do it!



# How do I use this toolkit?

The Well-being on your Doorstep Toolkit has been designed for you to use with your patient / client when talking to them about the benefits of being active outdoors. The pages of the toolkit are laid out in a way that you're able to break down the information in five phases:

## Introduction

- Identify where the nearest green space is located in relation to where the patient / client lives
- Show the patient / client that there is a path running through the green space, and explain how long it is, the terrain and the difficulty level.

## Reassurance

- Reassure them that they can turn back at any time!
- Discuss the types of people who access this green space and let them know that they won't be surrounded by jogging enthusiasts and marathon runners

## Encouragement

- The types of features and wildlife to look out for when they're there
- Highlight if there are places to sit, rest and access facilities
- Discuss the physical and mental health benefits of accessing green spaces

## Motivation

- Identify milestones that they can reach during their walk, and report back to you during their next visit
- Print out the relevant page of the toolkit from the linked online resource, so that the patient / client can take the information away with them

## Progression

- Agree how you will discuss their experience during their next visit
- Identify further milestones and alternative green spaces your patients / clients can access



# Taking the first step

We know that there are benefits to being active outdoors. But we also know that taking that first step to go for a stroll or to increase your level of exercise to improve your health and well-being can be a bit daunting.

To help you, we've put together a series of short, gentle and easy-to-follow routes in some of Bridgend's most beautiful green spaces. With the support of your GP or Health Advisor, you can identify routes that are suitable for your level of fitness, and set milestones that you feel you can achieve, in order to improve your health and well-being.

## Walking in Bridgend's green spaces will help you:

- Improve your fitness
- Feel more energetic
- Reduce the risk of coronary heart disease
- Control your weight
- Reduce the risk of stroke, diabetes and obesity
- Get a healthier body shape
- Feel less stressed or anxious
- Meet new friends
- Live longer

And it won't cost you a bean!

HEART  
CONDITIONS  
34%  
lower risk

### Did you know?

You should be active every day. Try to build up to 150 minutes of moderate activity each week.

BREAST  
CANCER  
20%  
lower risk

ANXIETY  
20%  
lower risk

STROKE  
35%  
lower risk

DEMENTIA  
34%  
lower risk

### Did you know?

Accessing green spaces for just 30 minutes a week will improve your blood pressure and mental health.

EARLY  
DEATH  
20%  
lower risk

COLON  
CANCER  
20%  
lower risk

DIABETES  
40%  
lower risk

DEPRESSION  
45%  
lower risk

# Now let's find a green space near you

- 1** Maesteg Welfare Park
- 2** Spirit of Llynfi Woodland
- 3** Bryngarw Park
- 4** Park Slip Nature Reserve
- 5** Parc Calon Lân
- 6** Aber Fields
- 7** Coed Iestyn
- 8** Bedford Park
- 9** Porthcawl Wilderness Lakes
- 10** Frog Pond Wood
- 11** Kenfig National Nature Reserve
- 12** Newbridge Fields
- 13** Craig y Parcau LNR
- 14** Tremains Wood LNR

- A** New Street Surgery
- B** Tynycoed Surgery
- C** The Surgery, Heol Arfyn
- D** The Surgery, Heol Gellilodrau
- E** Ashfield Surgery
- F** Newcastle Surgery
- G** Riversdale House
- H** The Surgery, Porthcawl
- I** The Portway Surgery
- J** South Road Surgery
- K** Heathbridge House
- L** Stormybrook
- M** North Cornelly Surgery
- N** Oak Tree Surgery
- O** Bron y Garn Surgery
- P** Woodlands Surgery
- Q** Ogmore Vale Surgery
- R** Nantymoel Surgery
- S** New Surgery
- T** The Medical Centre, Pencoed
- U** Cwm Garw Practice







1

# Maesteg Welfare Park

A picturesque park that was originally developed by local miners to provide a peaceful green space for mineworkers and their families against the industrial backdrop of the valley. The circular route running around the park is perfect for a spot of short, gentle exercise.

-  Suggested route 660m
-  Keeper of the Valley



DEPRESSION  
45%  
lower risk

DIABETES  
40%  
lower risk

660  
metres



15  
mins

50 steps per minute



10  
mins

75 steps per minute

or



## What is the terrain like?

The circular route path is even and well-maintained, making it ideal for wheelchairs and pushchairs. There are a few inclines but they are not very steep.



## Is it family-friendly?

Children will love playing on the open grass and under the shadows of the mature trees. There is also a play area with equipment for younger children and a skate park. Look out for the Keeper of the Valley as you explore the park.



## Are there places to sit?

If you follow the route to the left as you enter the park, you'll come across a number of benches set around a square green, and just a little further on there is a circular seating area.



## Do I have to walk it all at once?

No! Choosing the Keeper of the Valley as a milestone to reach and then turn back is a useful starting point. From there you can build up your fitness level to walk the whole route.

Download  
this map



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

700  
metres



15  
mins

50 steps per minute



10  
mins

75 steps per minute

or

# Spirit of Llynfi Woodland

2



## What is the terrain like?

Winding through the lower half of the site woods is an all ability route suitable for wheelchairs, pushchairs and bicycles. The route connects to several other walking routes of varying gradient and terrain - ideal for those wishing to pursue a more adventurous or challenging walk.



## Is it family-friendly?

The all ability trail offers a fantastic opportunity to get out in the fresh air and discover the wide range of wildflowers, birds and butterflies along the way! It's also a great place for children to ride their bikes or scooters.



## Are there places to sit?

There are several log seats along the all-ability route. As you explore, you'll also come across picnic benches that have been placed in tranquil spots along the routes so that you can relax, read a book, or enjoy the panoramic views that the site has to offer.



## Do I have to walk it all at once?

The Spirit of Llynfi Woodland trails have been purposefully developed to allow people of all abilities to access green spaces. There are lots of trails to choose from and you can select an area to explore that suits your fitness and mobility level.



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

Download  
this map



CAERAU



HEOL TYWIT

River Llynfi

Afon Llynfi

A4063

MAESTEG



● ● ● Suggested route 700m



A woodland trail developed on a former coalfield site that takes full advantage of the breathtaking views over the Llynfi Valley. The site will continue to evolve as the woodland matures and there are already some wonderful trails and outdoor experiences in place, including an outdoor exercise trail, a dog activity trail and a running trail.

DEMENTIA  
34%  
lower risk

HEART  
CONDITIONS  
34%  
lower risk



3

# Bryngarw Country Park



A magnificent park set against the backdrop of a fine country house. The circular walk around the grounds takes in a variety of habitats, as well as a woodland trail, a riverside walk and a beautiful oriental garden with a pagoda as its landmark.

This site is managed by the AWEN Trust  
[www.bryngarwhouse.co.uk](http://www.bryngarwhouse.co.uk)

●●●● Suggested route 820m

●●●● Family routes

🔥 Keeper's Quest



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

820  
metres



20  
mins

50 steps per minute



15  
mins

75 steps per minute

or



## What is the terrain like?

Most of the formal paths are even and well-maintained with a few small inclines here and there. The woodland trails are natural pathways and tend to be more uneven with steeper inclines. Many of the paths will accommodate pushchairs but not all trails will be accessible for wheelchairs. An incline path runs down to the river and it leads to the Community Route going up the Garw Valley.



## Is it family-friendly?

Bryngarw Park offers a wonderful family-friendly experience. Children will enjoy exploring the woodland trails and making use of the adventure playground. There is also the Keeper's Quest activity which is great fun for all the family – ask in the café at the entrance for details.



## Are there places to sit?

There are seating areas throughout Bryngarw Country Park, as well as a cafe with indoor and outdoor seating.



## Do I have to walk it all at once?

No. In fact, Bryngarw Country Park is one of those places you can visit time and time again, and find different areas to explore. Choose a route that suits your fitness and mobility level.

Download  
this map



2500 metres

50 mins  
50 steps per minute

or

35 mins  
75 steps per minute

# Parc Slip Nature Reserve

4



## What is the terrain like?

Most of the paths through Parc Slip Nature Reserve are level and able to accommodate pushchairs and wheelchairs, but there are some inclines here and there. The part of the route that ventures through the butterfly wood is more natural and the path is covered with bark and stones.



## Is it family-friendly?

There are lots of things to see and do around the Nature Reserve, keeping children occupied for hours! During the school holidays there are also organised activities for children – an ideal opportunity to get them involved in nature and wildlife. Check Parc Slip Nature Reserve's website for details.



## Are there places to sit?

You'll find designated places to sit within the Nature Reserve and there's also a cafe with indoor and outdoor seating at the entrance.



## Do I have to walk it all at once?

Parc Slip Nature Reserve is an ideal place for repeat visits, particularly as the seasons change. There are a number of trails to follow and you can choose one that best suits your fitness and mobility level.



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



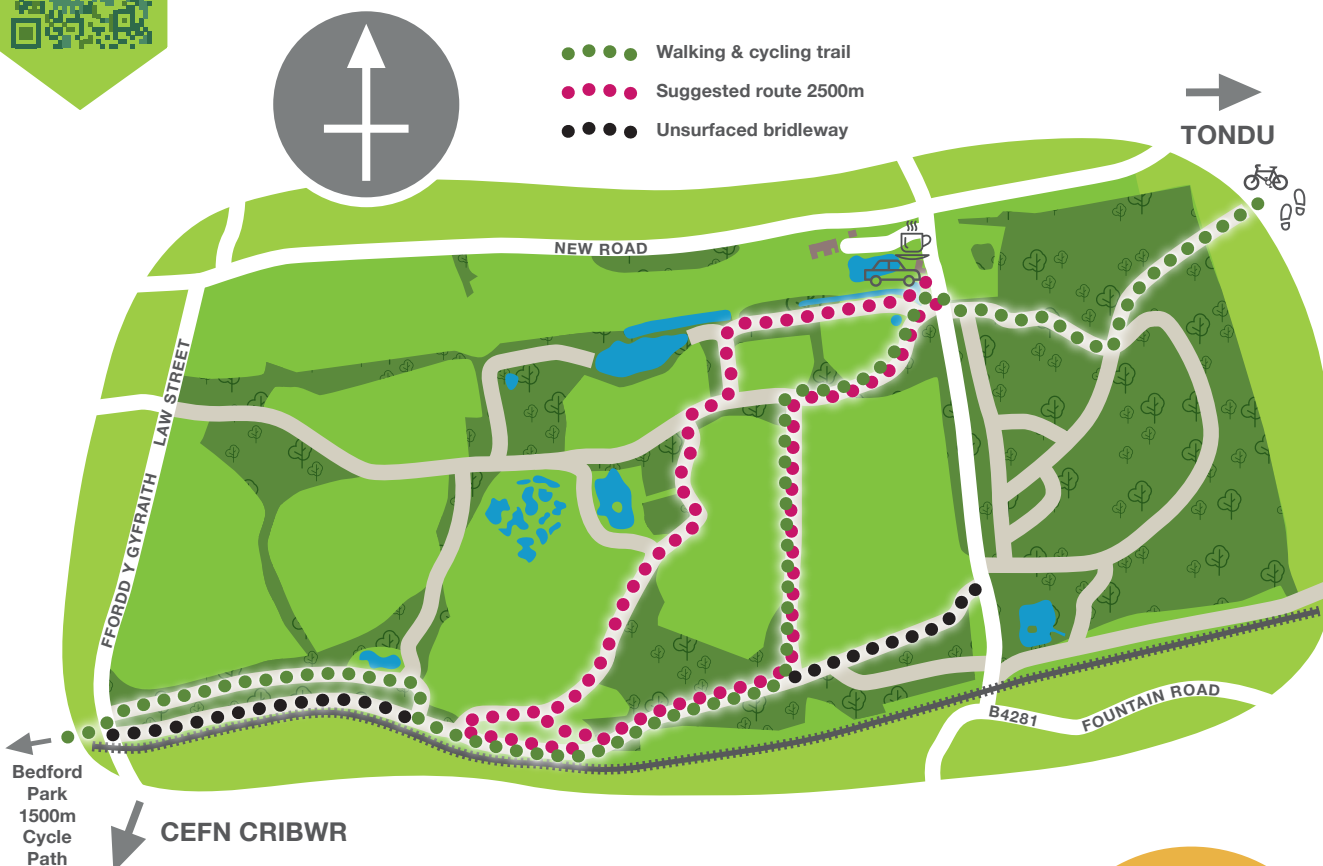
## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

Download this map



A former open-cast coalmine site that has been transformed by The Wildlife Trust of South and West Wales into a beautiful Nature Reserve teeming with wildlife. When you reach the entrance to the Nature Reserve, pop in to the Visitor Centre to pick up information that will help you navigate your way around the trails.



Thanks to The Wildlife Trust of South and West Wales.  
[www.welshwildlife.org](http://www.welshwildlife.org)

STROKE  
35%  
lower risk

ANXIETY  
20%  
lower risk



5

# Parc Calon Lân



Parc Calon Lân is an excellent example of the transformation of a former industrial site into one of the most beautiful parks that Bridgend County has to offer. The entrance to the park leads you to a formal path around a picturesque central lake. You can also choose to venture further if you wish, following a natural trail into the forest.

Download  
this map



PONTYCYMER  
A4064

575  
metres



15  
mins

50 steps per minute



10  
mins

75 steps per minute

or



## What is the terrain like?

The formal paths leading from the park entrance and around the lake are even and well-maintained. There is access for wheelchairs at the entrance to the right of the park office, but not all paths are accessible due to a number of kissing-gates. The natural paths leading off the circular route into the forest follow a steep incline, but it's not necessary to follow this route to enjoy Parc Calon Lân.



## Is it family-friendly?

Parc Calon Lân is explorer's heaven! Children will enjoy seeing the ducks on the lake, playing on the grassy green spaces and running along the trails. There is also a BMX track that starts and finishes in the car park.



## Are there places to sit?

There are plenty of places to sit and enjoy the views in Parc Calon Lân, and you'll find lots of benches on the circular route of formal paths.



## Do I have to walk it all at once?

Parc Calon Lân is a great place to set yourself some goals, starting with the formal paths of the circular route and perhaps at a later date, working towards walking the forestry path.

DEPRESSION  
45%  
lower risk

BREAST  
CANCER  
20%  
lower risk



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

860  
metres



20  
mins

50 steps per minute



15  
mins

75 steps per minute

or

# Aber Fields

6



## What is the terrain like?

The circular route running around the field is mainly tarmac, leading on and off a natural path in one section. The path can be uneven in places and parts of it may not be suitable for wheelchairs.



## Is it family-friendly?

This is an ideal family route with long-running paths that enable children to run and play. If you enjoy cycling, the linear route from the Pavilion connects to the Cycle Trail. There is also a skate park nearby, and remember to look out for a giant rabbit or the 'Keeper of the Fields' as you explore.



## Are there places to sit?

You'll find a number of benches on the circular route around the field. There is also a bench at the entrance to the cycle path – a good milestone if you choose the linear walk.



## Do I have to walk it all at once?

With a couple of entrances to Aber Fields to choose from, it means that you can break your walk into bite-size chunks if you don't want to tackle the whole circular route at once.



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.



Known locally as 'The Planka', this beautiful green space was developed by the community as a welcome retreat during an era when the surrounding landscape was blackened by industry. Today you can take a circular route around the field, or a linear route towards the cycle path.

Download  
this map



DEPRESSION  
45%  
lower risk

EARLY  
DEATH  
20%  
lower risk

7

# Coed Iestyn

A pretty, enclosed area of woodland tucked behind residential properties. This is everything you'd expect of a woodland walk, with ancient trees, a small pond and a riverside path.



..... Suggested route 205r



DEMENTIA  
34%  
lower risk

COLON  
CANCER  
20%  
lower risk

480  
metres



12  
mins

50 steps per minute



10  
mins

75 steps per minute

or



## What is the terrain like?

The formal paths are even and well-maintained, and a boardwalk runs alongside the pond. You'll come across a number of steep inclines and steps, and the natural trails can be quite muddy. The trail is not suitable for wheelchairs and only parts of it are suitable for pushchairs.



## Is it family-friendly?

Yes! The paths through the woodland are winding and they evoke the sense of adventure. It's a great place for dog-walking too!



## Are there places to sit?

As you follow the trail you'll come across some wooden benches and low-level log seating area – great for a family picnic!



## Do I have to walk it all at once?

No, but the trail through the woodland is quite short and the terrain requires an adequate level of fitness to cope with the steps and inclines.

Download  
this map



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

# Bedford Park 8

2720 metres  
60 mins  
50 steps per minute  
or  
40 mins  
75 steps per minute



## What is the terrain like?

The trail through Bedford Park is a cycle track also used by walkers. There's a slight incline as you enter from the car park, but after that it is even and quite flat, making it accessible for pushchairs and wheelchairs.



## Is it family-friendly?

Bedford Park is a wonderful place for children and they will enjoy exploring the ruins of the Ironworks and making up their own games and adventures.



## Are there places to sit?

You'll find benches situated about half-way on the circular trail.



## Do I have to walk it all at once?

No. Bedford Park is one of those places you will enjoy visiting time and time again because there is so much to explore. You can choose to walk the full circular route or the smaller area near the path to the car-park.



## Can I take my dog?

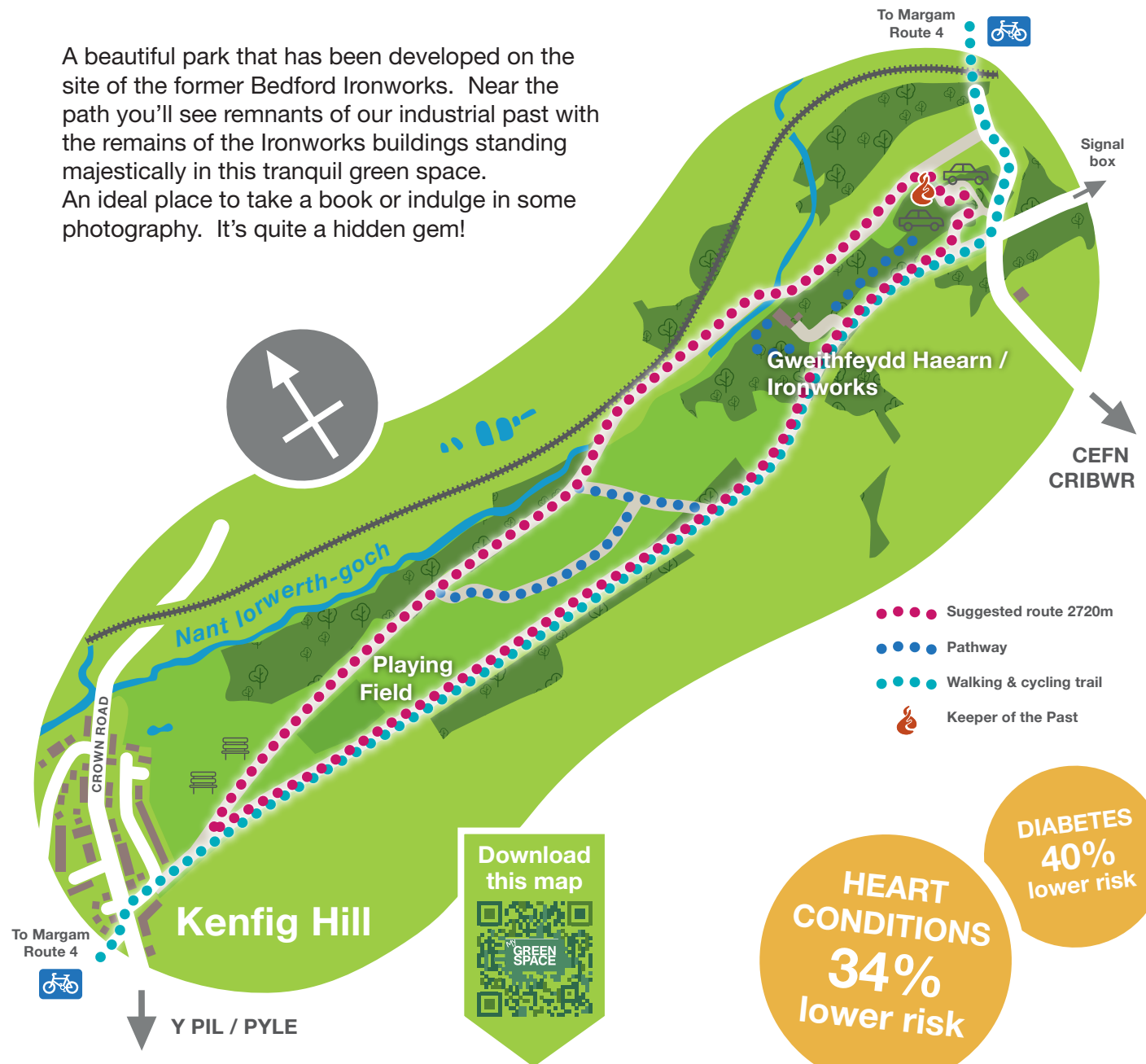
Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

A beautiful park that has been developed on the site of the former Bedford Ironworks. Near the path you'll see remnants of our industrial past with the remains of the Ironworks buildings standing majestically in this tranquil green space. An ideal place to take a book or indulge in some photography. It's quite a hidden gem!





# Porthcawl Wilderness Lakes



Despite being in the centre of a busy seaside town, you'll feel as though you've been transported into the heart of the countryside when you stroll around this scenic area of Porthcawl.

With the formal paths and easy-to-follow circular route around the lakes, it's a great place to start if you're just embarking on walking to improve your health and wellbeing.

**DIABETES**  
40%  
lower risk

**DEMENTIA**  
34%  
lower risk



**1100**  
metres



**25**  
mins

50 steps per minute



**15**  
mins

75 steps per minute

or



## What is the terrain like?

The trail around Porthcawl Wilderness Lakes is flat and well maintained. It's accessible for pushchairs and wheelchairs.



## Is it family-friendly?

You'll find an informal kick-about area and skate park, as well as a play area with equipment suitable for younger children. There's a child-friendly gangway which is fenced off so that children can safely watch the ducks swimming on the lakes. Both adults and children will enjoy spotting the sculptures as they follow the circular path.



## Are there places to sit?

Yes! You'll find a number of benches located at the side of the circular trail, positioned to look out onto the lakes.



## Do I have to walk it all at once?

No. Porthcawl Wilderness Lakes offer quite a tranquil experience, and you can choose to walk the whole circular route or identify a bench to aim for and retrace your steps.



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

Download  
this map



815  
metres



20  
mins

50 steps per minute



12  
mins

75 steps per minute

or

# Frog Pond Wood

10



## What is the terrain like?

The circular route path running through Frog Pond Wood consists of a gravel path that can be uneven in places. Apart from a short incline near the pond, the route is relatively flat and suitable for pushchairs. Please be aware that due to the woodland terrain, some parts of the path may become slippery in wet weather.



## Is it family-friendly?

This woodland is a dream for nature-lovers and children will enjoy playing among the trees and spotting different species of wildlife and plants. Remember to look out for the 'Keeper of the Pond' as you walk.



## Are there places to sit?

There are no benches on this trail. The circular route is quite short but please ensure your fitness level is adequate enough to cope with the lack of rest areas.



## Do I have to walk it all at once?

You can choose how much of this circular route you want to walk. You may want to walk a shorter linear route to start until you build up your fitness level.

Download  
this map



Village Farm  
Industrial  
Estate


GREEN COURT

Nursery

VILLAGE FARM ROAD

Y PIL / PYLE

Heath Bridge Surgery  
(800m)

- Suggested route 730m
- Walking & cycling trail
-  Keeper of the Pond



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

One of Bridgend's Local Nature Reserves, Frog Pond Wood offers a great opportunity for some gentle exercise in a quiet woodland setting. The circular route through the trees leads you to a large pond where you may be lucky enough to spot the colourful dragonflies that thrive there.

STROKE  
35%  
lower risk

HEART  
CONDITIONS  
34%  
lower risk

11

# Kenfig National Nature Reserve



If you enjoy quiet coastal locations or if you're interested in wildlife conservation or history, Kenfig National Nature Reserve is the perfect place to walk, watch, learn and enjoy some breathtaking sea views. Check out the orientation signage in the car park at the entrance to the Reserve for information about navigating your way around and what to look out for.



 Keeper of the Dunes  
 ●●●● Suggested route 1150m

↓ Sker Beach  
(1.5km)

Download  
this map



COLON  
CANCER  
20%  
lower risk

ANXIETY  
20%  
lower risk

1150  
metres



25  
mins

50 steps per minute



15  
mins

75 steps per minute

or



## What is the terrain like?

The green route from the car-park has a tarmac surface leading to a viewing area. From there you can choose a network of natural trails. The trails are sandy and they tend to be undulating and uneven. Navigating the paths with a pushchair may be quite difficult in parts.



## Is it family-friendly?

Children love running up and down the dune paths and spotting the many different species of wildlife around the lakes. There's a great opportunity for family activities in the Reserve – you can search for the 'Keeper of the Dunes' and there's a 'Trails and Tales' activity which is available to download online, (see page 20 for details).



## Are there places to sit?

If you follow the 150m tarmac path you'll reach a seating area with benches and a picnic table – a great spot for a family picnic!



## Do I have to walk it all at once?

There is always something different to see at Kenfig NNR. Perhaps you could choose different paths to follow every time you visit, lengthening your walk as you build your fitness level.



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.



# Newbridge Fields 12



## What is the terrain like?

The trail running through Newbridge Fields is flat and well-maintained. Even the natural trails along the fields are accessible and suitable for wheelchairs and pushchairs when the ground is dry.



## Is it family-friendly?

Yes! Newbridge Fields is a great place for children to run and play games on the open green spaces.



## Are there places to sit?

There are a number of benches along the paths. They are ideally located to take a break from your walk or read a book if you want to spend more time in the fresh air.



## Do I have to walk it all at once?

No. You can decide to follow one of the designated paths through Newbridge Fields, or you may choose to do some short walking-exercises on the large green spaces.



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

A fantastic stretch of field parkland that offers a tranquil place to walk, away from the hustle and bustle of the busy town centre.

If you're taking the first steps to improve your health and well-being by walking, choose the short circular route running alongside

the River Ogmore, crossing the bridge and leading back to your starting point. As your fitness levels improve, you may want to try some of the longer unsurfaced paths that follow the river route.



EARLY  
DEATH  
22%  
lower risk

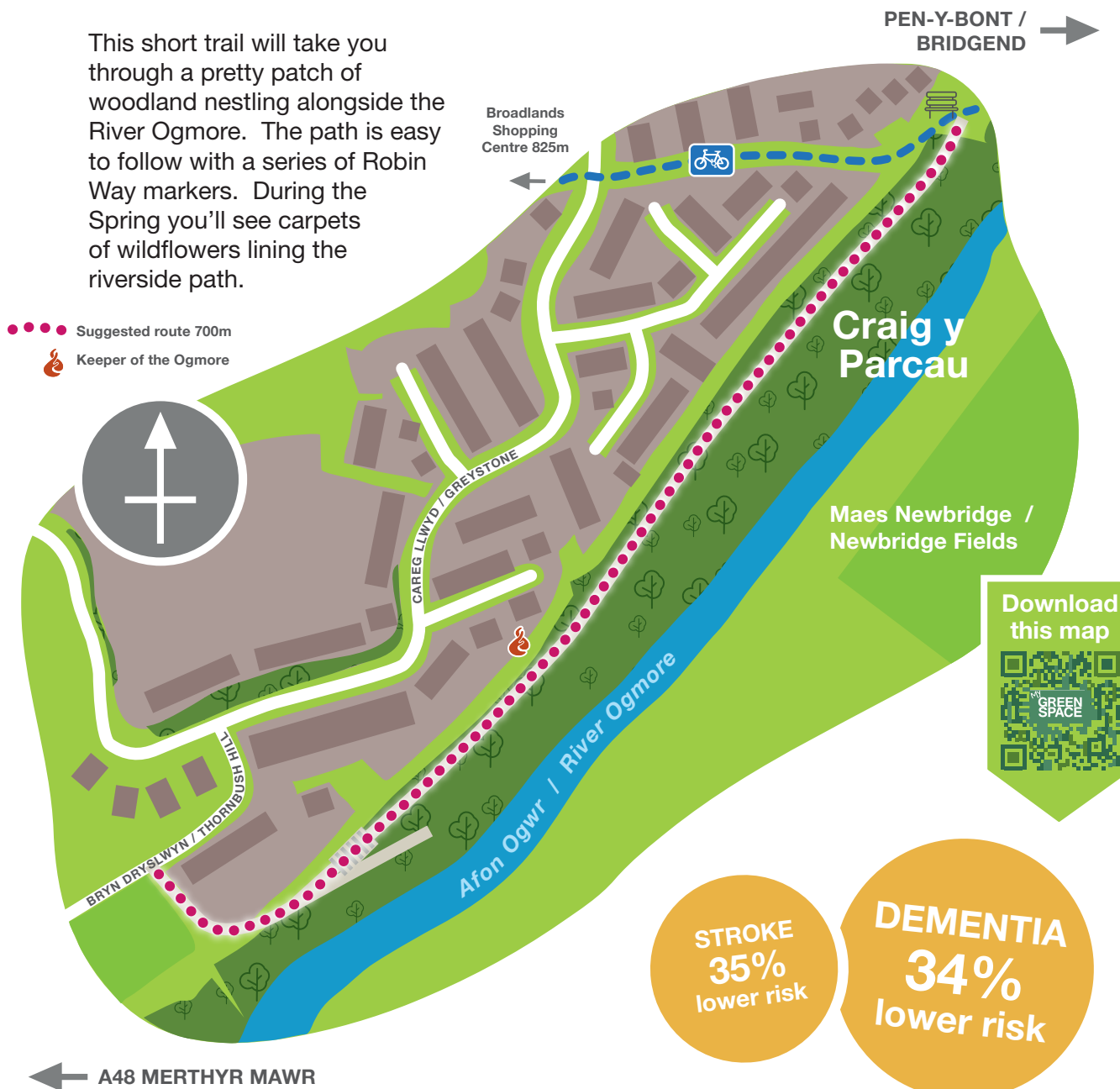
BREAST  
CANCER  
20%  
lower risk



13

# Craig y Parcau Local Nature Reserve

This short trail will take you through a pretty patch of woodland nestling alongside the River Ogmore. The path is easy to follow with a series of Robin Way markers. During the Spring you'll see carpets of wildflowers lining the riverside path.

700  
metres15  
mins

50 steps per minute

10  
mins

75 steps per minute

or



## What is the terrain like?

The path through Craig y Parcau LNR is well-maintained, but sections of the natural path may be muddy. You'll come across steps when following the circular woodland trail so it may not be suitable for beginners, but it's a good short walk if you're building up to a moderate level of fitness.



## Is it family-friendly?

Children tend to love exploring woodland areas and this walk with its winding paths and tall oak trees, will feel like a bit of an adventure. Please note there is no boundary to the river and children will need to be supervised. Remember to look out for the Keeper of the Ogmore as you explore.



## Are there places to sit?

There are no seating areas in the woodland, but you will find a bench where the path meets the adjoining community route that leads to Broadlands Shopping Centre.



## Do I have to walk it all at once?

This is quite a short route with terrain that can be challenging depending on the weather conditions, so an adequate level of fitness and mobility is required for this walk.



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

STROKE  
35%  
lower riskDEMENTIA  
34%  
lower risk

390  
metres



10  
mins

50 steps per minute



7  
mins

75 steps per minute

or

# Tremains Wood Local Nature Reserve

14

MY  
GREEN  
SPACE



## What is the terrain like?

The route through Tremains Wood LNR is a mixture of natural and gravel paths. They are quite uneven and in wet weather they can be slippery. The two connecting linear paths are easy to follow with a series of Robin way markers that will help you navigate your way through the trees.



## Is it family-friendly?

Tremains Wood is a great place for children to explore the meandering pathways leading through the woodland. Remember to look out for the Keeper of the Woods situated along the natural path.



## Are there places to sit?

There aren't any benches on this trail, but if you want to rest for a while you can use one of the fallen trees as a bench!



## Do I have to walk it all at once?

No, but this is quite a short route with terrain that can be challenging depending on the weather conditions, so an adequate level of fitness and mobility is required for this walk.



## Can I take my dog?

Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



## Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

This trail offers the type of experience you'd expect in natural woodland. Tremains Wood is one of Bridgend's Local Nature Reserves and it is home to a variety of species. Before you explore the wood, check the interpretation panel near the entrance to Tremains School to help you identify the trees, flowers and wildlife species you'll come across during your walk.

- ● ● Unsurfaced path 185m
- ● ● Suggested route 205m
- 🔥 Keeper of the Woods



Download  
this map



# Find out more

## **There are many more fantastic green spaces to enjoy across Bridgend County.**

If you've have found that using the walks in this pack is helping to improve your confidence and well-being, you may want to go one step further and explore longer routes or join some of the local organised events.

## **I'd like to walk with others from my GP surgery**

Bridgend's Love2Walk team would be happy to lead small group walks from your GP surgery. Ask your GP or Health Advisor if there are other people who visit the surgery who may be interested. Perhaps they could phone the Love2Walk team to organise your first group walk and you can all decide if you'd like to make it a regular part of your well-being programme.

**Website:** [www.love2walk.co.uk](http://www.love2walk.co.uk)

**Telephone:** 01656 642081

**Email:** [love2walk@bridgend.gov.uk](mailto:love2walk@bridgend.gov.uk)

## **I'm interested in exploring more local walking routes:**

You'll find a wealth of short distance and long distance trails throughout Bridgend County. The leaflets containing maps and information about the routes are available to download online.

**Website:** [www.bridgendbites.com/downloads.aspx](http://www.bridgendbites.com/downloads.aspx)

## **I'd like a route that will interest my children:**

As well as using the information panels to spot different species of wildlife and plants, some children may enjoy stories and 'places and things to find' as they explore with you. A series of 'Tales and Trails' routes are available across Bridgend County, and you can download a free audio story, a map of the trail and activity sheets for children to use. It's a great way to get them involved.

**Website:** [www.bridgendsheritage.co.uk/our-past/children's-heritage.aspx](http://www.bridgendsheritage.co.uk/our-past/children's-heritage.aspx)

## **I want to find more information about the plants, wildlife and history I'll see as I walk**

Using the 'My Green Space' project website for Bridgend, you'll be able to find information about the various plants and trees you'll see during the different seasons, as well as the wildlife supported by the green space you're exploring.

**Website:** [www.naturalneighbourhoods.com](http://www.naturalneighbourhoods.com)

## **I'm looking for a quest – features to find that I could use as milestones**

Seeking out the Nature Keepers, a series of oak sculptures carved in green spaces across Bridgend County, would act as excellent milestones to report back to your GP or Health Advisor. Perhaps you could start in Bryngarw Country Park, where you can follow the 'Keeper's Quest'. There are a further ten Nature Keepers throughout Bridgend in local woods, parks and on the coast. Follow the website link to find out where you need to search for them.

**Website:** [www.naturalneighbourhoods.com/community/nature-keepers.aspx](http://www.naturalneighbourhoods.com/community/nature-keepers.aspx)



**Nature Keeper at Aber Fields**

Produced by NCompass Consultants  
Email [ncompasstraining@aol.com](mailto:ncompasstraining@aol.com)

Designed and Illustrated by David Goodman  
[david@goodman.graphics](mailto:david@goodman.graphics)



