

Love 2 Walk



April - June 2017

Walks and Events Programme

Walking is the most natural and simple form of movement and an excellent all around mode of exercise. Walking can help you to:

- Improve your general fitness
- Get fit and stay fit
- Control your weight
- Live longer!

Health experts say that 30 minutes brisk walking on most days of the week is sufficient to improve fitness.

You don't need any special gear and you can do it wherever you are. It raises your energy levels, works off calories and doesn't cost a bean!

Take a look at our timetable, there are many walks to choose from all over the Borough.

You could also try Nordic Walking.



For a FREE taster session call Stuart on 07967 459162

Keep an eye on our website and check with your walk leader for other special walks.

For more information on any of the walks, please phone Stuart on 07967 459162

The Bridgend Ramblers hold walks on a Tuesday and Sunday morning, their programme is available on their website www.brigendramblers.org.uk

Weekly walks - take place in the same area every week

Day and Time	Start Location	Details	Grading
Monday 11.00am-12 noon	Richard Price Centre* 50p	Nordic Walk/Walk	2
Monday 11.00am-12 noon	Black Sheep Sales* 50p	Nordic Walk/Walk	2
Monday 3.30pm-4.30pm	Ogmore Life Centre	Nordic Walk/Walk	1
Wednesday 1.00pm-2.00pm	Newbridge Fields* Meet by Childrens' Play Area	Nordic Walk/Walk	1
Thursday 10.30am-11.30am	Garw Valley Leisure Centre*	Nordic Walk/Walk	2
Thursday 12.00-1.00pm	Wildmill Community Centre	Health Walk	1
Thursday 1.00pm-2.00pm	Newbridge Fields* Meet by Childrens' Play Area	Nordic Walk/Walk	1

Can't see anything to suit you? Let us know when you would like to walk and maybe we can add to our future programme.



Explorer Walks (one off walks)

One off Walks – move around and have different start points and are generally more challenging.

Day and Time	Start Location	Details	Grading
Tuesday 4th April 3.30pm-4.30pm	Kenfig Nature Reserve - (Route 1) (Meet in Car Park)	Walk/Nordic Walk	3
Tuesday 11th April 3.30pm-4.30pm	Garw Valley Forest Walk Meet at Garw Valley Leisure Centre	Walk/Nordic Walk	3
Tuesday 18th April 3.30pm-4.30pm	Llangeinor Common Meet at Richard Price Centre	Walk/Nordic Walk	3
Tuesday 25th April 2.00pm-3.00pm	Coytrahen Heritage Walk Meet by Nicholls Arms Pub - Very Muddy Route	Walk/Nordic Walk	2
Tuesday 2nd May 2.00pm-3.00pm	Margam Abbey (Meet by Abbey)	Walk/Nordic Walk	2
Monday 8th May 10.00am-11.00am	Bryngarw Park (Meet in Car Park)	Walk/Nordic Walk	3
Tuesday 9th May 3.30pm-5.00pm	Blackmill Mast (Meet in Sheep Sales)	Walk/Nordic Walk	3
Tuesday 23rd May 4.30pm-5.30pm	(Bryngarw Park - (Route 1) (Meet in Car Park)	Walk/Nordic Walk	3
Tuesday 30th May 3.30pm-4.30pm	Evanstown River Walk (Meet by Community Centre)	Walk/Nordic Walk	3
Monday 5th June 10.00am-11.00am	Tondu Railway Canteen Walk	Walk/Nordic Walk	2
Tuesday 6th June 3.30pm-4.30pm	Newton Beach Meet in Newton Beach Car Park	Walk/Nordic Walk	3
Tuesday 13th June 3.30pm-4.30pm	Bedford Park (Meet in Car Park)	Walk/Nordic Walk	2
Tuesday 20th June 3.30pm-4.30pm	Tondu Railway Canteen Walk (Meet in Tondu Railway Car Park)	Walk/Nordic Walk	3
Tuesday 27th June 3.30pm-4.30pm	Darren Valley (Meet by the Railway Inn Station Rd, Llangynwyd)	Walk/Nordic Walk	2



Saturday 17th June to Sunday 25th June 2017

Bridgend's Love2Walk Festival is back with nine days of walks and experiences showcasing the very best of the great outdoors in Bridgend.

The Festival runs from Saturday 17th June through to Sunday 25th June and once again is being organised and run in partnership with Bridgend Access Forum.

This year's event is as varied as ever, with walks to suit families and children, history buffs and nature lovers. As in previous years, all walks are free of charge, though some require booking in advance as places can be limited.

For further information and a programme of walks, visit www.Love2Walk.co.uk or email love2walk@bridgend.gov.uk

Love2Walk Festival 2017



The Active Travel (Wales) Act 2013

This Act makes it a legal requirement for local authorities in Wales to map and plan for suitable routes for active travel, which means walking and cycling as an alternative to motorised transport for the purpose of making everyday short-distance journeys. Local Authorities must also improve their infrastructure for walking and cycling every year.

By the 24th September this year, the Council will have to produce maps of the existing routes and facilities in certain key settlements within their area that are deemed safe and suitable for active travel. As part of that process, the Council will be carrying out a consultation this summer to ask for your help in identifying those active travel routes which you currently use, and which routes you would like to see developed in the future.

Love2Walk