

Love2Walk

Bridgend Love2Walk Festival 2017



SATURDAY JUNE 17th
SUNDAY JUNE 25th 2017

www.love2walk.co.uk

Bridgend's Love2Walk Festival returns in June for 9 days of walks and experiences showcasing the very best of the great outdoors in Bridgend.

The Festival is run in partnership with the Bridgend Local Access Forum and takes place between Saturday 17th and Sunday 25th June and best of all it's FREE.

The programme for the festival has recently been unveiled and it's as varied as ever with walks for families and children, history buffs and nature lovers with a chance to try new experiences. Families can join the Shed Quarters Group for the Team Treasure Hunt.



Learn more about the History of the Llynfi Valley or explore woods for a chance to experience the resident bats. Local experts will be involved in many of the walks so expect to learn more about the Borough, its nature and history.

As in previous years all walks are free although some require booking in advance as places are limited so make sure you get your name down.

● For more information and a programme of walks visit www.love2walk.co.uk, tel **01656 642593** or email love2walk@bridgend.gov.uk.

Welcome to the Bridgend Love2Walk Festival 2017

All of our walks have informed and experienced guides and are free of charge.

Essential Tips

- Comfortable socks and footwear are essential, choose shoes that elevate the heel slightly and offer arch support and make sure there is enough wiggle room for your toes
- Wear loose fitting, comfortable clothing which allows you to move freely
- Wearing sunglasses and sunscreen will protect your eyes and skin from the sun's UV rays
- Walking is thirsty work so carry water, especially if you plan to walk more than half an hour
- Take something to eat so you have plenty of energy
- Carry a mobile phone with you.

Please note that walkers take part in the walks at their own risk and should ensure they are fit and well on the day of the walk.

Photographs

Professional and amateur photographers may be present on your walk(s). Permission for photographs is deemed to be given by joining the walk. However please don't hesitate to let your walk leader or the photographer know on the day if you choose not to be part of any photographs. Pictures may be used on websites or future publicity.

A Quick Guide to Grading

Easy – suitable for all without any serious fitness or mobility problems, may need to lift pushchairs over small obstructions.

Moderate – May include steep paths and open countryside. Walking boots essential.

Strenuous – Need to be an experienced countryside walker with a good level of fitness.

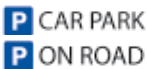
SYMBOL KEY



Wear trainers



Suitable for pushchairs



Car parking

Car park charges may apply

Please note that dogs are NOT allowed on any of these walks.

Routes are circular and finish at the start point.

The Countryside Code

Respect, Protect, Enjoy

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available.

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control.

Enjoy the outdoors and stay safe

- Plan ahead and be prepared
- Follow advice and local signs.

Thanks to all the people who volunteered their time and expertise to the planning and delivery of this year's festival.

1 Glamorgan Bird Club

Sat 17th June

Start Time 9.00am

Distance Under 3 miles

Start Point Kenfig Nature Reserve - meet at the Visitor Centre

End 11.00am Approx

Grade Moderate
(sandy conditions)

Meet at the Reserve Centre at 9.00am and bring binoculars if you have them. A walk with Glamorgan Bird Club looking at birds around Kenfig Pool. The walk will be at slow birdwatching pace. Beginners are welcome.

Booking advised.

P CAR PARK



2 Balsam Bashing at Ochwr Draw Farm

Sat 17th June

Start Time 10.00am

Distance

Start Point Meet at Ewenny Potteries Car Park

End 3.00pm Approx

Grade Strenuous

Come along and help pull some Himalayan balsam on the banks of the Ewenny River.

For more information contact 01656 642593.

P CAR PARK

3 Maesteg/Margam Walk

Sat 17th June

Start Time 11.00am

Distance 3.5 miles

Start Point Meet at Parc Slip to travel to start point

End 1.30pm Approx

Grade Strenuous

This walk will take you on a journey into Bridgend's ancient past. This year we are pleased to be joined by Dr Edith Evans, Head of Outreach for The Glamorgan-Gwent Archaeological Trust as we explore ancient sites and settlements on the boundary between Bridgend and Neath Port Talbot.

P ON ROAD

4 Ramblers Walk – Laleston Sun 18th June

Start Time 9.30am

Distance 5.5 miles

Start Point Laleston

End

Grade Moderate

Bridgend Ramblers look forward to welcoming you on their walk.

Please contact the leader for more information.

Malcom 01656 858812

5 Ramblers Walk – Maesteg Sun 18th June

Start Time 9.00am

Distance 11 miles

Start Point Maesteg

End

Grade Strenuous

Bridgend Ramblers look forward to welcoming you on their walk.

Please contact the leader for more information.

John 01656 858850

6 Garw Walk 4

Sun 18th June

Start Time 1.00pm

Distance 3.5 miles

Start Point Entrance to Garw Fechan Forestry

End 3.30pm Approx

Grade Strenuous

The Garw Valley is a former coal mining community nestled between the hillsides of the Ogmere and Llynfi Valleys. This walk explores Cwm Garw Fechan, its tranquil woodland areas and abundance of wildlife. The walk is challenging with some steep areas using a combination of forestry routes and rights of way.

If you would like to enjoy this route yourself the leaflet Garw Valley walk 4 is available to download.

 CAR PARK

7 Whittle & Walk

Mon 19th June

Start Time 10.00am

Distance Under 3 miles

Start Point The Court House, 4 Station St, Maesteg CF34 9AL

End 12.00 noon

Grade Easy

The walk only lasts an hour max, but the session starts with a workshop to make your own walking stick to use for the walk and take home with you!

We Provide: The materials and guidance for making your own walking stick.

You Bring: Yourself and a sense of fun.

Please visit our website www.shedquarters.men for more details.

About:

Make a walking stick from all natural found materials and enjoy a walk hopefully making some new friends along the way.

There will be some light refreshments available at the venue and parking is very limited as it is a residential area, so we recommend you leave your vehicle at any of the free parking areas near by for which you can find details for on our website stated above. **BOOKING ESSENTIAL.**



8 Coychurch Nant Bryn Glas

Mon 19th June

Start Time 10.30am

Distance Under 3 miles

Start Point Williams Memorial Hall, Main Road, Coychurch

End 11.30am

Grade Moderate

Walking the local rights of way with members of Coychurch Community Council as part of their annual footpath week. This walk takes in open meadows, mature woodland to the north of the village, providing views of the full extent of the village from an easterly aspect.

Don't forget to bring your camera!



9 Blackmill Sheep Sales – Nordic Walk

Mon 19th June

Start Time 11.00am

Distance 3 miles

Start Point Blackmill Sheep Sales

End 12 noon

Grade Moderate

Nordic walking is based on using specially designed walking poles in a way that harnesses the power of the upper body in order to propel you forward as you walk. Now it's a recognised way to turn a walk into whole body exercise that can be done by anybody anywhere.

Poles provided.



10 Ogmore Life Centre – Nordic Walk

Mon 19th June

Start Time 3.30pm

Distance 3 miles

Start Point Starting from the Leisure Centre Car Park

End 4.30pm

Grade Moderate

Nordic walking is based on using specially designed walking poles in a way that harnesses the power of the upper body in order to propel you forward as you walk. Now it's a recognised way to turn a walk into whole body exercise that can be done by anybody anywhere. Poles provided.



11 Beginners Geocaching

Mon 19th June

Start Time 4.00pm

Distance Under 3 miles

Start Point Newbridge Fields, near Childrens' Play Park

End 5.00pm

Grade Easy

Geocaching is a worldwide global online treasure hunt. Come along and give it a try and find some treasure of your own.

Booking advised.



12**Myths and Legends Childrens
Drawing Walk (School Groups)**

To celebrate this year's Wales Year of Myths and Legends, Bridgend libraries have teamed up with Love2Walk and Bryngarw Park to offer primary schools the opportunity to take part in an exciting stories and drawing walk around Bryngarw Park. Classes will meet at the park and hear a storyteller tell local myths and legends before participating in a led walk around the park taking in the sculptures and finishing with a taught drawing session inspired by the stories and walk. All art materials will be provided.

Sessions are being offered as part of this year's Bridgend Walking festival during the week beginning 19th June. Contact us for more information.

13**Tondu Railway Canteen Tues 20th June****Start Time** 3.30pm**Distance** 3 miles**Start Point** Tondu Station Car Park**End** 4.30pm**Grade** Moderate

Join your walk leader setting off to explore this former railway route on a circular walk using mostly tarmac paths.

P CAR PARK**14 Bat Walk****Tues 20th June****Start Time** 9.30pm**Distance** Under 3 miles**Start Point** Porthcawl Wilderness Lake near the Keeper sculpture**End** 10.30pm Approx**Grade** Easy

Although we can't promise you will meet the nocturnal residents of the park you will meet your knowledgeable guide and take a wander through the Wilderness Park, keeping an ear out for the nocturnal residents.

P ON ROAD

15 Coychurch – Bryn Shelf Wed 21st June

Start Time 10.30am

Distance 3 miles

Start Point Williams Memorial Hall, Main Road Coychurch

End 11.30am

Grade Moderate

Walking the local rights of way with members of the Coychurch Community Council as part of their annual Footpath week. This walk follows the Northern Ridge of the Village and offers spectacular views towards the Vale of Glamorgan. Definitely one to bring your camera on.



16 Garw Valley – Walk 1 Parc Calon Lan Wed 21st June

Start Time 11.00am

Distance 3.5 miles

Start Point Parc Calon Lan Blaengarw

End 12.30pm Approx

Grade Strenuous

This circular walk encompasses the western side of the valley starting and ending at Parc Calon Lan Blaengarw.

The Garw Valley is a former coal mining community between the hillsides of the Ogmere and Llynfi valleys. The valley comprises the highland area of Bridgend County Borough and stretches approximately 6 miles south rising steeply until it reaches Carn and Werfa mountains which dominate the northern region of the valley, historically referred to as the Rhyl Valley but now commonly known as Garw Fechan.



17 Newbridge Fields – Nordic Walk Wed 21st June

Start Time 1.00pm

Distance 3 miles

Start Point Newbridge Fields, Near Childrens' Play Park

End 2.00pm

Grade Moderate

Nordic Walking is based on using specially designed walking poles in a way that harnesses the power of the upper body in order to propel you forward as you walk. Now it's a recognised way to turn a walk into whole body exercise that can be done by anybody anywhere. Poles Provided.



18 Ramblers Walk Parc Slip Wed 21st June

Start Time 6.15pm

Distance

Start Point Parc Slip, Visitor Centre Car Park

End

Grade Moderate

Bridgend Ramblers look forward to welcoming you on their walk.

Please contact the leader for more information.

Terry 01656 662360

P CAR PARK



19 Coychurch Walk – Treoes Moors

Thurs 22nd June

Start Time 10.30am

Distance 3 miles

Start Point Williams Memorial Hall, Main Road Coychurch

End 11.30am

Grade Easy

Walking the local rights of way with members of the Coychurch Community Council as part of their annual Footpath Week. This walk follows the new disused one time road into the village and returns to the church across open moorland.

P ON ROAD

20 Sarn Circular

Thurs 22nd June

Start Time 11.00am

Distance 3 miles

Start Point Meeting at McArthur Glen - Circular Walk

End 12.00 noon

Grade Moderate

Join the friendly group of ladies who walk regularly on Thursday at this time as they walk a circular route at a leisurely pace around the Sarn area.

P CAR PARK

21**Health Walk Wildmill
Community Centre****Thurs 22nd June****Start Time** 12.00 noon**Distance** 3 miles**Start Point** Wildmill Community Centre**End** 1.00pm**Grade** Moderate

Walking is the most natural and simple form of movement and an excellent all round exercise. 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. This walk is all on tarmac surfaces and suitable for all.

P CAR PARK**22****Newbridge Fields
Beginners Nordic Walking****Thurs 22nd June****Start Time** 12.30pm**Distance** 3 Miles**Start Point** Near Childrens' Play Park**End** 1.30pm**Grade** Moderate

Nordic Walking is based on using specially designed walking poles in a way that harnesses the power of the upper body in order to propel you forward as you walk. Now it's a recognised way to turn a walk into whole body exercise that can be done by anybody anywhere. Poles Provided.

Booking advised.

P CAR PARK**23****Legends of the Knights
of Glamorgan****Thurs 22nd June****Start Time** 2.00pm**Distance** 4 miles**Start Point** Ty'r Ardd Family History Centre**End****Grade** Moderate

Join Bridgend's Local History Librarian, John Dunkley-Williams, for a scenic walk to one of Bridgend's historic castle sites, while learning about the settlement of Glamorgan, and the legend of the twelve Norman knights that conquered and ruled South Wales from the 12th Century.

P CAR PARK

Start Time 10.00am**Distance** Under 3 miles**Start Point** Maesteg Sports Centre**End** 12.00 noon**Grade** Moderate**(VoiceMaps App - GPS located and activated audio)**

The walk only lasts an hour max, but there is also an industrial heritage exhibition by Llynfi Valley Historical Society, Men At The Centre interactive exhibition by ShedQuarters and display by Natural Resources Wales at the Llynfi Library (the start and finish location for the walk).

Start & Finish Venue: Maesteg Sports Centre, Old Forge Site (Llynfi Library).



Route: Around Maesteg Comprehensive, but park in TESCO and meet at start and finish location.

We Provide: Technical support to download and activate the free VoiceMaps app.

You Bring: Smart phone (either OS or Android type) with internet data access and a matching set of headphones.

Please visit our website www.shedquarters.men for details on how to download the app etc.

About:

This walk is centred around Maesteg Comprehensive the site of the former Maesteg Training Centre. The VoiceMaps app will give participants access to a digital guide that provides information on the area's industrial heritage delivered in a creative way to enhance the walking experience.

After the walk make your way back to Maesteg Sports Centre where you can enjoy two exhibitions and one display as well as some light refreshments.

Running Order:

10.00am - 11.00am - Maesteg Sports Centre (Llynfi Library upstairs).

Briefing including technical support and free WIFI to download the app.

11.00am - 12.00 noon (approximate time) - Walk

All walkers make their way to the digital audio walk start location led by a guide from ShedQuarters. As soon as you arrive at the location you will be instructed to activate the app. You can walk and experience it at your own pace and when you are finished make your way back to the start location.

We would like to particularly thank Llynfi Library (Awen) for providing the venue and wifi, Dan Lock Heritage Interpretations, Roy Meredith and Natural Resources Wales.

25**St John's House/Bridgend Town****Sat 24th June****Start Time** 1.00pm**Distance** Under 3 miles**Start Point** Ty'r Ardd Family History Centre**End** 2.00pm plus time to visit the house **Grade** Moderate

Explore the fascinating history of the market town of Bridgend with staff from Ty'r Ardd Bridgend Family History Centre. Setting off from the Centre and finishing the walk with a tour of St John's House on Newcastle Hill during their monthly open day.

www.stjohns-bridgend.org.uk for more information

 **CAR PARK**
**26****Flowers on Locks Common****Sat 24th June****Start Time** 2.00pm**Distance** 3 miles**Start Point** Rest Bay Lifeguard Station**End** 3.30pm**Grade** Easy

Come and see squinancywort and dogs mercury amongst a wide range of plants and explore the flowering plants of this scarce limestone habitat.

Start Time 10.00am**Distance** 3 miles**Start Point** The Sawyers Arms, Maesteg CF34 9DF**End** 2.00pm**Grade** Moderate

You Bring: At least one smart phone with internet data access (either OS or Android type) and matching pair of headphones per team with Aurasma app downloaded preferably down loaded already.

Please visit our website
www.shedquarters.men
for details on how to download the app etc.

**About:**

Our treasure hunt is modelled on the popular traditional car treasure hunts where teams set off in vehicles to find objects, street names and so forth all ending back up at a pub where the rest of the quiz happens followed by the answers over some food and drinks, but ours have two significant and exiting differences namely:

1. It's a walking based team treasure hunt rather than by car.
2. Each team will have to have a designated person with a smart phone that will need to download the free Aurasma app needed to access short videos that are tagged digitally to actual architectural structures around Maesteg Town Centre.

We will provide you with clue sheets, technical support to down load the app if you have not done it already, but you must have a dedicated person in the group with a smart phone for the job.

Food and drinks need to be purchased from the venue, but we welcome any donations no matter how small or large you would want to make to ShedQuarters as a group striving to deliver worthwhile social and practical activities for the men of the area.

We would like to particularly thank The Sawyers Arms (Wetherspoons) for providing us with this great base for the walk including friendly service and free wifi.

28**Wildlife Trust of South and West Wales Meadow Walk****Sun 25th June****Start Time** 2.00pm**Distance** 3 miles**Start Point** Parc Slip Visitor Centre**End** 3.30pm**Grade** Easy

Wildflower Meadows are declining and there are now very few left in the UK. Join us on Wales Wildflower Day to wander the beautiful wildflower meadows at Parc Slip and help us record the butterflies, bees and wildlife that we see.

Recommended donation **£2** which goes towards the Trust's wildlife conservation work.

P CAR PARKwww.love2walk.co.uk

Although the Walking Festival lasts only 9 days, we believe the best way to explore the Borough of Bridgend is on foot. Regular walks take place throughout the year in partnership with The Ramblers, Age Cymru and Lets Walk Cymru and our quarterly programme can be found in the downloads section of our website www.love2walk.co.uk where you will also find walking inspiration for the local area so get out and explore.

Getting to the festival

However you plan to arrive at any of our walks, Traveline Cymru can make your planning a little easier with information on bus, coach, rail, air and ferry travel.

Visit www.traveline-cymru.info or call

0871 200 22 33.

Booking information

Please note that all walks are free.

Finishing times are for guidance only.

Some of our walks require or recommend booking in advance.

There are lots of ways to do this:

You can email love2walk@bridgend.gov.uk or call 01656 642593.

An out of hours answerphone will operate on this number between 17th June and 25th June 2017.



www.facebook.com/love2walk



[@love2walkwales](https://twitter.com/love2walkwales)

www.love2walk.co.uk

Explore Bridgend's Countryside

Why not get out and about and discover the beautiful countryside that is right on your doorstep? Bridgend County Borough Council manages a network of over 650 Km of public rights of way and off-road cycle tracks that give access to stunning countryside and inspiring coast line. It's available to all, readily accessible, free of charge and is just waiting to be explored.

The Rights of Way team also promote walking, cycling and equestrian routes in the area varying from short circular village walks to longer distance routes such as the Bridgend section of the Wales Coast Path.

During the past 7 years almost £400,000 of grant funding has been obtained from the Welsh Government and Natural Resources Wales. Surfaces on footpaths and bridleways have been improved and gates, bridges and other facilities designed to improve access have been replaced or repaired. Orders have been processed which will amend the Definitive Map. Historical research and discussions with users and landowners are also helping the Council determine applications for Definitive Map Modification Orders.

To obtain the free leaflets or to discuss any public rights of way issues in Bridgend call the Team on 01656 642537/642553 or email:

rightsofway@bridgend.gov.uk





The Active Travel (Wales) Act 2013

The 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 every day short distance journeys. Local Authorities must also improve their infrastructure for walking and cycling every year.

By 3rd November this year, the council will have to produce Integrated Network Maps (INMs) which set out the local authority's plans for developing a network of active travel routes and facilities over the next 15 years. As part of that process, the Council will be carrying out a public consultation this summer to ask for your views on the proposals. For further information, search for active travel on the Council's website at www.bridgend.gov.uk.

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