

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.

- Wellbeing 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.