

Spirit of Llynfi Woodland

700 metres

15 mins
50 steps per minute

or

10 mins
75 steps per minute



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.



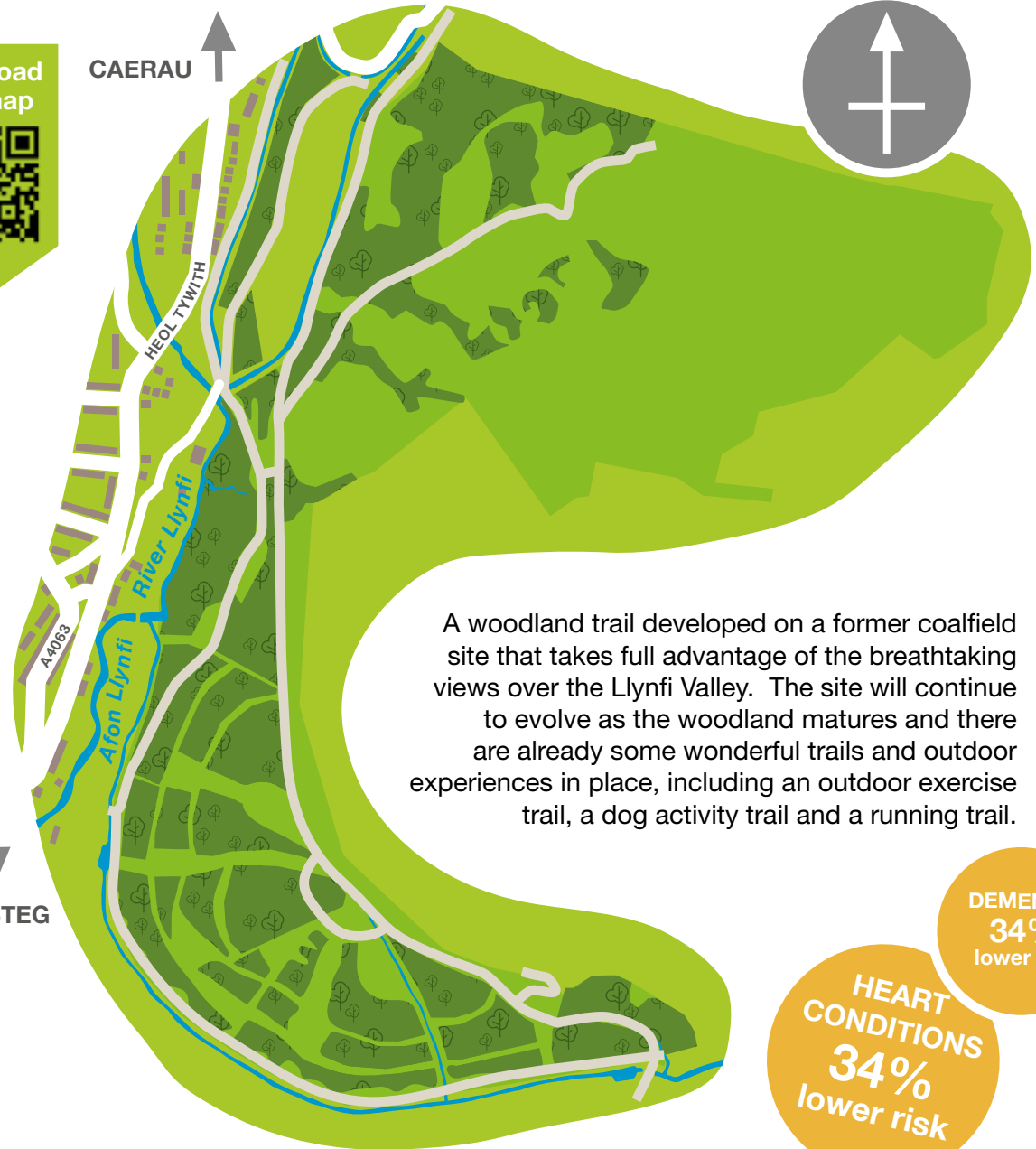
Do I need any special clothing?

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

Download this map



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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