

860 metres



20 mins

50 steps per minute



15 mins

75 steps per minute

or



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