

# Coed Iestyn

A pretty, enclosed area of woodland tucked behind residential properties. This is everything you'd expect of a woodland walk, with ancient trees, a small pond and a riverside path.

480 metres



? mins

50 steps per minute



? mins

75 steps per minute

or



## What is the terrain like?

The formal paths are even and well-maintained, and a boardwalk runs alongside the pond. You'll come across a number of steep inclines and steps, and the natural trails can be quite muddy. The trail is not suitable for wheelchairs and only parts of it are suitable for pushchairs.



## Is it family-friendly?

Yes! The paths through the woodland are winding and they evoke the sense of adventure. It's a great place for dog-walking too!



## Are there places to sit?

As you follow the trail you'll come across some wooden benches and low-level log seating area – great for a family picnic!



## Do I have to walk it all at once?

No, but the trail through the woodland is quite short and the terrain requires an adequate level of fitness to cope with the steps and inclines.



## 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.



Surfaced path 205m



Keeper of the ?



DEMENTIA  
34%  
lower risk

COLON  
CANCER  
20%  
lower risk

Download  
this map



PENCOED