

815 metres

20 mins

50 steps per minute

or

12 mins

75 steps per minute

# Frog Pond Wood

10



## What is the terrain like?

The circular route path running through Frog Pond Wood consists of a gravel path that can be uneven in places. Apart from a short incline near the pond, the route is relatively flat and suitable for pushchairs. Please be aware that due to the woodland terrain, some parts of the path may become slippery in wet weather.



## Is it family-friendly?

This woodland is a dream for nature-lovers and children will enjoy playing among the trees and spotting different species of wildlife and plants. Remember to look out for the 'Keeper of the Pond' as you walk.



## Are there places to sit?

There are no benches on this trail. The circular route is quite short but please ensure your fitness level is adequate enough to cope with the lack of rest areas.



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

You can choose how much of this circular route you want to walk. You may want to walk a shorter linear route to start until you build up your fitness level.

Download this map



One of Bridgend's Local Nature Reserves, Frog Pond Wood offers a great opportunity for some gentle exercise in a quiet woodland setting. The circular route through the trees leads you to a large pond where you may be lucky enough to spot the colourful dragonflies that thrive there.

STROKE  
35%  
lower risk

HEART  
CONDITIONS  
34%  
lower risk



## 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.