

**1000 metres**

**20 mins**  
50 steps per minute

or

**15 mins**  
75 steps per minute

# Newbridge Fields 12



## What is the terrain like?

The trail running through Newbridge Fields is flat and well-maintained. Even the natural trails along the fields are accessible and suitable for wheelchairs and pushchairs when the ground is dry.



## Is it family-friendly?

Yes! Newbridge Fields is a great place for children to run and play games on the open green spaces.



## Are there places to sit?

There are a number of benches along the paths. They are ideally located to take a break from your walk or read a book if you want to spend more time in the fresh air.



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

No. You can decide to follow one of the designated paths through Newbridge Fields, or you may choose to do some short walking-exercises on the large green spaces.



## 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.

A fantastic stretch of field parkland that offers a tranquil place to walk, away from the hustle and bustle of the busy town centre.

If you're taking the first steps to improve your health and well-being by walking, choose the short circular route running alongside

the River Ogmore, crossing the bridge and leading back to your starting point. As your fitness levels improve, you may want to try some of the longer unsurfaced paths that follow the river route.

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