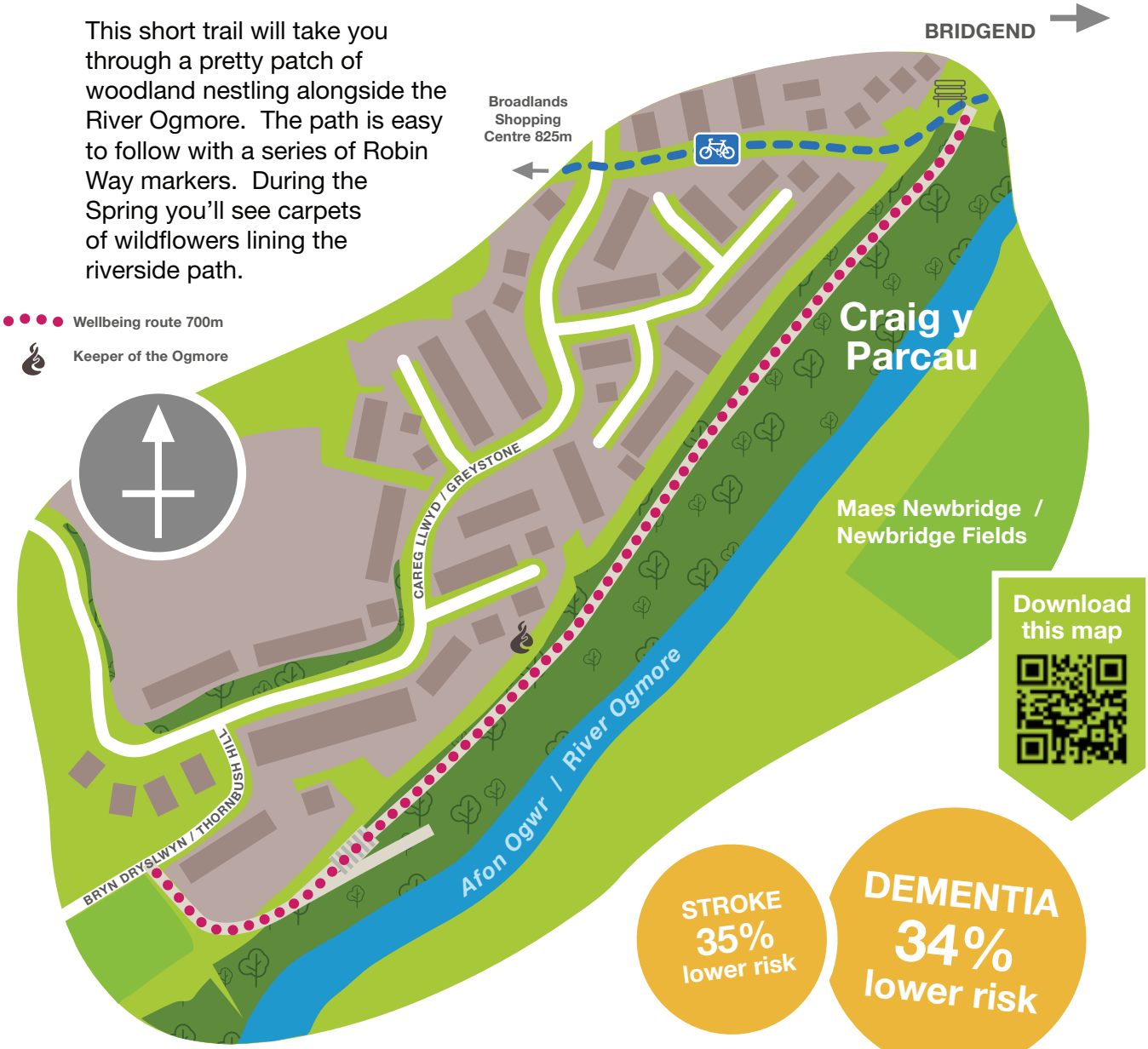


# Craig y Parcau Local Nature Reserve

This short trail will take you through a pretty patch of woodland nestling alongside the River Ogmore. The path is easy to follow with a series of Robin Way markers. During the Spring you'll see carpets of wildflowers lining the riverside path.



Wellbeing route 700m  
Keeper of the Ogmore

700 metres

15 mins  
50 steps per minute

10 mins  
75 steps per minute



### What is the terrain like?

The path through Craig y Parcau LNR is well-maintained, but sections of the natural path may be muddy. You'll come across steps when following the circular woodland trail so it may not be suitable for beginners, but it's a good short walk if you're building up to a moderate level of fitness.



### Is it family-friendly?

Children tend to love exploring woodland areas and this walk with its winding paths and tall oak trees, will feel like a bit of an adventure. Please note there is no boundary to the river and children will need to be supervised. Remember to look out for the Keeper of the Ogmore as you explore.



### Are there places to sit?

There are no seating areas in the woodland, but you will find a bench where the path meets the adjoining community route that leads to Broadlands Shopping Centre.



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

This is quite a short route with terrain that can be challenging depending on the weather conditions, so an adequate level of fitness and mobility is required for this walk.

Download this map

STROKE  
35%  
lower risk

DEMENTIA  
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.