

2500 metres

50 mins  
50 steps per minute

or

35 mins  
75 steps per minute

# Parc Slip Nature Reserve



## What is the terrain like?

Most of the paths through Parc Slip Nature Reserve are level and able to accommodate pushchairs and wheelchairs, but there are some inclines here and there. The part of the route that ventures through the butterfly wood is more natural and the path is covered with bark and stones.



## Is it family-friendly?

There are lots of things to see and do around the Nature Reserve, keeping children occupied for hours! During the school holidays there are also organised activities for children – an ideal opportunity to get them involved in nature and wildlife. Check Parc Slip Nature Reserve's website for details.



## Are there places to sit?

You'll find designated places to sit within the Nature Reserve and there's also a cafe with indoor and outdoor seating at the entrance.



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

Parc Slip Nature Reserve is an ideal place for repeat visits, particularly as the seasons change. There are a number of trails to follow and you can choose one that best suits your fitness and mobility level.



## 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.

Download this map



A former open-cast coalmine site that has been transformed by The Wildlife Trust of South and West Wales into a beautiful Nature Reserve teeming with wildlife. When you reach the entrance to the Nature Reserve, pop in to the Visitor Centre to pick up information that will help you navigate your way around the trails.



Thanks to The Wildlife Trust of South and West Wales.  
[www.welshwildlife.org](http://www.welshwildlife.org)

STROKE  
35%  
lower risk

ANXIETY  
20%  
lower risk