

Love2Walk

Bridgend Love2walk Festival 2015



**SATURDAY JUNE 20th-
SUNDAY JUNE 28th 2015**

www.love2walk.co.uk

This year's Festival will be *searching for the Nature Keepers Sculptures* around the Borough expanding the Keepers Stories and mythology with digital interpretation, designed to encourage visitors to seek out all the sculptures. You can also join with Bridgend Libraries on a *Gruffalo themed Story walk*, learn about the *History of the Llynfi Valley* or explore woods for a chance to experience the resident bats.

The Festival will begin with a circular walk ending at *Coity Castle* with the opportunity to learn more about the popular local attraction. Local experts will be involved in many of the walks so expect to learn more about the Borough, its nature and history.

As in previous years all walks are free of charge although some require booking in advance as places are limited so make sure you get your name down as they are sure to be popular.

Bridgend Nature Keepers

Many of our walks feature *the Bridgend Nature Keepers*, a project which encourages the community to re-connect with their natural environment across Bridgend County.

The Keepers are the guardians of the Story of the Land. Four Keepers are located in Bryngarw Country Park and a further ten across the County. Carved from sustainable Welsh Oak, sourced locally, each Keeper has its own poem and video. You can only hear their story by visiting the Keeper, combined with the Dare to Discover app.



Welcome to the Bridgend Love2walk Festival 2015

All of our walks have informed and experienced guides and are free of charge.

Essential Tips

- Comfortable socks and footwear are essential, choose shoes that elevate the heel slightly and offer arch support and make sure there is enough wiggle room for your toes
- Wear loose fitting, comfortable clothing which allows you to move freely
- Wearing sunglasses and sunscreen will protect your eyes and skin from the sun's UV rays
- Walking is thirsty work so carry water, especially if you plan to walk more than half an hour
- Take something to eat so you have plenty of energy
- Carry a mobile phone with you.

Please note that walkers take part in the walks at their own risk and should ensure they are fit and well on the day of the walk.

Photographs

Professional or amateur photographers may be present on your walk(s). Permission for photographs is deemed to be given by joining the walk. However please don't hesitate to let your walk leader or the photographer know on the day if you choose not to be part of any photographs. Pictures may be used on websites or future publicity.

A Quick Guide to Grading

Easy – suitable for all without any serious fitness or mobility problems, may need to lift pushchairs over small obstructions.

Moderate – May include steep paths and open countryside. Walking boots essential.

Strenuous – Need to be an experienced countryside walker with a good level of fitness.

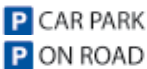
SYMBOL KEY



Wear trainers



Suitable for pushchairs



Car parking

Car park charges may apply

Please note that dogs are NOT allowed on any of these walks.

Routes, with the exception of Walk 3, are circular and finish at the start point.

The Countryside Code

Respect, Protect, Enjoy

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available.

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control.

Enjoy the outdoors and stay safe

- Plan ahead and be prepared
- Follow advice and local signs.

Thanks to all the people who volunteered their time and expertise to the planning and delivery of this year's festival.

1 KENFIG BIRD WATCH

SAT 20th JUNE

Start Time 9.00am

Distance Under 3 miles

Start Point Kenfig Visitor Centre

End Approx 12.00 noon

Grade Moderate

A walk with a leader from the Glamorgan Bird Club looking at birds around Kenfig Pool. This will be at slow birdwatching pace. Beginners are welcome.

P CAR PARK

2 COITY CASTLE

SAT 20th JUNE

Start Time 9.30am

Distance Approx 4 miles

Start Point Castle Entrance

End Approx 12.00 noon

Grade Moderate

A new walk for this year's Festival which ends with a look at the varied past of this familiar local landmark with our enthusiastic and knowledgeable local guide. Originally established soon after 1100, much of the castle dates from the fourteenth century and later. Parts were rebuilt following the siege by Owain Glyn Dŵr in 1404-05.

P ON ROAD



3**BRIDGEND SAYS "END BULLYING"
FROM VALLEYS TO COAST****SAT 20th JUNE****Start Time** 9.30am**Distance** 18 miles**Start Point** Cycle Track Nantymoel, ends at Kenfig Nature Reserve
(stopping at Tondu Wesley Centre for lunch)**End** Approx 4.00pm**Grade** Moderate

This walk is for Bridgend says "End Bullying" to launch the young people's anti-bullying group 'Stand Against Bullying' (SAB). It is a sponsored walk in partnership with V2C and Western Beacons Mountain Rescue, with all proceeds from the walk being divided equally between the Stand Against Bullying Group and Western Beacons Mountain Rescue. Anyone wishing to join us on the walk is very welcome, but we would ask they please register.

Need to book in advance. For more information
BsEB@bridgend.gov.uk

4**IRON TRAIL****SAT 20th JUNE****Start Time** 11.00am**Distance** Approx 3 miles**Start Point** Junction of Cefn Road and Bedford Road,
Cefn Cribwr**End** Approx 1.30pm**Grade** Moderate

Led by local historians from Y Cefn Gwyrdd, taking in the story of the iron industry of Waun Cimla, now known as Bedford Park.

P ON ROAD

5 RAMBLERS

SUN 21st JUNE

Start Time 9.30am

Distance 5 miles

Start Point Blaengarw – Initial meeting at Bridgend Life Centre

End Approx 1.30pm

Grade Moderate

Bridgend Ramblers are happy to welcome potential new ramblers on their walks. Please contact the walk leader, Sonia on 01656 784126 for further information.

P ON ROAD



6

KEEPER OF THE LAKE – PORTHCAWL WILDERNESS PARK

SUN 21st JUNE

Start Time 2.00pm

Distance Under 3 miles

Start Point Near Childrens' Play Park

End 3.00pm

Grade Easy

One of the fourteen interactive wooden sculptures, created at beauty spots throughout the county borough.

P ON ROAD



7

HEATH WALK WILDMILL MON 22nd JUNE

Start Time 12.00 noon

Distance 5 miles

Start Point Wildmill Community Centre

End 1.00pm

Grade Easy

Walking is the most natural and simple form of movement and an excellent all around mode of exercise.

You don't need any special gear and you can do it wherever you are. It raises your energy levels, works off calories and doesn't cost a bean!

P ON ROAD



**8****BLACKMILL NORDIC WALKERS****MON 22nd JUNE****Start Time** 11.00am**Distance** 3 miles**Start Point** Blackmill Sheep Sales**End** 12.00 noon**Grade** Easy

Nordic walking is based on using specially designed walking poles in a way that harnesses the power of the upper body in order to propel you forward as you walk. Now it's a recognised way to turn a walk into whole body exercise that can be done by anybody anywhere. Poles provided.

P CAR PARK **9****BRIDGEND RAMBLERS****TUES 23rd JUNE****Start Time** 9.00am**Distance** 5 miles**Start Point** Garw Valley - Initial meeting at Pyle Pool Car Park**End** 1.00pm**Grade** Moderate

Bridgend Ramblers are happy to welcome potential new ramblers on their walks. Please contact the walk leader, George Evans on 01656 772489 for further information.

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10

SCHOOL STORY WALK- TREMAINS KEEPER

TUES 23rd JUNE

Start Time 10.00am

Distance Under 3 miles

Start Point TBC

End 12.00 noon

Grade Easy

Blending outdoor experiences with creative writing and photography, in partnership with Bridgend Libraries a chance to find out more about the Keepers Tales and create one of your own.

One of the fourteen interactive wooden sculptures, created at beauty spots throughout the county borough.

**ACTIVITY FOR SCHOOL GROUPS
BOOKING ESSENTIAL**

www.love2walk.co.uk

11

**OGMORE BY SEA
EXPLORER WALK****TUES 23rd JUNE****Start Time** 4.30pm**Distance** Under 3 miles**Start Point** Meet by Lifeguard Hut**End** Approx 6.00pm**Grade** Moderate

Led by our friendly and welcoming walk leader Stuart, take this chance to come and enjoy our special coastline and maybe make some new friends.

P CAR PARK

12

**KEEPER OF THE POND – FROG
POND WOOD, KENFIG HILL****TUES 23rd JUNE****Start Time** 5.00pm**Distance** Under 3 miles**Start Point** Heathbridge House Medical Centre,
Pisgah Street, Kenfig Hill**End** 6.00pm**Grade** Easy

One of the fourteen interactive wooden sculptures, created at beauty spots throughout the county borough.

P ON ROAD

13 COITY GWALIA COMMON

TUES 23rd JUNE

Start Time 6.30pm

Distance Approx 3 miles

Start Point Mynydd y Gaer, Glanogwr, Blackmill

End 7.30pm

Grade Moderate

A new walk for this year's festival and an opportunity to find out more about this area of common land and its wildlife and landscape.

P CAR PARK

14 BRYNGARW BAT WALK

TUES 23rd JUNE

Start Time Approx 9.30pm

Distance Under 3 miles

Start Point Bryngarw Visitor Centre

End Approx 10.30pm

Grade Moderate

Although we can't promise you will meet the nocturnal residents of the park you will meet your knowledgeable guide and take a wander through the woodland at Bryngarw Park, keeping your ears peeled for the nocturnal residents.

P CAR PARK

15 CAERAU COMMUNITIES FIRST HEALTH WALK

WED 24th JUNE

Start Time 11.00am

Distance Under 3 miles

Start Point Duffryn Hotel

End 12.00 noon

Grade Easy

Walking is free and easy and anyone can do it. Why not get up and out and join us as we try to imagine the industrial heritage now hidden in the Llynfi Valley.

P ON ROAD

16 SCHOOLS SAFER SEAS LAUNCH

WED 24th JUNE

Start Time 11.00am

Distance Under 3 miles

Start Point Porthcawl Lifeboat Station

End 12.00 noon

Grade Easy

The Coast is never far away when you are in Bridgend and this education programme is designed to remind us all of that, in a fun and memorable way.

**ACTIVITY FOR SCHOOL GROUPS
BOOKING ESSENTIAL**

17 LLYNFI VALLEY**WED 24th JUNE****Start Time** 11.00am**Distance** Approx 4 miles**Start Point** Maesteg Sports & Social Club**End** 12.30pm**Grade** Moderate

Joining your knowledgeable and friendly local historian, taking a route using Public rights of way and minor roads climbing gently to visit the hilltop village of Llangynwyd. GR 862913

P CAR PARK**18 NEWBRIDGE FIELDS
NORDIC WALKING****WED 24th JUNE****Start Time** 1.00pm**Distance** Under 3 miles**Start Point** Childrens' play area behind Bridgend Life Centre**End** 2.00pm**Grade** Moderate

Nordic walking is based on using specially designed walking poles in a way that harnesses the power of the upper body in order to propel you forward as you walk. Now it's a recognised way to turn a walk into whole body exercise that can be done by anybody anywhere. Poles provided.

P CAR PARK **19 SCHOOL STORY WALK –
KEEPER OF THE OGMORE****THURS 25th JUNE****Start Time** 10.00am**Distance** Under 3 miles**Start Point** TBC**End** 12.00 noon**Grade** Easy

Blending outdoor experiences with creative writing and photography, in partnership with Bridgend Libraries. A chance to find out more about the Keepers Tales and create one of your own. **ACTIVITY FOR SCHOOL GROUPS
BOOKING ESSENTIAL**

20 MARGAM PARK**THURS 25th JUNE****Start Time** 3.30pm**Distance** 3 miles**Start Point** Meet in Car Park**End** 4.30pm**Grade** Moderate

We are sneaking over the border with this walk but the award winning Green Flag park is worth it. Join our friendly knowledgeable walk leader as you take in the beautiful scenery.

P CAR PARK

21**OGMORE VALLEY
NORDIC WALK****THURS 25th JUNE****Start Time** 4.00pm**Distance** Approx 3 miles**Start Point** Ogmore Valley Life Centre**End** 5.00pm**Grade** Moderate

A recognised way to turn a walk into whole body exercise that can be done by anybody anywhere. Poles provided.

P CAR PARK 

22**RANGER'S RAMBLE
INCLUDING THE IRON KEEPER****FRI 26th JUNE****Start Time** 10.00am**Distance** 3 miles**Start Point** Bedford Park Car Park**End** 11.00am**Grade** Moderate

Join the park ranger team to explore Bedford Park and seek out the Keeper Sculpture.

P CAR PARK

**23****GRUFFALO STORY WALK FRI 26th JUNE****Start Time** 10.15am**Distance** Under 3 miles**Start Point** Meet in Bridgend Library**End** 12.00 noon**Grade** Easy

Oh Help oh no it's a Gruffallo. Incorporated in our regular walk programme, the Story Walks are popular with our younger residents who enjoy a story and craft activity with Bridgend Libraries then a themed outdoor activity to finish. We would love to see you there.

P CAR PARK

www.love2walk.co.uk

24 DARREN VALLEY

FRI 26th JUNE

Start Time 11.00am

Distance 4.5 miles

Start Point Maesteg Cemetery

End 1.00pm

Grade Moderate

Walking around Garth Hill using the local Public Right of Way network and returning through the Darren Valley. GR863901

P ON ROAD

25 BRYNGARW KEEPERS

FRI 26th JUNE

Start Time 5.00pm

Distance Under 3 miles

Start Point Bryngarw Visitor Centre

End 6.00pm

Grade Easy

Bryngarw Park has four Nature Keepers, interactive wooden sculptures each with its own poem and video. Join the ranger team to find out more.

P CAR PARK

26 GRUFFALO STORY WALK SAT 27th JUNE

Start Time 10.15am

Distance Under 3 miles

Start Point Meet in Bridgend Library

End 12.00 noon

Grade Easy

Oh Help oh no it's a Gruffalo. Incorporated in our regular walk programme, the Story Walks are popular with our younger residents who enjoy a story and craft activity with Bridgend Libraries then a themed outdoor activity to finish. We would love to see you there.

P CAR PARK

27 HISTORY OF BRIDGEND TOWN & ST JOHN'S HOUSE SAT 27th JUNE

Start Time 1.00pm

Distance Under 3 miles

Start Point Ty Ardd Bridgend Family History Centre

End 2.00pm plus time to visit the house **Grade** Easy

Bridgend Town has many memorable and interesting nooks and crannies which this walk will showcase. Led by Bridgend Family History Centre Librarian John, ending with a guided tour of St Johns House.

www.stjohns-bridgend.org.uk for more information

P CAR PARK



28

**KEEPER OF THE HEART –
PARC CALON LAN**

SAT 27th JUNE

Start Time 1.00pm

Distance Approx 3 miles

Start Point Parc Calon Lan

End 2.30pm

Grade Moderate

One of the fourteen interactive wooden sculptures, created at beauty spots throughout the county borough.

P CAR PARK

29

WILD PLAY WALK

SAT 27th JUNE

Start Time 2.00pm

Distance Approx 3 miles

Start Point Parc Slip Car Park

End 4.00pm

Grade Moderate

Another new addition for this year's festival. Bridgend's Play Development Team will be hosting a fun woodland walk with fun activities making the best of what is freely available outdoors.

P CAR PARK

30

**KEEPER OF THE FIELDS
ABER FIELDS, NANTYMOEL**

SUN 28th JUNE

Start Time 10.00am

Distance Approx 3 miles

Start Point Car Park

End 11.00am

Grade Easy

One of the fourteen interactive wooden sculptures, created at beauty spots throughout the county borough.

P CAR PARK

Although the Walking Festival lasts only 9 days, we believe the best way to explore the Borough of Bridgend is on foot. Regular walks take place throughout the year in partnership with The Ramblers, Age Cymru and Lets Walk Cymru and our quarterly programme can be found in the downloads section of our website www.love2walk.co.uk where you will also find walking inspiration for the local area so get out and explore.

Getting to the festival

However you plan to arrive at any of our walks, Traveline Cymru can make your planning a little easier with information on bus, coach, rail, air and ferry travel. Visit www.traveline-cymru.info or call

0871 200 22 33.

Booking information

Please note that all walks are free.

Finishing times are for guidance only.

Some of our walks require or recommend booking in advance.

There are lots of ways to do this:

You can email love2walk@bridgend.gov.uk or call 01656 642593.

An out of hours answerphone will operate on this number between 20th June and 28th June 2015.



www.facebook.com/love2walk



[@love2walkwales](https://twitter.com/love2walkwales)

www.love2walk.co.uk

Explore Bridgend's Countryside

Why not get out and about and discover the beautiful countryside that is right on your doorstep? Bridgend County Borough Council manages a network of over 650 Km of public rights of way and off-road cycle tracks that give access to stunning countryside and inspiring coast line. It's available to all, readily accessible, free of charge and is just waiting to be explored.

The Rights of Way team also promote walking, cycling and equestrian routes in the area varying from short circular village walks to longer distance routes such as the Bridgend section of the Wales Coast Path.

During the past 7 years almost £400,000 of grant funding has been obtained from the Welsh Government and Natural Resources Wales. Surfaces on footpaths and bridleways have been improved and gates, bridges and other facilities designed to improve access have been replaced or repaired. Orders have been processed which will amend the Definitive Map. Historical research and discussions with users and landowners are also helping the Council determine applications for Definitive Map Modification Orders.

To obtain the free leaflets or to discuss any public rights of way issues in Bridgend call the Team on 01656 642537/642553 or email: rightsofway@bridgend.gov.uk





The Active Travel (Wales) Act 2013

This Act makes it a legal requirement for local authorities in Wales to map and plan for suitable routes for active travel, which means walking and cycling as an alternative to motorised transport for the purpose of making everyday short-distance journeys. Local Authorities must also improve their infrastructure for walking and cycling every year.

By the 24th September this year, the Council will have to produce maps of the existing routes and facilities in certain key settlements within their area that are deemed safe and suitable for active travel. As part of that process, the Council will be carrying out a consultation this summer to ask for your help in identifying those active travel routes which you currently use, and which routes you would like to see developed in the future.