

Vale of Glamorgan Walking Festival 2020




Walk Name Nordic Walking Demonstration and Taster Session.

Charge: A free ticketed event, a donation towards the Festival will be appreciated.



Walk Details: A Nordic Walking demonstration and Taster session, followed by a short walk

with,  Llantwit Major Nordic Walking Group. Poles will be provided.

Hospitality: Refreshments and Walking Festival Launch at CF61, Llantwit Major, CF61 1ST from 9:30 am, next to the School, across the road from the railway station.

OVERVIEW

Distance / terrain: some grass and hard surfaces, approx. 1 mile, no stiles.

Date: Tuesday, 19 May 2020

Timing: Start: 10:30 **Return approx.:** 12:00

Leaders: Tim Ingram, a British Nordic Walking Instructor



a member of



JOINING

Meet at: CF61, Llantwit Major, CF61 1ST

Map ref: SS 971 688

Bring: Appropriate Footwear and Clothing

Restrictions: No dogs, no unaccompanied children

TRAVEL & PARKING

Travel Directions: B4265 coast road, turn at Park and Ride signs into town centre.

Public Transport: Rail link from Cardiff, Barry, Bridgend. Bus Nos. 303 and 304

Free Parking: Llantwit Major Rail Station or retail car park opposite.