

Vale of Glamorgan Walking Festival 2021



Walk Name: Nordic Walking Demonstration and Taster Session

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

Walk Details:



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

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

OVERVIEW

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

Date: Tuesday 7th September 2021

Timing: Start: 10.30 **Return approx.:** 12.00

Leader: Tim Ingram, a British Nordic Walking Instructor  a member of



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

JOINING

Meet at: Ty Illtud, Llantwit Major, CF61 1ST

Map ref: SS 9688 6892

Bring: Appropriate Footwear and Clothing

Restrictions: No dogs, no unaccompanied children

TRAVEL

Driving and Parking: B4265 coast road, turn at Park and Ride signs into town centre. Free Parking: Llantwit Major Rail Station or retail car park opposite.

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