



urbanwalks®

Am Dro am Glonc
Sir Gâr



Walk and Talk
Carmarthenshire



SIX urban walks™

Ammanford
Town Centre
& other areas

Welcome to Urbanwalks™

Urbanwalks is a vehicle to get communities moving again. The company has a simple philosophy to get people enjoying more activity more often in their everyday environment.

This Urbanwalks booklet helps to encourage people in Ammanford to get out there and walk; it promotes a variety of circular routes of differing lengths that encompass typical everyday journeys within the local area.

The booklet was developed in 2005 as part of a pilot project with Welsh Government and Carmarthenshire County Council. For more information about the pilot please visit: www.urbanwalks.co.uk/wales

This booklet is now being updated, redistributed and repromoted by Carmarthenshire's local walking programme Am Dro am Glonc Sir Gâr (Walk and Talk Carmarthenshire).

Benefits of regular physical activity

Significant physical, mental and social health benefits can be obtained by taking the right amount of physical activity.

Being active:

Provides you with more energy, promotes a better night's sleep and an increased feeling of general well-being.

Increases strength in your heart, lungs and bones.

Improves your mobility through better balance, coordination and flexibility.

Regular activity helps you to:

- Reduce anxiety and depression
- De-stress and re-energise
- Improve self confidence
- Lower blood pressure and cholesterol
- Prevent and manage diabetes and cardiovascular disease
- Manage weight e.g. weight loss and maintenance
- Prevent the development of Osteoarthritis and Osteoporosis in certain groups and eases and manages pain from arthritis

Why walking is so good?

- It's FREE
- It can be added easily to our daily lives

- Walking can be done at any pace. Start slowly and build up gradually
- There is no special equipment required, just a comfortable pair of shoes
- Walking is a low impact activity, with a low risk of injury
- Walking with family and friends can be a fun and social activity
- It allows you to explore your environment both local and far

How much walking should I do?

How often should I be active?

Most days of the week (at least 5)

How long should I be active for?

Build up to one continuous session of 30 minutes a day, perhaps initially in 3 periods of 10 minutes or 2 periods of 15 minute sessions.

If walking, at what pace?

'Brisk' walking.

Walk at a pace that makes you:

- Breathe a little faster
- Feel a little warmer
- Feel your heart beating a little faster

This is all normal. Make sure you still feel comfortable and are able to talk. Listen to your body.

If you can walk and.....

- Sing ...you should walk a little faster
- Talk ...that's just right, keep going
- Gasp ...slow down, get your breath back

If you are unsure about your ability to start taking up walking as a form of activity please contact your GP for advice.

What will I need?

No special equipment is required for urban walking just a sensible and comfortable pair of shoes and appropriate outdoor clothing for the weather whether it be sunny, raining or cold.

If you are going on a long walk take some water with you. Make sure you do not allow yourself to become thirsty as this indicates that you are dehydrated. Drink little sips often, especially if you are sweating.

Tell others if you are walking alone; and if you have a mobile phone take it with you in case of emergencies.

Get active

Making that first attempt to be active is the most important one, start off with small, achievable and measurable goals e.g. I will walk to the shop to get a pint of milk every morning.

We should also aim to minimise the amount of time we spend sitting down (sedentary behaviour) for extended periods. Aim to reduce the amount of time spent watching television, using the computer and if possible take regular breaks at work.

Remember every step counts – make the ‘active’ choice every time!

One way of helping you to meet the recommended 30 minutes a day and to reduce sedentary behaviour is to aim to **take 10,000 steps a day** - challenge yourself by gradually increasing the number of steps you take each day.

There are many ways to do this e.g. take a walk in your lunch hour, walk the longest way to the shops, park the car at the furthest end of the supermarket car park – it all counts!

Use a pedometer, which are fun and easy to use, to count the number of steps you take.

Additional streets & distances in Ammanford

Many of the walks given can be lengthened as walking ability improves. The following streets give you an idea of distances to increase the length of your walk.

These additional streets only take an extra 8-20 minutes to walk and are just as quick and much healthier than jumping in a taxi or on a bus.

Train Station to Quay Street

(Station Road / Lon Tir Y Dail / Wind Street / Quay Street)

Distance = Half a mile / 1200 steps

This walk should take around 8 minutes

Train Station to Leisure Centre / Swimming Pool

(Station Road / College Street / Margaret Street / Leisure Centre)

Distance = One mile / 2400 steps

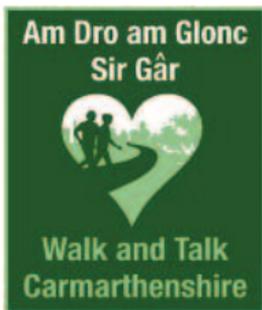
This walk should take around 15-20 minutes

Bus Station to Leisure Centre / Swimming Pool

(College Street / Margaret Street / Leisure Centre)

Distance = Half a mile / 1200 steps

This walk should take around 8 minutes



Am Dro am Glonc Sir Gâr

Walk and Talk Carmarthenshire

Am Dro am Glonc Sir Gâr (Walk and Talk Carmarthenshire) is a Carmarthenshire initiative aimed at increasing the number of people participating in walking as a regular activity in order to improve health and wellbeing.

The programme can support and train local people, organisations or groups to develop and promote group and individual walking opportunities in the County.

For more information please visit:

www.healthchallengecarmarthenshire.org.uk

(click on Walk and Talk link)

Or contact Hywel Dda Public Health Team

(Carmarthenshire Locality) on **01267 225072**.



Health Challenge Wales is a call to all people and organisations in Wales to work together for a healthier nation. The urban walks set out in this booklet provide an easy and enjoyable way to be more active.

Be part of it



Ewch amdani



1

Ammanford Park Walk

1. Start at the entrance to the railway station. Cross Station Road into Brynderwen Road. At its end bear right into Florence Road and turn right at the T-junction into Llandybie Road.
2. Carefully cross over, pass Teglan Residential Home on your left and take the 2nd left and 1st right into Bryn Mawr Avenue.
3. Follow Bryn Mawr Avenue to a T-junction then turn right onto Church Street. Take the 1st right into Margaret Street then 1st right again into College Street.
4. Carefully cross over the road and take the 1st left down Iscennen Road passing Ammanford Park on your left and continue to the mini roundabout.
5. At the roundabout turn right onto Tir Y Dail Lane, cross over and take the 1st left onto Station Road and return to the start.

➤ **Distance = One and a half miles / 3600 steps**

➤ **This walk should take around 20-25 minutes**

EXTRA OPTION Turn left into Ammanford Park to increase length of walk = Quarter of a mile / 600 steps. Time = 5 minutes.

Please note. Some sections of the walk have no street lighting and may prove unsuitable after daylight hours.

2

Ammanford Betws Park

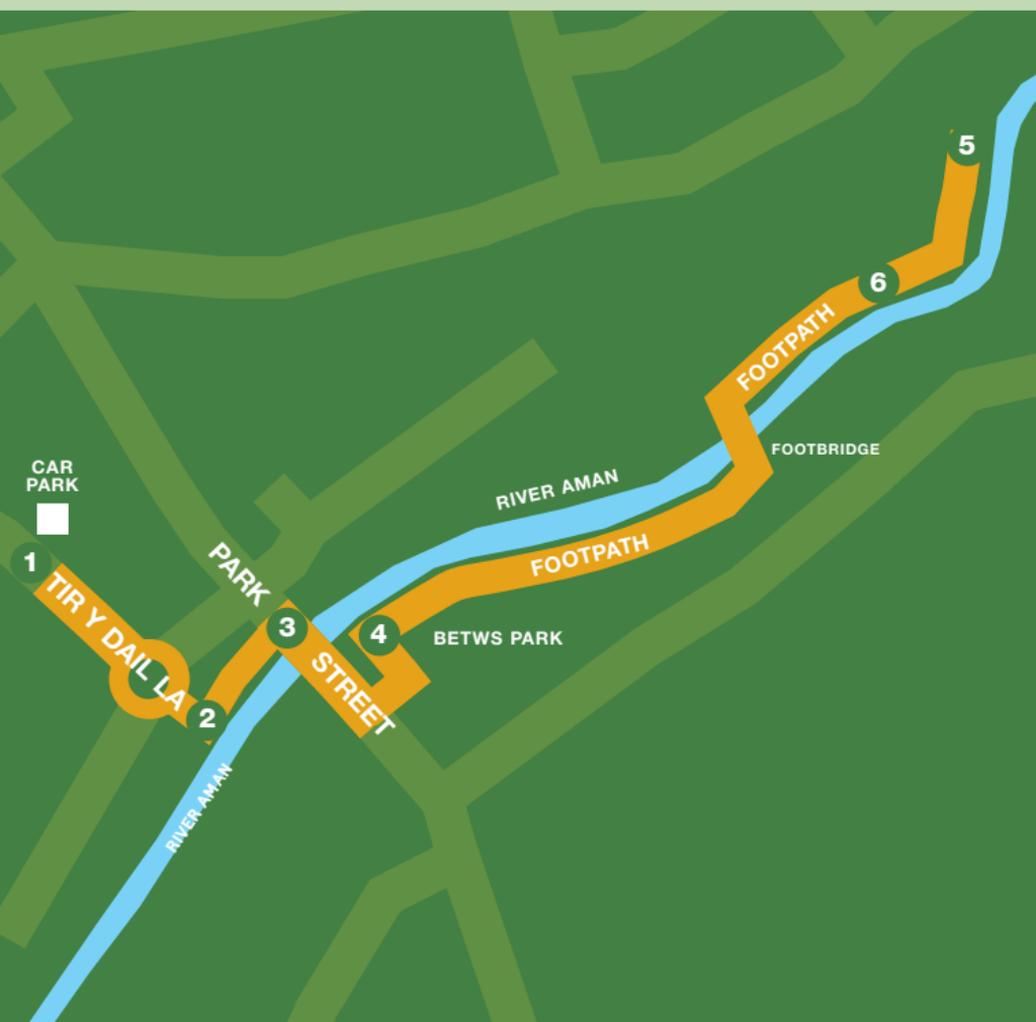
EXTRA OPTION Walk a few laps around Betws Park to increase length of walk.

Please note. Sections of this walk have no street lighting and may prove unsuitable after daylight hours.

1. Start at the entrance of the car park on Tir Y Dail Lane. Turn left, then carefully cross over the railway line and cross straight over the small roundabout at the drop kerbs.
2. Join the Riverside Walk. Turn left and follow the path along the river until you get to the road bridge on Park Street.
3. Cross over the road, turn right and walk over the road bridge. Take the 1st turn left into Betws Park.
4. In Betws Park follow the footpath to the left and parallel to the river. Cross over the river at the footbridge then turn right to carry on along the Riverside Walk path.
5. Walk along the surfaced path for a short distance, and then turn back on yourself when the path ends / hard surface discontinues.
6. Retrace your steps back to the footbridge, through Betws Park and back along the road and Riverside Walk to the car park where you started.

➤ **Distance = One mile / 2400 steps**

➤ **This walk should take around 15-20 minutes**





3

Ammanford High Street

1. Start at the entrance of the car park on Lon Tir Y Dail. Turn right and follow the footpath to the mini roundabout and cross over the road at the drop kerbs and walk along Wallasey Road to its end.
2. Turn right onto High Street passing the Fire Station on your right. Walk along this road to the 1st bus stop.
3. Cross over the road at the drop kerb and walk down Oakfield Terrace to the end.
4. Turn left and walk down Walter Road. Cross over the road and turn left onto Union Street, following the footpath back down to the High Street.
5. Turn right onto High Street and walk to the 1st set of traffic lights. At the lights cross over the road and turn right.
6. Take the next left and walk down the pedestrianised Quay Street, turn right at the mini-roundabout and back to the car park where the walk started.

- › Distance = One and a half miles / 3600 steps
- › This walk should take around 20-25 minutes

4

Ammanford South Circular

1. Start at the entrance of the car park on Lon Tir Y Dail. Turn right onto Lon Tir Y Dail. Continue along this road crossing over to the other side at the 1st set of traffic lights.
 2. Turn left onto Wind Street and walk all the way along to Parcyrhun Post Office. Continue towards the railway bridge but don't cross over it, instead, take the last turn on your left onto Bishop Road.
 3. Follow Bishop Road around a sharp bend and then turn right onto Heol Lluchwr. Keep right and follow this road round and downhill to its end.
 4. Turn left onto Pantyffynnon Road and walk to its end.
 5. Turn right onto Wind Street, then take the 1st right onto Heol Las and walk through the bollards.
 6. Take the 2nd road on your left and cross straight over the 1st mini-roundabout at drop kerbs. At the 2nd roundabout turn right crossing over the road at the drop kerbs and back over to the car park where you started.
- › **Distance = One and a Half miles / 3600 steps**
 - › **This walk should take around 20-25 minutes**





5

Ammanford Playing Fields

1. Turn right out of the Railway Station and then 1st right into Tir y Dail Lane. Continue to the mini roundabout, cross Is-cennen Road and continue to the traffic lights.
2. Turn right at the traffic lights onto Wind Street and pass an entrance to playing fields on your right.
3. Take the next right, opposite Villiers road, and pass a small car park on the left to the playing fields.
4. Take the footpath ahead, keeping the playing fields on your right, and continue past the Rugby Club House and the Dinefwr Bowls Centre.
5. Cross the entrance road to use the pavement opposite. Bear right past the British Legion Club on Ford y Faenor to the T-junction.
6. Turn left and continue to the mini roundabout on Tir Y Dail Lane, then turn left and retrace your steps to the start.

- **Distance = One and a half miles / 3600 steps**
- **This walk should take around 20-25 minutes**

6

Ammanford The Stone Circular

1. With your back to the bus station on College Road turn right and continue along College Road.
 2. Take your 2nd right onto Bryn Mawr Lane and at the top of the steps cross over Bryn Mawr Avenue and turn right to use the wider pavement opposite.
 3. At the T-junction turn left up Church Road and just before the road turns rightwards turn left to visit the Stone Circle.
 4. Retrace your steps back down the hill passing the Church, then take your next left onto Margaret Street.
 5. Continue along Margaret Street bearing right onto Union Street.
 6. At the end of Union Street turn right onto High Street. At the traffic lights bear right to return to the start of the walk.
- › **Distance = One and a half miles / 3600 steps**
 - › **This walk should take around 20-25 minutes**



Urbanwalks

Urbanwalks the company have mapped, designed and produced this walking booklet for Walk & Talk Carmarthenshire. For more information about our products, activity solutions and consultancy services, please visit us at: www.urbanwalks.co.uk or call us on **0870 242 7507**.

Useful information

On most of the routes in this booklet you will find a selection of local amenities, coffee shops and general convenience stores.

Welsh Government

For information about the Welsh Government
www.wales.gov.uk or call **0845 010 3300**

Urbanwalks in Carmarthenshire

For more information about urbanwalks in Carmarthenshire please contact:
Hywel Dda Public Health Team (Carmarthenshire Locality) on **01267 225072**

Public Health Wales

For more information on Public Health Wales please visit:
www.publichealthwales.org

Carmarthenshire Countryside and Parks

For more information please contact: Martin Murray, Countryside
Recreation Officer, Carmarthenshire County Council on **01269 843911**

Health Challenge Carmarthenshire

For more information on the initiative please visit:
www.heriechydysirgar.org.uk

Change4life and Walk4 life

For more information on the above initiatives in Wales please visit:
www.wales.gov.uk/change4life

Walking Well

To join a local walking group in Carmarthenshire please go to:
www.walkingwellcarmarthenshire.org.uk

Ramblers

For more information on the above and for local Rambling clubs please visit:
www.ramblers.org.uk/cymru

NHS Direct Wales

For general medical information please contact NHS Direct Wales on:
0845 46 47

Also visit the website www.nhsdirect.wales.nhs.uk for information on:
Local services, lifestyle and wellbeing, looking after yourself, online
medical enquiries.

