

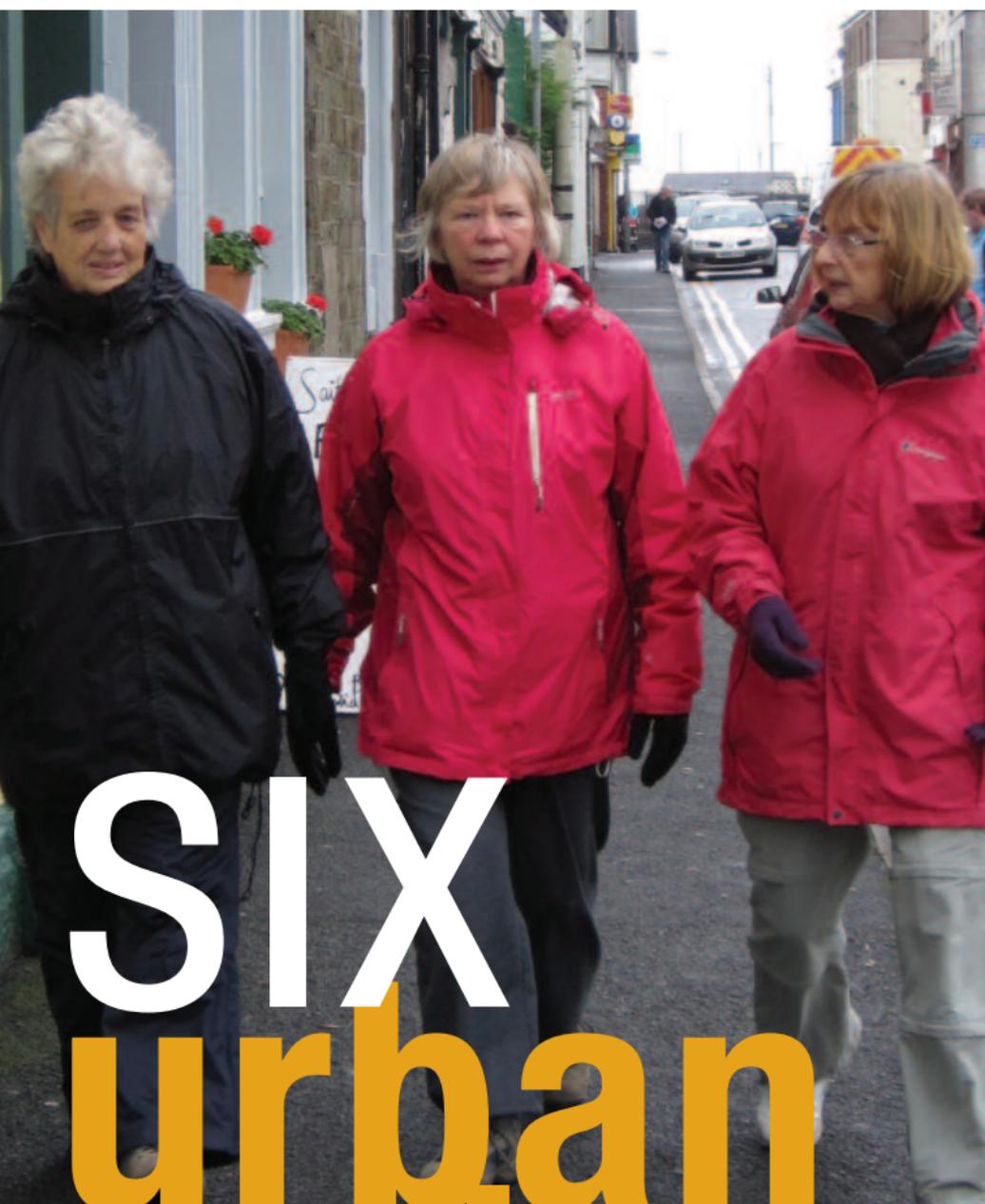


urbanwalks®

Am Dro am Glonc  
Sir Gâr



Walk and Talk  
Carmarthenshire



# SIX urban walks™

Burry Port  
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 Burry Port 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](http://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 Burry Port

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 10-25 minutes to walk and are just as quick and much healthier than jumping in a taxi or on a bus.

**Each extra circuit of the upper and lower rugby pitches in Memorial Park adds just less than half a mile. (Convenient for Walk One or Walk Four).**

Distance = Half a mile / 1200 steps

This walk should take around 8 minutes

**Each additional circuit of the rugby pitch in Walk One will add just over a quarter of a mile.**

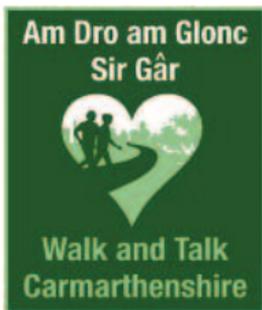
Distance = Quarter of a mile / 600 steps

This walk should take around 5 minutes

**Railway Station to the footpath between East & West Dock, to the end of the Pier and return. (Convenient for Walk Two or Walk Six)**

Distance = One mile / 2400 steps

This walk should take around 15-20 minutes



## Am Dro am Glonc Sir Gâr

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### 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](http://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

## Burry Port Memorial Park

1. Start at the Burry Port Railway Station office.
2. After carefully crossing Station Road, turn right and take the 2nd left into Tramway one way street.
3. Cross Parkes Street to continue along Tramway and turn right immediately after the children's play area, into Memorial Park.
4. Follow the path around three sides of the rugby pitch in a clockwise direction and continue along the footpath passing large fir trees and a netball court on your right.
5. At the end of the footpath turn right into Parkes Street and then 1st left back into Tramway and retrace your steps back to where you started.

- **Distance = Three quarters of a mile / 1800 steps**
- **This walk should take around 10-12 minutes**

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

# 2

## Burry Port The Coastal Path

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

1. Start with your back to the Railway Station office, turn right and walk along Station Road and New Street to the Engine Inn, turn right here into Church Road.
2. Turn 1st left after the railway crossings and bear right passing industrial units to a roundabout. Cross over using the drop kerbs on its left hand side.
3. Continue in the same direction, passing a car park on the left, to a junction of footpaths. Turn right onto the red surfaced cycle path and follow it to the harbour.
4. Continue to follow the red path alongside the harbours edge.
5. At the end of the harbour at a cross roads in the paths, turn right.
6. Take the right fork leading to a roundabout and cross this on its right hand side, go over the footbridge and turn right to return to the start.

➤ **Distance = Two miles / 4800 steps**

➤ **This walk should take around 30-35 minutes**





# 3

## Burry Port Stepney Road Circular

1. Start at the Railway Station office. Carefully cross over Station Road and walk up Stepney Road.
2. Continue up Stepney Road carefully crossing several streets and passing the police station and the primary school on the way.
3. At the top of the hill, immediately before the junction with the main road, take the left turn down Elkington Road.
4. Follow Elkington Road, carefully crossing several streets on the way to the bottom of the hill and its junction with Station Road.
5. Turn left to return to the railway station and the start.

- **Distance = One mile / 2400 steps**
- **This walk should take around 15-20 minutes**

**Please note.** Please take extra care on the short sections of road without pavement.

# 4

## Burry Port The Rugby Pitches

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

1. Start at the Burry Port Railway Station office. After carefully crossing Station Road, turn right and take the 2nd left into Tramway.
  2. Cross Parkes Street and continue along Tramway and turn right immediately after the children's play area, into Memorial Park.
  3. Continue past the 1st rugby pitch to a fork in the path. Take the left hand path leading uphill past two more rugby pitches.
  4. Turn right onto the footpath that circles the upper and lower rugby pitches and return to the fork.
  5. Retrace your steps back to the start.
- › **Distance = One and a quarter miles / 3000 steps**
  - › **This walk should take around 20 minutes**





# 5

## Burry Port Tramway Path

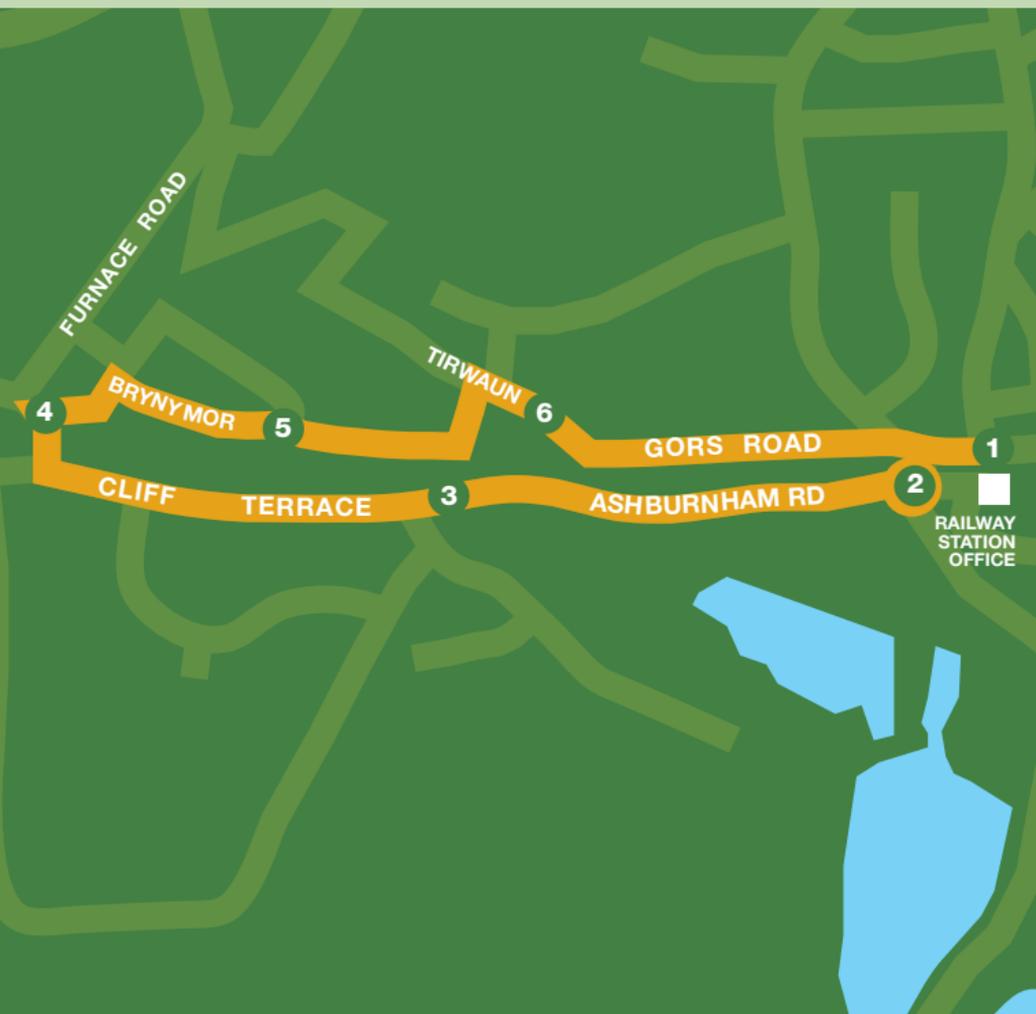
1. Start at the Burry Port Railway Station office. After carefully crossing Station Road, turn right and take the 2nd left into Tramway.
  2. Pass the children's play area and continue on the footpath ahead, up tramway to the Colby Road.
  3. Turn right onto Colby Road and walk along taking the 2nd right onto Church Road.
  4. At the Engine Inn bear right into New Road.
  5. Follow New Street into Station Road and walk back to the start at the Railway Station Office.
- › Distance = One and a half miles / 3600 steps
  - › This walk should take around 20-25 minutes

# 6

## Burry Port The Western Walk

1. Start with your back to the Railway Station office, turn left and cross the pedestrian footbridge alongside the road bridge.
2. Once across the bridge carefully cross the road to turn right and follow Ashburnham Road. Just beyond the houses are drop kerbs, cross the road here to the pavement opposite.
3. Continue along Ashburnham Road into Cliff Terrace. At the end of the iron railings just before the bridge, carefully cross the road and re-cross the Railway using the footbridge.
4. Turn 1st right into Furnace Road and immediately right onto the footpath between the houses. Then turn 1st right into Brynymor crescent.
5. At the bend in Brynymor crescent turn right down the footpath between the houses and take the left fork in the path. Turn right at the T-junction onto Gors Road.
6. Cross Gors Road to use the opposite pavement and continue to the junction with Station Road. Continue along Station Road to the start.

- › **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](http://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](http://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](http://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](http://www.heriechydysirgar.org.uk)

### Change4life and Walk4 life

For more information on the above initiatives in Wales please visit:  
[www.wales.gov.uk/change4life](http://www.wales.gov.uk/change4life)

### Walking Well

To join a local walking group in Carmarthenshire please go to:  
[www.walkingwellcarmarthenshire.org.uk](http://www.walkingwellcarmarthenshire.org.uk)

### Ramblers

For more information on the above and for local Rambling clubs please visit:  
[www.ramblers.org.uk/cymru](http://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](http://www.nhsdirect.wales.nhs.uk) for information on:  
Local services, lifestyle and wellbeing, looking after yourself, online medical enquiries.

