



urbanwalks®

Am Dro am Glonc
Sir Gâr



Walk and Talk
Carmarthenshire



SIX urban walks™

Carmarthen
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 Carmarthen 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 Carmarthen

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 5-20 minutes to walk and are just as quick and much healthier than jumping in a taxi or on a bus.

St Peters Church to Cwmoernant Reservoirs

(St Peters Street / Priory Street / Abbey Mead / Reservoir Road)

Distance = One mile

This walk should take around 15-20 minutes

Railway Station to County Hall

(Station Approach Road / Carmarthen Bridge / Castle Hill Road)

Distance = Quarter of a mile

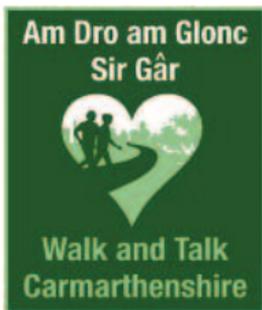
This walk should take around 5 minutes

Railway Station to Shopping Centre

(Railway Station / Station Approach Road / Carmarthen Bridge / Coracle Way / Blue Street / Red Street)

Distance = Half a mile

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**.

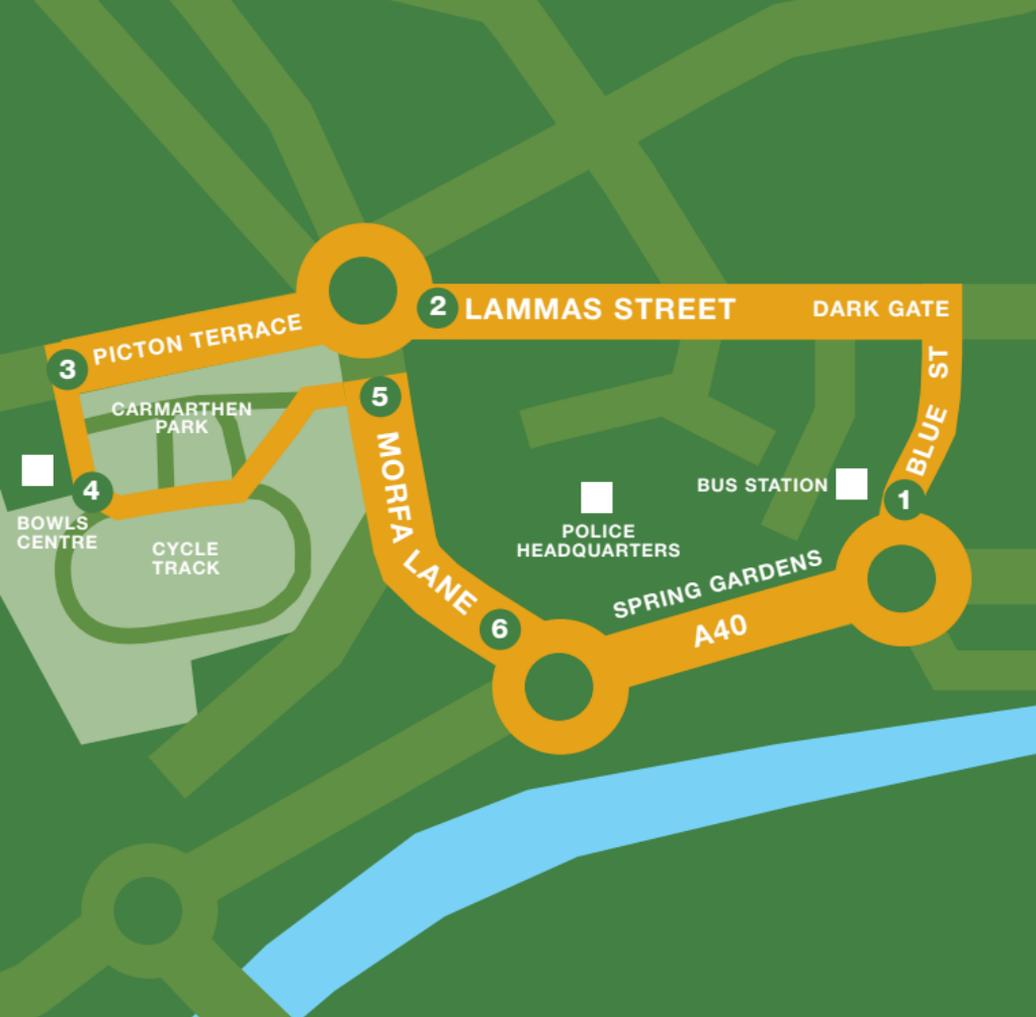


Health Challenge Wales is a call to all people and organisations in Wales to work together for a healthier nation. The urban walks set out in this booklet provide an easy and enjoyable way to be more active.

Be part of it



Ewch amdani



1

Carmarthen Carmarthen Bows Centre

1. Start at the Bus Station. Walk up Blue Street then turn left towards to Dark Gate and continue into Lammas Street.
2. At the roundabout cross over into Picton Terrace (NB. Pelican crossing 30 metres left on Morfa Lane).
3. Take your 1st left at the sign for Carmarthen Bows Centre.
4. Turn left into the Park, walk alongside the Cycle Track and bear left through the children's play area until you arrive back at Morfa Lane.
5. On leaving the park cross Morfa Lane at the pelican crossing then turn right and walk down to the next roundabout.
6. At the roundabout turn left and at the next roundabout turn left again back onto Blue Street where you started.

➤ **Distance = One and a quarter miles / 3000 steps**

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

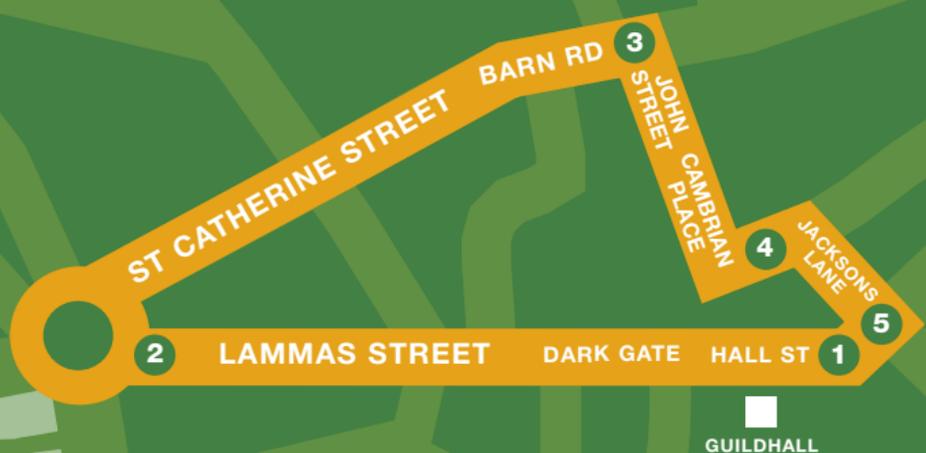
2

Carmarthen The Guildhall

1. Starting at the Guildhall walk down Hall Street to Dark Gate and continue into Lammas Street using the right hand pavement.
2. At the roundabout turn sharp right into St Catherine Street.
3. After the traffic lights take your 3rd right turn into John Street and continue into Cambrian Place.
4. At the end of Cambrian Place cross the gardens bearing left into Jacksons Lane.
5. At the end of Jacksons Lane turn right into King Street, continue into Notts Square and bear right into Hall Street back to where you started.

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

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





3

Carmarthen The Roman Amphitheatre

1. Start at the Guildhall. Walk up Hall Street into Notts Square and bear left into King Street.
2. Passing St Peter's Church turn left at the mini roundabout into Priory Street, continue along passing another mini roundabout until you arrive at a telephone box.
3. At the telephone box bear left up the path to the Amphitheatre, then retrace your steps to the Pelican crossing on Priory Street, cross the road and continue to the Chapel.
4. Turn left at the Chapel down Old Priory Lane, (past the playing field) then turn right onto the cycleway. At the end of the cycleway continue on the road into The Esplanade.
5. Continue onto The Parade (ignoring the footpath on the left) at the end of The Parade turn right onto Parade Road then 1st left onto Spilman Street.
6. At the second Pelican Crossing cross over the road and take your 1st right into Queen Street, then first left into Notts Square and bear right back to where you started.

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

4

Carmarthen Cwmoernant Reservoirs

1. Start from the small designated car park for the reservoirs at the end of Reservoirs Road. Walk out of the car park to follow the footpath path to the small bridge passing a life belt holder on the left. Keep left and cross the arched bridge to a set of steps.
 2. Go up the steps and turn right and follow the footpath around the upper reservoir anticlockwise and return to the steps.
 3. Go back down the steps and turn left.
 4. Re-cross the arched bridge and circle the lower reservoir back to the car park.
- **Distance = Half a mile / 1200 steps**
 - **This walk should take around 8 minutes**





5

Carmarthen Two Bridges

1. Start from the Guildhall. Walk down to the bottom of the square and turn left into Blue Street. At the roundabout turn left into Coracle Way.
2. Cross the road at the drop kerb (close to the steps on the left and opposite the bollards) and continue to the traffic lights.
3. Turn sharp right staying on the right-hand side of The Quay Street.
4. At the end of The Quay cross the road heading towards a car park and the riverside footpath.
5. Continue along the riverside footpath as far as the main road bridge. Return to the Guildhall by the same route.

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

6

Carmarthen St Peters Church

Please note. This walk has a short section without pavements; therefore extra care should be taken.

1. Start on St Peters Street opposite St Peters Church. Pass the car park entrance, continue to the mini roundabout and turn left onto Priory Street.
2. At the next mini roundabout turn left into Old Oak Lane carefully crossing the road at the drop kerb, (just beyond the three bollards) then take the next right onto Long Acre Road.
3. Carefully cross over Long Acre Road by the bus shelter, keep left and continue into Wellfield Road.
4. At the end of Wellfield road turn left into Waterloo Terrace. At the end of Waterloo Terrace turn left into Francis Terrace.
5. Carefully crossing Francis Terrace at the drop kerb continue to the next roundabout then turn right and cross the car park entrance into Little Water Street.
6. At the end of Little Water Street turn left into St Peters Street and back to where you started.

➤ **Distance = One and a quarter miles / 3000 steps**

➤ **This walk should take around 20 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.

