



urbanwalks®

Am Dro am Glonc  
Sir Gâr



Walk and Talk  
Carmarthenshire



# SIX urban walks™

Llanelli  
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 Llanelli 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 Llanelli

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.

### **Railway Station to Llanelli Indoor Market**

(Station Road / Murray Street / Cowell Street / Stepney Street)

Distance = Three quarters of a mile / 1800 steps

This walk should take around 10-12 minutes

### **Discovery Centre to Afon Dafon Lake & Return**

Distance = One and a half miles / 3600 steps

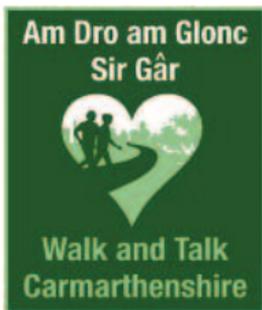
This walk should take around 20-25 minutes

### **Bus Station to Park Howard Museum & Return**

(Water Street / Thomas Street / Felinfoel Road / Parc Howard)

Distance = One and a quarter miles / 3000 steps.

This walk should take around 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**



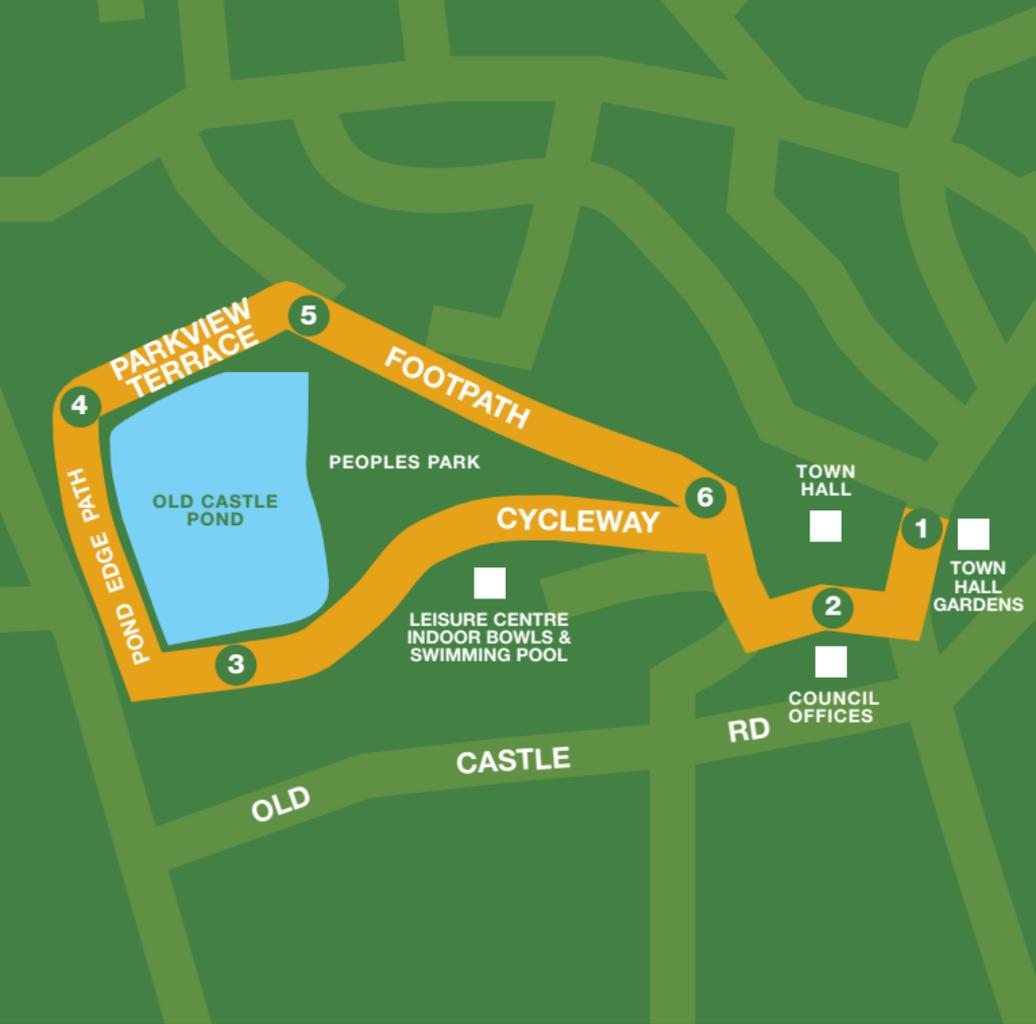
# 1

## Llanelli Llanelli Town Centre

1. Start at the sunken gardens of Town Hall Square, facing the Town Hall. Turn right and walk along the dual carriageway to the library.
2. Keeping the library on your right, turn right into Vaughan Street then turn right in front of the shopping centre onto Stepney Street.
3. Keep to the left hand side of Stepney Street and take your 1st left into Cowell Street.
4. Carefully cross to the right hand side of the street and take the 3rd right turn at the cross roads into Murray Street.
5. At the next set of traffic lights turn right onto Church Street and continue along crossing over two roads before you are back to where you started.

- **Distance = Half a mile / 1200 steps**
- **This walk should take around 8 minutes**





# 3

## Llanelli Old Castle Pond

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

1. Start at the sunken gardens of Town Hall Square, facing the Town Hall, turn left and cross over Church Street using the pelican crossing.
2. Cross over Waunlanyrafon to your right at the drop kerb then turn left and follow the cycleway into Peoples Park, passing the Leisure Centre on your left to Old Castle Pond on your right.
3. At the fork in the cycleway bear right and take the smaller path which forks right again to follow the edge of the pond.
4. Follow the pond edge path to the opening onto Parkview Terrace, which is an obvious row of houses on your left.
5. At the end of Parkview Terrace, turn right along the footpath with the railings on your right and pass a paddling pool.
6. At the junction with the road (Coleshill Terrace) turn right into the park and continue until you exit the park, then turn left back onto the cycleway to retrace your steps back to where you started.

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

# 4

## Llanelli Millennium Coastal Park

**Please note.** The section of footpath by the lake has no street lighting and may prove unsuitable after daylight hours.

1. Leave the main entrance of the railway station and turn right then 1st right over the railway into New Dock Road.
  2. Walk along New Dock Road to the end of the houses then bear right along the footpath keeping the wall on your right then cross New Dock Street and continue straight ahead to the next road.
  3. Cross over the next road and continue along the footpath opposite, bearing right at the lake, keep the lake (Afon Dafon) on your left and follow the path to its end at the roundabout on Llanelli bypass.
  4. Cross the bypass at the drop kerb and turn right onto the cycleway, continue walking to the next roundabout.
  5. Recross the bypass, at the drop kerb and take the road ahead onto Marine Street passing The Cambrian Pub then the Siloah Chapel and continue along into Copperworks Road.
  6. At the end of Copperworks Road turn left to recross the railway line and walk back to where you started.
- **Distance = Two & a quarter miles / 5400 steps**
  - **This walk should take around 35-40 minutes**





# 5

## Llanelli Sandy Water Park

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

**1.** Start at the Sandy Water Park car park off the B4304 Llanelli bypass.

**2.** Walk along the surfaced path encircling the lake in either direction until you arrive back where you started.

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

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

**Please note.** This walk could also be used as an extension to routes 2 & 3 to add a distance of One mile / 2400 steps to those walks.

To do this keep left at the fork in the cycleway at the pond and use the footbridge and cycleway leading to the lake.

# 6

## Llanelli - Sandy Water Park & Millennium Coastal Park

1. Leave the main entrance of the railway station and turn left. At the road junction carefully cross over and continue into Railway Terrace and then High Street.
2. Turn left at the mini roundabout and then right at the next roundabout at the drop kerbs, and continue over the bridge.
3. Turn right at the gap in the fence and immediate left onto the cyclepath. Use the footbridge to cross the bypass and continue to the T-junction by car park and turn left.
4. Follow the broad path and bear left uphill. At the top bear left onto the coastal path, and ignoring the smaller paths to the left, continue to the Discovery Visitor Centre.
5. Pass the centre on the landward side and turn left to cross the car park entrance road at the drop kerbs. Cross the bridges to the roundabout on the Llanelli bypass.
6. Cross the bypass using the drop kerb, walk straight ahead onto Marine Street, passing The Cambrian Pub then the Siloah Chapel. Continue into Copperworks Road then turn left at its end and recross the railway line and walk back to where you started.

➤ **Distance = Two and three quarter miles / 6600 steps**

➤ **This walk should take around 40-45 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.

