

# Vale of Glamorgan Walking Festival 2024



**Walk Name:** Nordic Walking Demonstration and Taster Session

**Charge:** A free ticketed event.

**Walk Details:**



## OVERVIEW

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

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

**Distance / terrain:** approx. 2 miles, some grass and hard surfaces, no stiles.

**Date:** Friday 6<sup>th</sup> September 2024

**Timing: Start:** 13.00      **Return approx.:** 15.00

**Leader:** Colin Parsons, a British Nordic Walking Instructor



a member of



**Hospitality:** There are several hosteleries, cafés and other refreshment outlets at or around the start venue.

## JOINING

**Meet at:** Cowbridge Bear Field, The Broad Shoard CF71 7DA

**Map ref:** SS993748 **What 3 Words:** blotches.wheat.wasps

**Bring:** Water. Refreshments available near venue start/finish

**Restrictions:** No unaccompanied children under 18. No Dogs

## TRAVEL

**Driving and Parking:** Free Parking at the Old Cattle Market, or Town Hall Car Park where parking fee applies

**Public Transport:** Contact <https://traveline.cymru>

**Booking Link:** <https://www.ticketsource.co.uk/valeways/t-avkzlgp>