

# 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:** Wednesday 4<sup>th</sup> September 2024

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

**Leader:** Tim Ingram, 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:** Llantwit Town Hall CF61 1SB

**Map ref:** SS967687 **What 3 Words:** pursue.brass.residual

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

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

### TRAVEL

**Driving and Parking:** Free Parking at Llantwit Major Rail Station or retail car park opposite. Limited free parking at start venue.

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

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