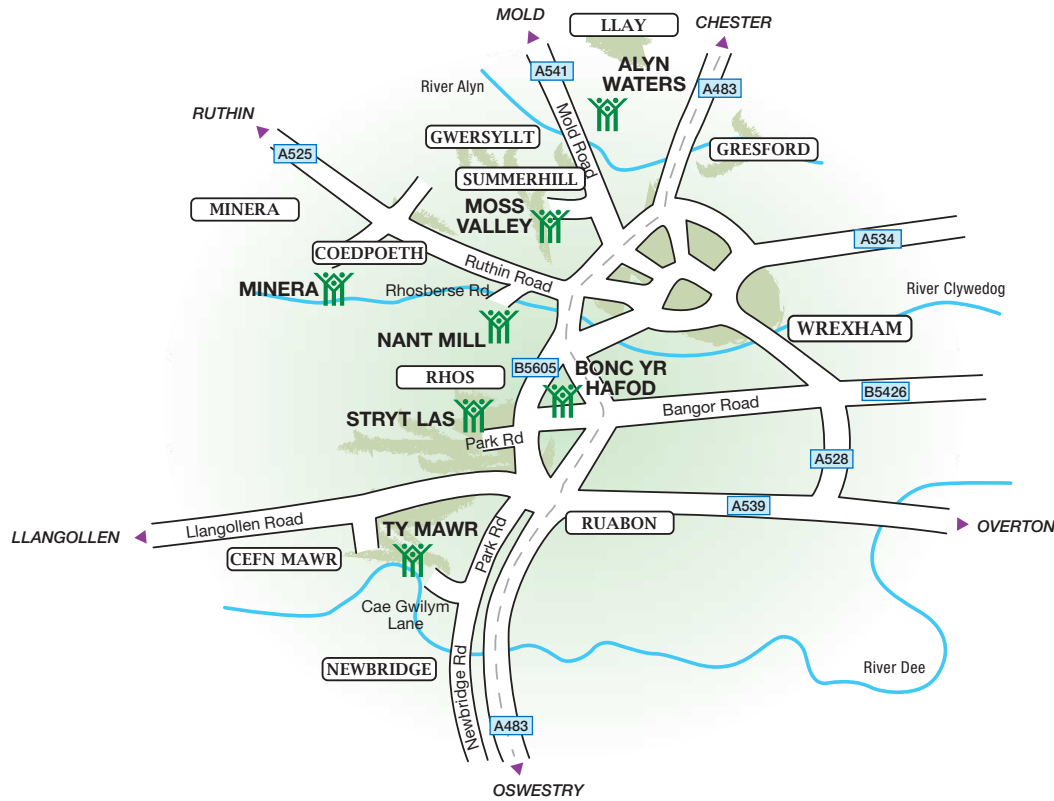


Wrexham Parks, Countryside & Public Rights of Way Service

# Healthy Walks in and around Wrexham's Country Parks



Leisure, Libraries Et Culture Services Department

CYNGOR  
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# Healthy Walks in and around Wrexham's Country Parks

This booklet contains 7 walks that start from the Country Parks managed by Wrexham Parks, Countryside and Public Rights of Way Service.

The walks are relatively easy being no more than 2-3 miles long, lasting no longer than 2 hours. We have also given each walk one of the following Access grades:

**Grade A** - Surfaced footpaths and only slight inclines.

**Grade B** - Un-surfaced paths and grassland and with moderate inclines

**Grade C** - Un-surfaced paths and grassland, stiles and steep inclines.

Dogs are welcome on the walks provided they are kept under control. We have tried to include in the walks any points of local interest. If you would like more information about any of the walks please call the number below.

Each of the 7 Country Parks is unique, with something for everyone to enjoy, from tranquil woodland and riverside views to play areas and farm animals. Throughout the year we run an exciting programme of activities in each of the parks, details can be found in our events leaflet. We also provide an extensive environmental education programme for schools. Further information about Wrexham Parks, Countryside and Public Rights of Way Service and what we do can be found on our website:

[www.wrexham.gov.uk/countryside](http://www.wrexham.gov.uk/countryside) and in our events leaflet. These are available from Ty Mawr, Alyn Waters and Nant Mill Visitor Centres.

If you would like us to send an events leaflet or you have any other enquiries please telephone 01978 763140 or email [countryparks@wrexham.gov.uk](mailto:countryparks@wrexham.gov.uk)

For information about walks further afield in NE Wales, Cheshire and the Wirral, visit <http://www.fresh-air.info>

# Would you like some company while you walk?

Groundwork Wrexham & Flintshire manage 'Walkabout Wrexham,' which is part of the national 'Walking the Way to Health Scheme' that aims to promote the benefits of brisk walking, both through led walks and independent walking. Groundwork has a programme of weekly health walks in and around the Wrexham area of between 1 and 3 miles. These are free, open to everyone, and led by trained and friendly Volunteer Walk Leaders. The programme also consists of longer led walks aimed at providing walkers with that added challenge and variety. In addition the scheme promotes independent walking including walks such as those covered in this leaflet.

**WALKING IS ENJOYABLE, RELAXING AND GOOD FOR YOUR HEALTH, SO HAPPY WALKING!**



**Did you know? Walking can...**

- Make you feel good
- Give you more energy
- Help you sleep better
- Help reduce stress
- Keep your heart strong
- Reduce blood pressure
- Help you to manage your weight

**Why Walk?**

- It's the safe way to health & fitness
- It's a chance to meet people and make friends
- You can do it anywhere and at any time
- All you need is comfortable shoes
- There's very little risk of injury, it doesn't hurt!
- You can start slowly and build up gently
- It's free!

Recommendations are to participate in 30 minutes 5 days a week of moderate intensity physical activity of which walking is an excellent example.

For further details of the led walks programme, please call:  
**GROUNDWORK  
WREXHAM & FLINTSHIRE  
01978 363555**



## Pedal Power at Alyn Waters

The Hearts and Minds Pedal Power Project was launched in the summer of 2005 and aims to make cycling accessible to children and adults with a variety of disabilities. Cycling is a low impact form of exercise and is an ideal way to improve and maintain your strength and fitness levels. Pedal Power uses specially built 3 wheeled bikes around a traffic free 1 mile circuit at Alyn Waters Country Park.

Cycling is an Enjoyable, Social and Healthy activity that will count as part of your weekly fitness programme.

To book a ride please contact your **Pedal Power Coordinator @ Groundwork Wrexham & Flintshire 01978 363555.**

The Hearts and Minds Pedal Power Project managed by Groundwork Wrexham & Flintshire, is funded by The Big Lottery, Local Health Board Hearts and Minds and Northern Marches.



## Roots for Healthy Hearts

Roots for Healthy Hearts is a project managed by Groundwork Wrexham & Flintshire with funding from the Big Lottery Fund. The aim of the project is to promote physical activity and healthy eating to school children and community groups. A range of activities and sessions can be organised for your school or community group.

## The Trim Trail at Alyn Waters

The Trim Trail at Alyn Waters with its 11 different types of apparatus to choose from is an ideal way of improving and maintaining your fitness levels.

Designed as an exciting and energetic outdoor activity area, the Trim Trail combines two different types of equipment, a children's circuit and a fitness circuit.

The children's circuit is made up of 6 pieces, all designed to encourage safe, adventurous, physical play. The equipment can help to improve children's physical strength, balance, and co-ordination, as well as the associated mental benefits that accompany increased self confidence and improved fitness.

The fitness circuit has five different types of equipment, which can all be used to work on various aspects of physical strength and fitness. If you haven't been active recently, take care not to over-do it, especially on your first visit. To guide and advise you on using the equipment, a set of instructional cards is available from the reception desk at the Alyn Waters visitor centre (a small refundable deposit will be required), or alternatively, why not arrange to meet up with the 'Roots for Healthy Hearts' Active Lifestyle Officer for a guided session.

For further information about free guided sessions at the Trim Trail, or the Roots for Healthy Hearts project, call:

**GROUNDWORK WREXHAM & FLINTSHIRE on 01978 363555**





# Nant Mill Visitor Centre Walk

**Nant Mill Visitors Centre**  
Rhosberse Road, Coedpoeth,  
Wrexham LL11 3BT

**Tel: 01978 752772**

Centre open: 10.30am – 4.30pm

Easter – August, daily.

September – Easter, weekends only.

Park open all year round.

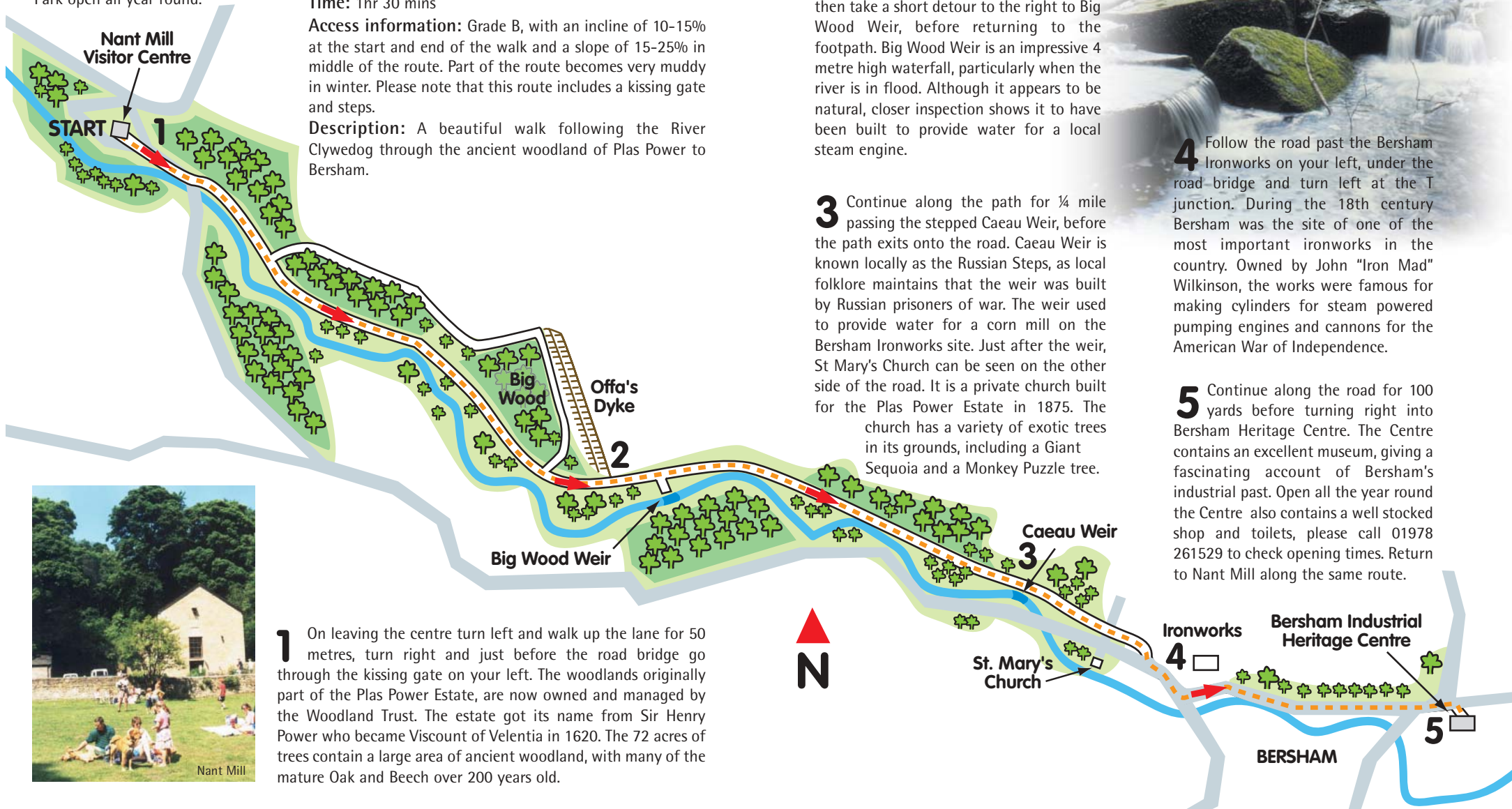
**How to get there:** Nant Mill Visitor Centre is located three miles to the west of Wrexham, near the village of Coedpoeth. Follow the "Clywedog" signs off the A483, turn onto the A525 towards Ruthin following the white on brown signs to "Nant Mill".

**Distance:** 3 miles

**Time:** 1hr 30 mins

**Access information:** Grade B, with an incline of 10-15% at the start and end of the walk and a slope of 15-25% in middle of the route. Part of the route becomes very muddy in winter. Please note that this route includes a kissing gate and steps.

**Description:** A beautiful walk following the River Clywedog through the ancient woodland of Plas Power to Bersham.



Nant Mill

**1** On leaving the centre turn left and walk up the lane for 50 metres, turn right and just before the road bridge go through the kissing gate on your left. The woodlands originally part of the Plas Power Estate, are now owned and managed by the Woodland Trust. The estate got its name from Sir Henry Power who became Viscount of Valentia in 1620. The 72 acres of trees contain a large area of ancient woodland, with many of the mature Oak and Beech over 200 years old.

**2** Stay on this path, after  $\frac{3}{4}$  mile you will go through Offa's Dyke. Offa's Dyke was built in the 8th Century as a defensive line against the Welsh by Offa, King of Mercia. The Dyke runs from near Mold to Chepstow in South Wales. Continue walking for about 100 metres then take a short detour to the right to Big Wood Weir, before returning to the footpath. Big Wood Weir is an impressive 4 metre high waterfall, particularly when the river is in flood. Although it appears to be natural, closer inspection shows it to have been built to provide water for a local steam engine.

**3** Continue along the path for  $\frac{1}{4}$  mile passing the stepped Caeau Weir, before the path exits onto the road. Caeau Weir is known locally as the Russian Steps, as local folklore maintains that the weir was built by Russian prisoners of war. The weir used to provide water for a corn mill on the Bersham Ironworks site. Just after the weir, St Mary's Church can be seen on the other side of the road. It is a private church built for the Plas Power Estate in 1875. The church has a variety of exotic trees in its grounds, including a Giant Sequoia and a Monkey Puzzle tree.

**4** Follow the road past the Bersham Ironworks on your left, under the road-bridge and turn left at the T junction. During the 18th century Bersham was the site of one of the most important ironworks in the country. Owned by John "Iron Mad" Wilkinson, the works were famous for making cylinders for steam powered pumping engines and cannons for the American War of Independence.

**5** Continue along the road for 100 yards before turning right into Bersham Heritage Centre. The Centre contains an excellent museum, giving a fascinating account of Bersham's industrial past. Open all the year round the Centre also contains a well stocked shop and toilets, please call 01978 261529 to check opening times. Return to Nant Mill along the same route.

Big Wood Weir



# Ty Mawr Country Park Walk

## Ty Mawr Country Park

Cae Gwilym Lane,  
Cefn Mawr,  
Wrexham LL14 3PE.

Tel: 01978 822780

Centre open: 10.30am - 4.30pm

Easter - August, daily.

September - Easter, weekends only.

Park open all year round.

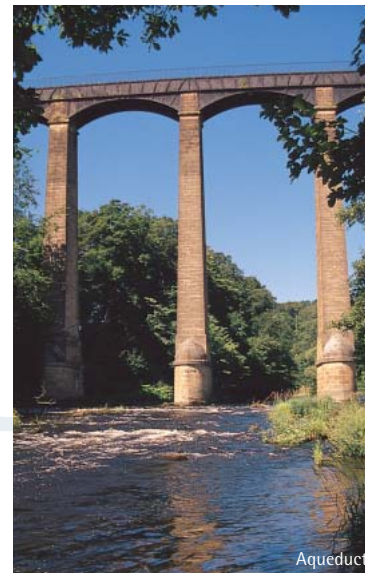
**How to get there:** The park is easy to locate situated five miles south of Wrexham in the village of Cefn Mawr. Sign posted as Country Park at the Llangollen/Ruabon exit of the A483, follow the brown and white signs to the park.

**Distance:** 3 miles

**Time:** 2 hours

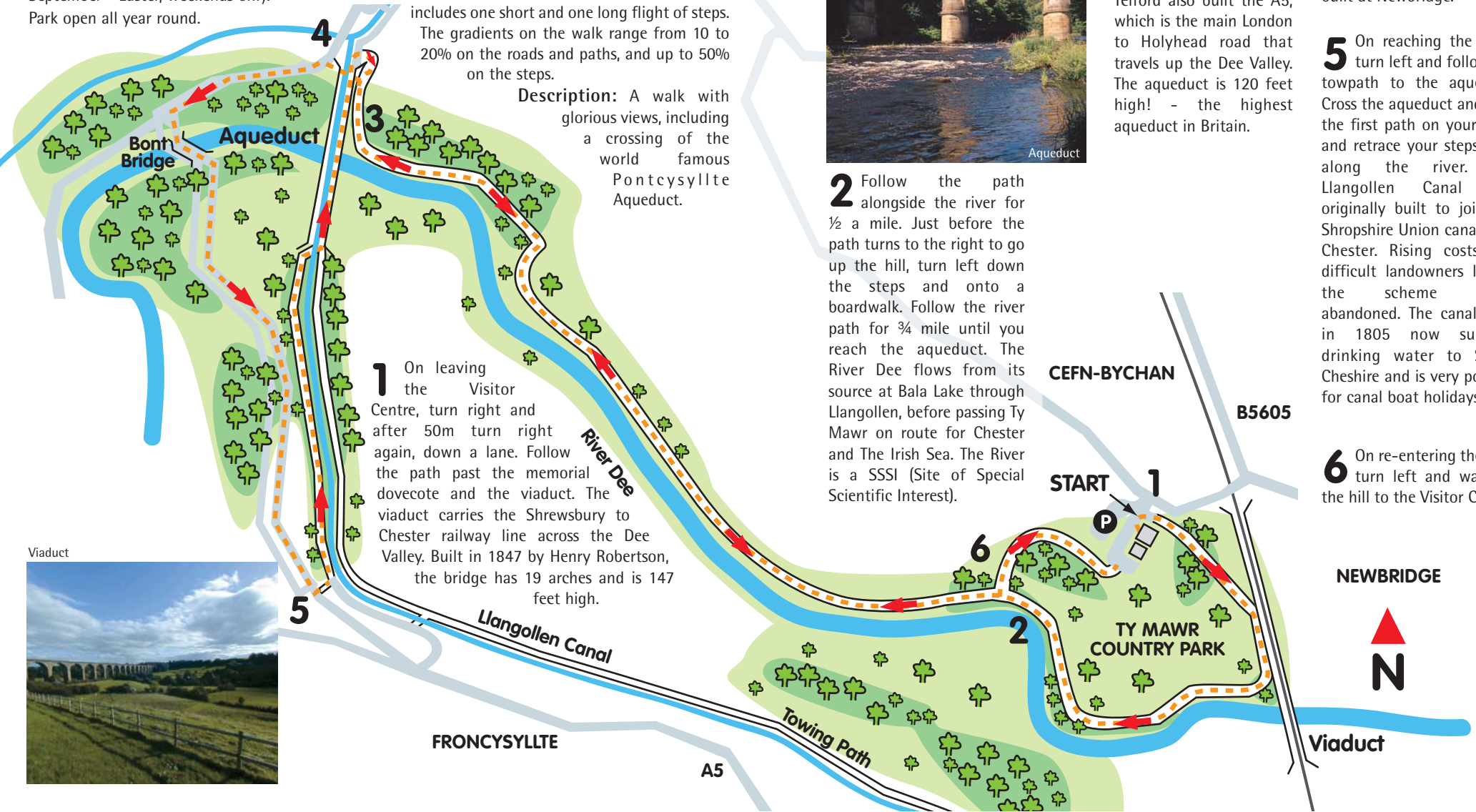
**Access information:** Grade B, this walk also includes one short and one long flight of steps. The gradients on the walk range from 10 to 20% on the roads and paths, and up to 50% on the steps.

**Description:** A walk with glorious views, including a crossing of the world famous Pontcysyllte Aqueduct.



Aqueduct

**2** Follow the path alongside the river for ½ a mile. Just before the path turns to the right to go up the hill, turn left down the steps and onto a boardwalk. Follow the river path for ¾ mile until you reach the aqueduct. The River Dee flows from its source at Bala Lake through Llangollen, before passing Ty Mawr on route for Chester and The Irish Sea. The River is a SSSI (Site of Special Scientific Interest).



Viaduct



**3** On reaching the base of the aqueduct, go up the flight of steps and turn left under the first arch of the aqueduct. The Pontcysyllte Aqueduct carries the Llangollen Branch of the Shropshire Union canal. The famous engineer Thomas Telford built it in 1805. Thomas Telford also built the A5, which is the main London to Holyhead road that travels up the Dee Valley. The aqueduct is 120 feet high! - the highest aqueduct in Britain.

**4** On reaching the road walk left down the hill turning left over Bont Bridge. Follow the road for ¾ of a mile before taking the first left onto the canal towpath. Bont Bridge was built in 1697. It was very important at one time as it was the only bridge in the area until a crossing was built at Newbridge.

**5** On reaching the canal turn left and follow the towpath to the aqueduct. Cross the aqueduct and take the first path on your right and retrace your steps back along the river. The Llangollen Canal was originally built to join the Shropshire Union canal with Chester. Rising costs and difficult landowners led to the scheme being abandoned. The canal built in 1805 now supplies drinking water to South Cheshire and is very popular for canal boat holidays.

**6** On re-entering the park turn left and walk up the hill to the Visitor Centre.

NEWBRIDGE



Viaduct



# Stryt Las Country Park Walk

## Stryt Las Park

Cwm Glas Road (off Park St),  
Johnstown, Wrexham.  
For Post use Ty Mawr's address  
Tel: 01978 822780  
The park is open all year round.

**Distance:** 1 mile

**Time:** 30 minutes

**Access information:** Grade A, with an incline of 15-20% for 100 metres

**Description:** A short easy walk on hard surfaces around a wetland park.

*Stryt Las Park famed for its large and very important population of the rare Great Crested Newt, was once a heavily mined area, with eleven mines shafts in the park. The shafts are now capped, but until the early 1990's they used to regularly flood, covering Stryt Las Rd next to the park.*

**How to get there:** Stryt Las can be found by taking the B5426 turning off the A483 towards Johnstown. On reaching the traffic lights turn left and immediately right into Park Road. Follow the road for approx. 100 metres where you will find the Park's car park.

**1** Go through the gate and turn left walking down the hill. Continue on the tarmac path between the large lake on your left and the smaller pond on your right. The park is a Site of Special Scientific Interest (SSSI), due to the huge population of Great Crested Newts which breed in the park. During the spring the newts spend a lot of time in the ponds as this is where they breed and lay their eggs. They can often be seen in the small pond on the right.

**2** The Park is also home to water voles, these are shy creatures but you hear the occasional splash as they jump into the pond. Not to be confused with rats they are about 20cm long and unlike rats have a small blunt nose and a short tail. Follow the path up the slope ignoring the path branching off to your right.

**3** At the top of the hill, a small detour of a few metres to your left gives you fine views over the park and a special newt seat upon which to rest. Continue on the path until you reach the road.

**4** Turn left and walk down the road and after 100 metres turn left again to re-enter the park. A large number of ducks live in the park together with a pair of swans. Feeding the ducks is not allowed as it will encourage more ducks to come to Stryt Las. If the lake has too many ducks the water becomes polluted due to duck droppings, which will harm the Great Crested Newts, and other pond life.

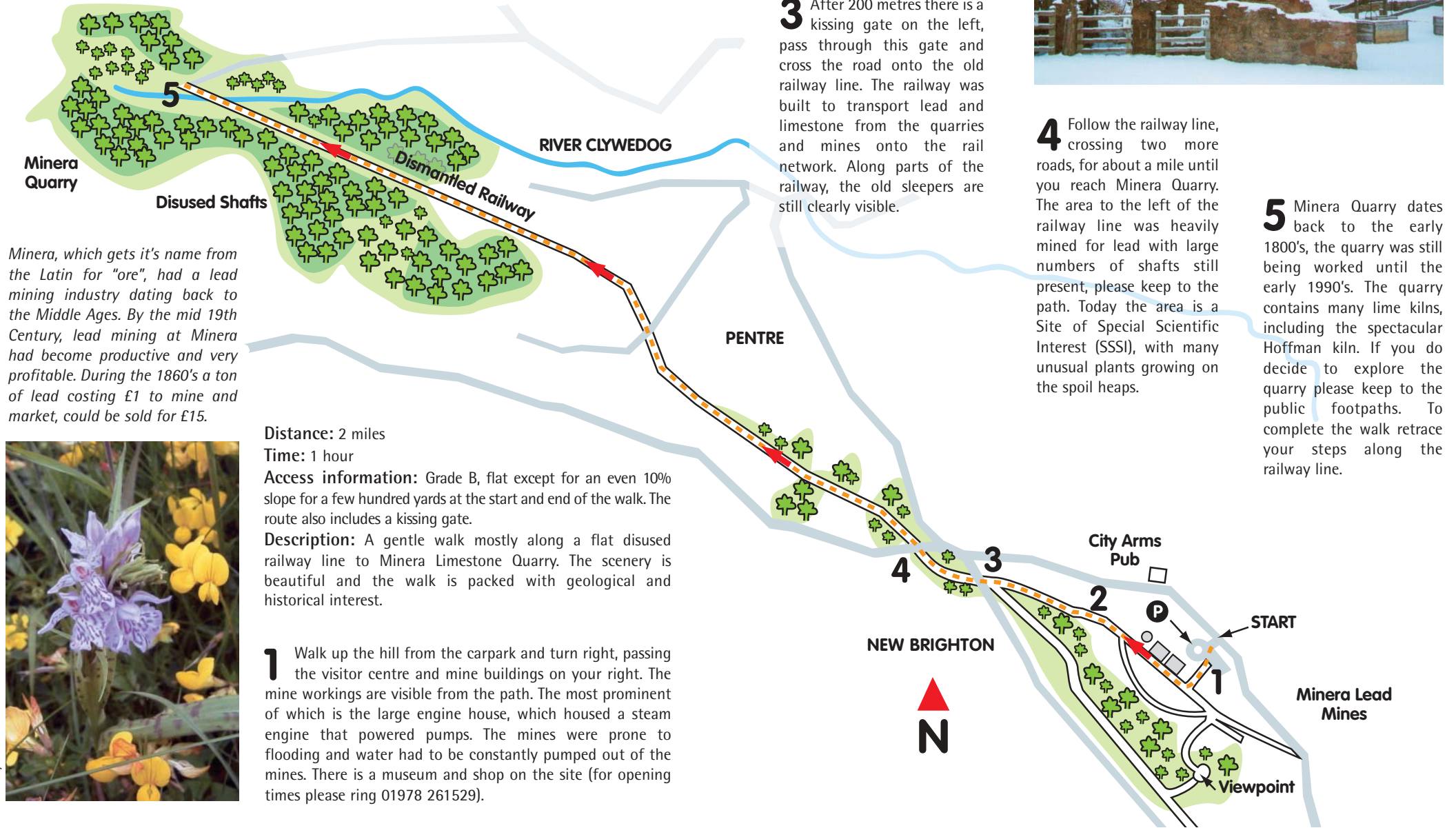




# Minera Country Park Lead Mines Walk

**Minera Lead Mines & Country Park**  
Wern Road, Minera,  
Wrexham LL11 3DU  
Tel: 01978 763140  
Park open all year round.

**How to get there:**  
Minera is located next to the villages of New Brighton and Minera and can be reached from the A483, where it is sign posted as "Clywedog" and from the A525, where it is sign posted as "Minera Lead Mines".



*Minera, which gets its name from the Latin for "ore", had a lead mining industry dating back to the Middle Ages. By the mid 19th Century, lead mining at Minera had become productive and very profitable. During the 1860's a ton of lead costing £1 to mine and market, could be sold for £15.*



Barry Evans ©

**Distance:** 2 miles

**Time:** 1 hour

**Access information:** Grade B, flat except for an even 10% slope for a few hundred yards at the start and end of the walk. The route also includes a kissing gate.

**Description:** A gentle walk mostly along a flat disused railway line to Minera Limestone Quarry. The scenery is beautiful and the walk is packed with geological and historical interest.

**1** Walk up the hill from the carpark and turn right, passing the visitor centre and mine buildings on your right. The mine workings are visible from the path. The most prominent of which is the large engine house, which housed a steam engine that powered pumps. The mines were prone to flooding and water had to be constantly pumped out of the mines. There is a museum and shop on the site (for opening times please ring 01978 261529).

**2** Walk up the track for 100 metres, the track turns left through a gate, rather than going through the gate continue in a straight line following a path along the edge of the field.

**3** After 200 metres there is a kissing gate on the left, pass through this gate and cross the road onto the old railway line. The railway was built to transport lead and limestone from the quarries and mines onto the rail network. Along parts of the railway, the old sleepers are still clearly visible.



**4** Follow the railway line, crossing two more roads, for about a mile until you reach Minera Quarry. The area to the left of the railway line was heavily mined for lead with large numbers of shafts still present, please keep to the path. Today the area is a Site of Special Scientific Interest (SSSI), with many unusual plants growing on the spoil heaps.

**5** Minera Quarry dates back to the early 1800's, the quarry was still being worked until the early 1990's. The quarry contains many lime kilns, including the spectacular Hoffman kiln. If you do decide to explore the quarry please keep to the public footpaths. To complete the walk retrace your steps along the railway line.



# Alyn Waters Country Park Walk

## Alyn Waters Country Park

Mold Road, Gwersyllt,  
Wrexham LL11 4AG

Tel: 01978 763140

Centre Open: 10.30am - 4.30pm daily  
Park open daily.

## How to get there:

Alyn Waters is located 3 miles north of Wrexham between Gwersyllt, Bradley and Llay. To reach the Visitor Centre take the A541 Wrexham to Mold road and just after Gwersyllt follow the brown signs for Alyn Waters Country Park.

Distance: 3 miles

Time: 1 hr 30 mins

Access information: Grade A, except for three inclines of 15%, 20% and 27%.

Description: A lovely mixture of woodland, riverside and grassland, following the Alyn Waters Sculpture Trail.

**1** On leaving the Centre turn right and follow the path passed the big lime tree on your right, onto the tarmac path. Go down the hill, past a turning on your right until you reach the river.

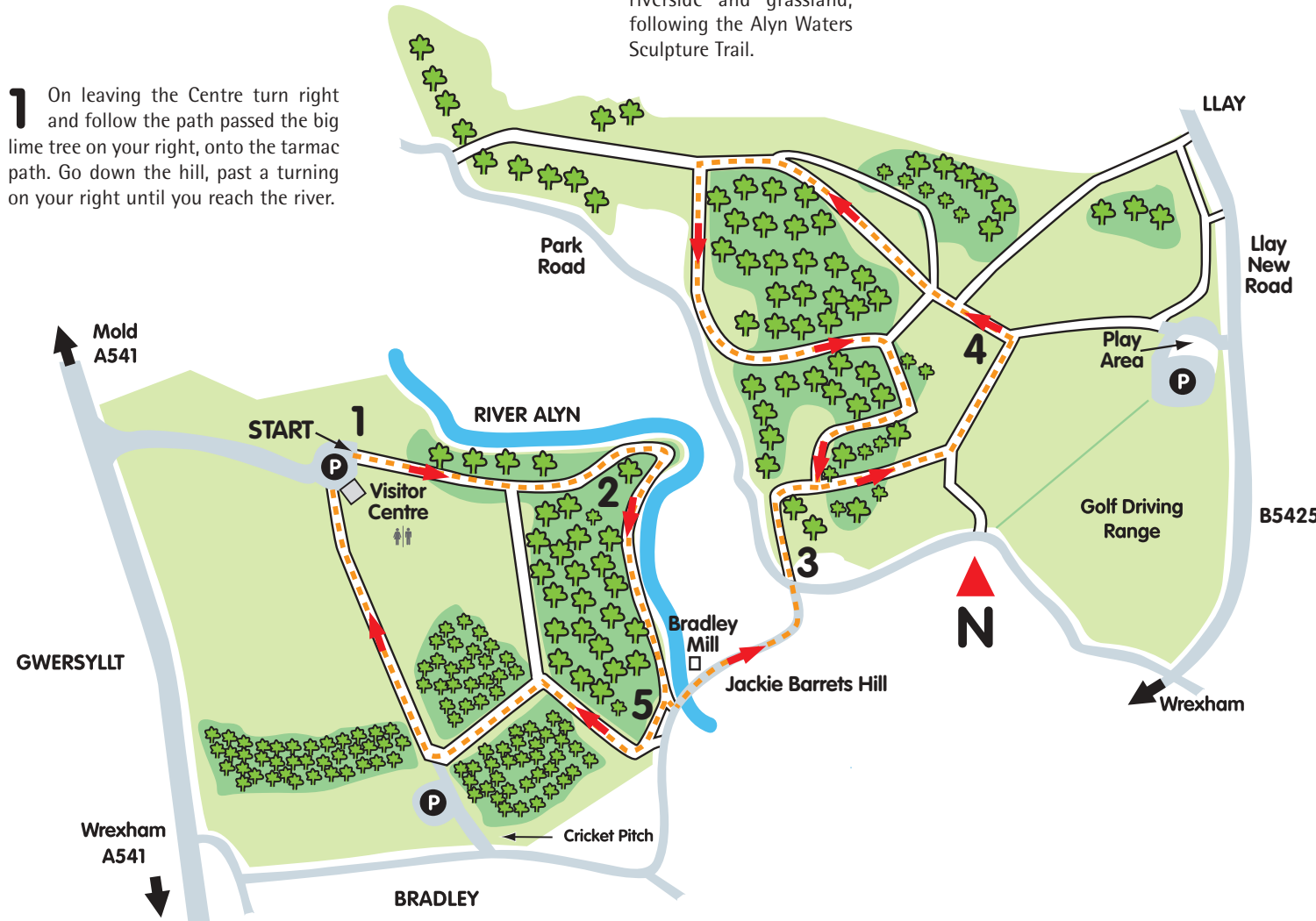
**2** As you walk alongside the river you will see remains of an old weir, damaged by storms in the 1990's. On reaching the lane turn left and walk up the road past Bradley Mill, which used to be fed by water running from the weir you passed earlier.



**3** At the top of the hill after 1/3 mile, the Country Park entrance is in front of you. Enter the Park and walk along the cycleway past the white marble sculpture and turn left on reaching the cloud shaped sculpture. A Local Nature Reserve has been designated on the Llay side of the park, due to a breeding population of skylarks. During the spring and early summer these birds can be heard singing loudly high above the grassland.

**4** Follow the cycle way for 400 metres before turning left approx. 50 metres after the bronze mushroom, onto a gravel path. Follow the path through the woodland until you reach the familiar white marble sculpture that you passed earlier. Turn right onto the cycleway and retrace your steps back to the road and down to the bridge.

**5** Re-enter the park just after the bridge and go up the tarmac cycleway on your left. Keep left at the first junction after 400 metres and then veer right 200 metres later as you pass the carved tree trunk bench. Stay on the cycleway until you arrive back at the centre. Today it is hard to believe that Alyn Waters Country Park was once a huge sand and gravel quarry. In the last ten years we have planted thousands of trees to create one of the biggest community woodland in NE Wales, helping nature to reclaim the area once more for wildlife. The park is full of sculptures. Cath Keay was commissioned in 1999 to work with school children and the local community to create 7 sculptures alongside the cycle way on the Llay side of the park. Look out for Tristan Kessell's giant steel dandelion on the roundabout outside the Visitor Centre, together with many of his smaller steel sculptures alongside the cycleway near the centre. Keep your eyes open for new sculptures.





# Bonc yr Hafod Country Park Walk

## Bonc yr Hafod Country Park

Hafod Road (off Bangor Road),  
Johnstown, Wrexham.  
For Post use Ty Mawr's address.

Tel 01978 822780

Park open all year round.  
Carpark closes at 7.30pm

Distance: 1 ½ miles

Time: 1 hr

**Access information:** Grade B, a long climb up with gradients of 10 to 20%, followed by a steep descent with a maximum slopes of 30% and one kissing gate.

**Description:** A gentle climb through a Community Woodland to the summit of a reclaimed spoil heap, giving splendid views of the Welsh borders.

*Hafod was at one time a very important local coal mine. Work started in 1863 and by 1914 it was employing 1,900 workers producing household, coking and steaming coal as well as gas. Many of the workers, some of whom lost their lives underground, lived in the local village of Rhos which can be clearly seen to the west from the summit. The mine was eventually closed in 1968. The site was reclaimed by mixing sewage with the colliery spoil to enrich it, followed by the planting of thousands of native trees to form a Community Woodland. Today Hafod is a place for people and wildlife, but try to imagine what it once looked like during its days as a coal mine.*

## How to get there:

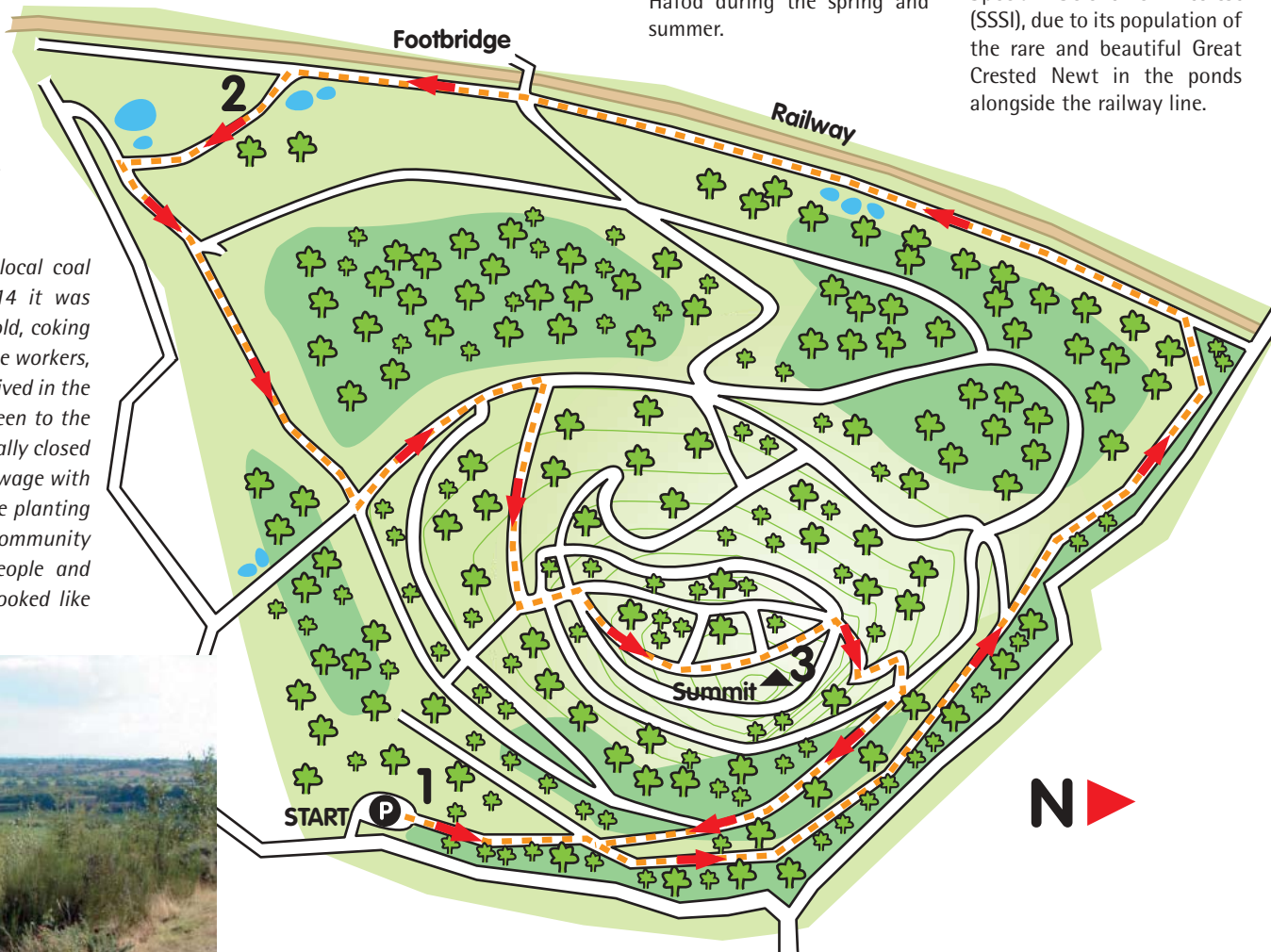
Hafod can be found by taking the Johnstown turning off the A483. Take the first turning right for "Dennis" of Ruabon". The Hafod car park is a little further along on the left.

**1** Park in the car park situated 200 metres beyond the brickworks. Follow the path at the end of the car park taking the right hand fork after 100 metres, so that you skirt the base of the hill. Keep to the right until you reach the railway line. Follow the track to the left that goes alongside the railway. Listen out for the Skylarks, which can often be heard singing high in the sky at Hafod during the spring and summer.

**2** After ¾ mile the path reaches a gate and turns left. Follow the path away from the railway line, turning left at the next junction. Follow the surfaced path and walk up the hill and take the second path on the left and then the second path on the right. The site is a Site of Special Scientific Interest (SSSI), due to its population of the rare and beautiful Great Crested Newt in the ponds alongside the railway line.



**3** Follow the path to the top of the hill and the 'Time Shadow' memorial sundial sculpture. The hill top gives all round views of the Welsh Borders, including the Shropshire Hills, the Wrekin, Beeston Castle, Liverpool and Hope and Minera Mountains. Continue on along the path as it zigzags down the hill to a track, turn right and follow this track down to the car park





# Moss Valley Country Park Walk

## Moss Valley Country Park

Poolmouth Rd, Off Summerhill Rd and Gatewen Rd, Moss Wrexham.

Contact: Moss Valley Community Ranger, Groundwork Wrexham and Flintshire, Borrass Rd, Borrass, Wrexham, LL13 9TW.

Tel: 01978 363555

Park open all year round.

Distance: 2 ½ miles

Time: 1hr 30 minutes

Access information: Grade B, a route with an uneven often muddy surface, with numerous slopes ranging up to 50%, and three long flights of steps.

Description: A circular walk around the woodlands of Moss Valley.

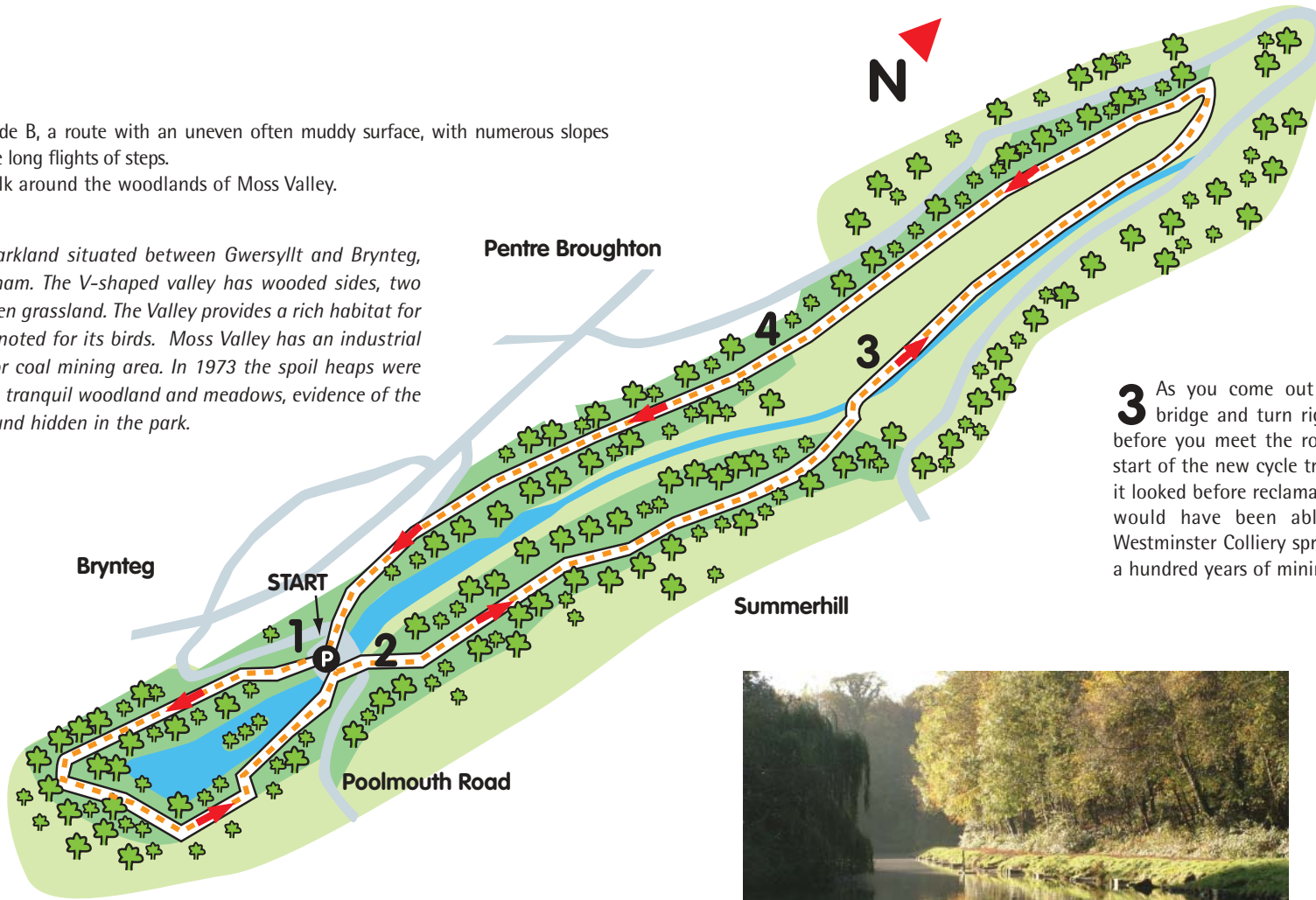
*Moss Valley is beautiful parkland situated between Gwersyllt and Brynteg, three miles north of Wrexham. The V-shaped valley has wooded sides, two small lakes and areas of open grassland. The Valley provides a rich habitat for wildlife and is particularly noted for its birds. Moss Valley has an industrial past, and was once a major coal mining area. In 1973 the spoil heaps were reclaimed, but amongst the tranquil woodland and meadows, evidence of the old railways can still be found hidden in the park.*

**1** Start at the biggest car park by the fishing lake and follow the woodland trail. This path starts on the right as you face the lake. Climb the steps by the handrail and follow the path, waymarked by carved signs through the woodland, all the way round the lake and back into the carpark. This popular fishing lake is also home to a variety of wildfowl. Keep a look out for herons, moorhens, coots and kingfishers.

## How to get there:

Leave the A483 at the Mold turning. At the roundabout turn into Summerhill Rd, and follow the yellow signs to Moss Valley Golf course. Then take the third left into Poolmouth Rd. Park between the lakes.

**2** Cross the road and climb a steep set of steps, at the top turn left and follow the path past several quarries, before dropping down steps and out of the woodland. The stone that was quarried here is called Cefn Sandstone. Many of the older houses in Moss are built of Cefn stone. The mainly oak woodland allows plenty of light to reach the forest floor, which supports acid loving plants such as honeysuckle, wood sage and bracken.



**3** As you come out onto the grassland, cross the bridge and turn right and follow the stream. Just before you meet the road, turn left up the hill to the start of the new cycle track. Try to imagine the valley as it looked before reclamation work began. From here you would have been able to see the slag heaps of Westminster Colliery spread across the valley, a result of a hundred years of mining.

**4** Follow the cycle track until the end of the woodland, then turn left and join the road for a few hundred yards to the car park. To the left of the track, sycamore trees cast a dense shade on the bank allowing ferns and mosses to grow. This woodland path was a former railway line, once a branch line of the Great Western Railway, going to Moss Colliery.

