



urbanwalks®



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government



# six urban walks™

Wrexham Town  
Centre



# 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.

Urbanwalks in partnership with the Welsh Assembly Government are promoting a nationwide walking initiative. This Urbanwalks leaflet helps to encourage people in Wrexham to get out there and walk. The leaflet's unique format promotes a variety of circular routes of differing lengths that encompass typical everyday journeys within the local area.

Urbanwalks is working with the Transport Directorate to help deliver the aims set out within the Walking and Cycling strategy document for Wales.

## Health benefits of walking

**Significant health benefits can be obtained by taking the right amount of physical activity.**

The current adult recommendation is at least 30 minutes of moderate intensity activity on five or more days of the week. Alarming, only about 37% of men and 25% of women currently achieve the recommended levels. Brisk walking is the perfect activity to help you meet the current recommendations.

## Benefits of regular physical activity

**Reduce high blood pressure** – Moderate intensity activity, such as brisk walking, appears to be at least as effective in reducing blood pressure as more vigorous activity.

**Prevention of Diabetes** – Exercise greatly reduces the risk of developing Type 2 Diabetes.

**Helps reduce weight** – Physical activity in combination with a healthy diet can help to reduce weight and maintain weight loss.

**Mental health benefits** – Activity can help to reduce anxiety and depression. It also helps to improve self confidence.

**Reduces risk of falls** – Especially in the elderly. Physical activity can improve balance, co-ordination and joint flexibility.

**Prevents development of Osteoarthritis and Osteoporosis** in certain groups.

**Increases** strength in your heart, lungs and bones.

**Improves** your mobility and general well-being.

**Provides** you with more energy and promotes a better night's sleep.

## How much walking should I do?

Walking will only contribute to the maintenance and improvement of health if it is of sufficient intensity and regularity, and is performed for a sufficient length of time. However, any walking is better than none. People may need to build up their level of activity gradually and for most inactive people gentle strolling is a good start point.

**Frequency** – Most days of the week (at least 5).

**Intensity** – At a pace faster than a stroll (see How will I feel? section).

**Time** – Ideally this should be one continuous session of activity of 30 minutes, but 3 periods of 10 minutes or 2 periods of 15 minutes will work just as well.

## How will I feel?

Whilst being physically active you may feel some changes happening to the body, these are normal for everyone, and here is a list to help you understand.

**You may:** Feel a little out of breath, this is fine as long as you are able to hold a conversation without gasping for air.

**You may:** Feel a little clammy and warm, which is due to increased blood flow around the body.

**You may:** Feel a little aching in your muscles (calf, thighs etc). This is due to the body undertaking increased activity. Ensure you work at a moderate level and **do not** over do it.

## What will I need?

Good footwear with laces so that the foot has support. Your footwear does not have to be expensive just sensible. **Do not** wear shoes of the slip-on variety or those with elevated heels.

Take some water with you. Make sure you don't allow yourself to become thirsty as this indicates that you are dehydrated. Drink little sips often, especially if you are sweating.

In Britain today 70% of the population are inactive, with 1 in 5 adults now classed as obese. Inactivity is now recognised as a major health and social burden costing the economy £8.2 billion per annum in England alone.

**Remember;** every step counts – make the ‘active’ choice everytime!

Use these routes to help you on your way to 10,000 steps a day. **Be healthy, stay safe and have fun.**



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## TRANSPORT WALES

In implementing “A Walking and Cycling Strategy for Wales” we are promoting Urbanwalks as a transport initiative that has health, environmental and economic benefits and complementary to Walking the Way to Health.

The Assembly Government is providing funding for this piloting in Wales of the Urbanwalks initiative. This funding provides for a licence to cover 18 walks, website and detailed training in the Urbanwalks initiative for pilot participants. The scheme will be evaluated and consideration given to a further licence agreement.

## Additional streets and distances in Wrexham

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 –12 minutes to walk and are just as quick and much healthier than jumping in a taxi or on a bus.

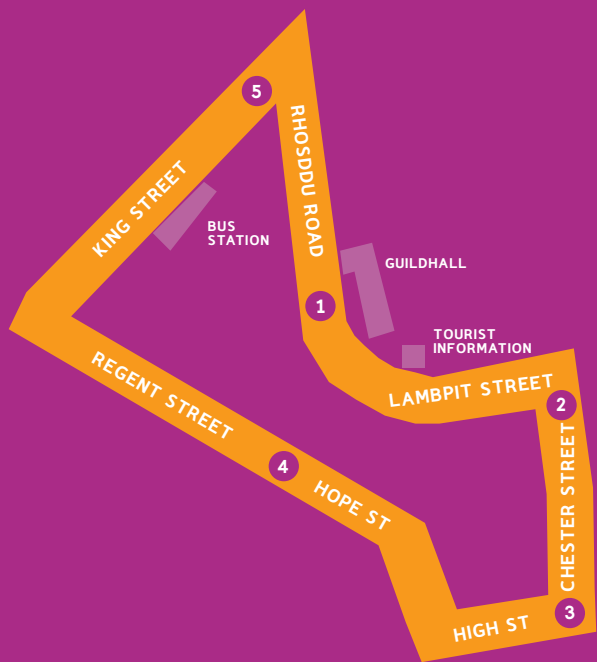
- 1** HOSPITAL TO REGENT STREET  
( Croesnewydd Road / Watery Road / Bradley Road )  
Distance = Half a mile  
This walk should take around 8 minutes
- 2** MOLD ROAD / REGENT STREET  
( From roundabout at retail park to Hope Street )  
Distance = Three quarters of a mile  
This walk should take around 10-12 minutes
- 3** GROSVENOR ROAD  
( Regent Street to Roundabout )  
Distance = Quarter of a mile  
This walk should take around 5 minutes
- 4** REGENT STREET  
( From Hope Street to Mold Road )  
Distance = Half a mile  
This walk should take around 8 minutes



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**



# 2

## Wrexham Town Centre Chester Street

1. Starting at the junction of Chester Street and Holt Street, walk along Holt Street to the roundabout.
2. At the roundabout turn left onto Bodhyfred and continue walking until you arrive at your 3rd roundabout.
3. Take your 2nd left turn on the roundabout into Grosvenor Road and walk along to the traffic lights.
4. At the traffic lights cross straight over Regent Street, turn right and take 1st left onto Bradley Road.
5. At the next roundabout turn left onto Watery Road then 2nd left at 2nd roundabout onto Pentre Felin leading to Brook Street.
6. At the next set of traffic lights turn left into Town Hill then take your 3rd left turn onto Chester Street and walk back to where you started.

- **Distance = One and a half miles / 3600 steps**
- **This walk should take around 20–25 minutes**
- **Local Red Book, Page 16, Grid reference D2**

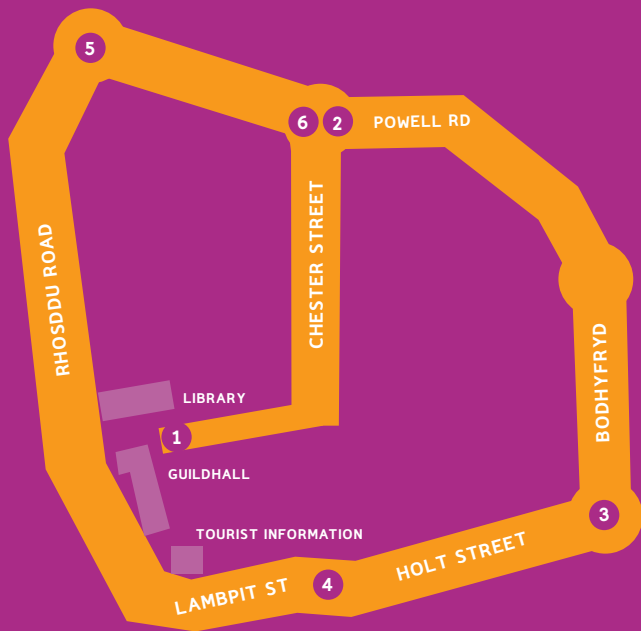
# 1

## Wrexham Town Centre Lambpit Street

1. Starting at the back of the Guildhall on Rhosddu Road, follow the pathway round to the left into Lambpit Street.
2. At the end of Lambpit Street turn right onto Chester Street.
3. At the end of the pedestrian area turn right onto High Street then 1st right into Hope Street.
4. Continue along Hope Street into Regent Street taking your 3rd right into King Street.
5. At the end of King Street turn right onto Rhosddu Road and walk back to where you started.

- **Distance = Three quarters of a mile / 1800 steps**
- **This walk should take around 10–12 minutes**
- **Local Red Book, Page 16, Grid reference C2**





# 4

## Wrexham Town Centre Chester Street

1. Start at the zebra crossing on Chester Street, follow the zebra crossing pathway across the car park between the Law Courts and Waterworld until you arrive at the main road.
2. Turning right walk along and carefully cross over the 1st roundabout then bear right at the 2nd roundabout onto St Georges Crescent.
3. Continue straight on into Charles Street then take 1st right onto Chester Street and turn left into Lambpit Street at the end of the pedestrian area.
4. Carry on walking and bear right into Rhosddu Road until you arrive at the 1st main roundabout then turn right.
5. Continue to walk to the next roundabout then turn right onto Chester Street and walk back to where you started.

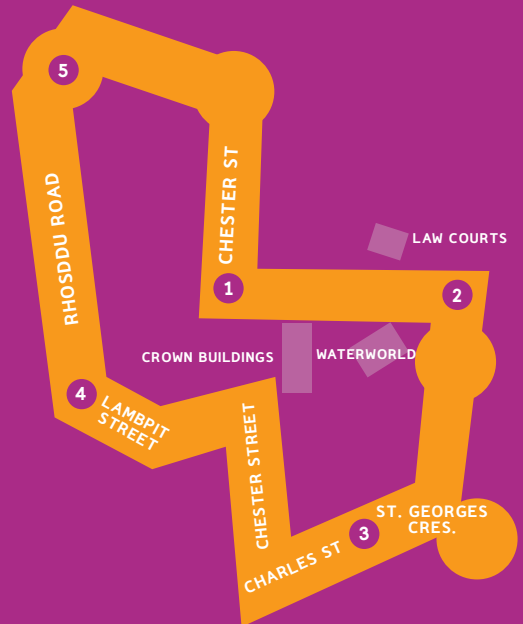
- Distance = One and a quarter miles / 3000 steps
- This walk should take around 20 minutes
- Local Red Book, Page 16, Grid reference D2

# 3

## Wrexham Town Centre Guildhall

1. Starting between the Guildhall and the Library follow the path onto Chester Street, cross the zebra crossing then turn left and walk along to the 1st roundabout.
2. Turn right at the roundabout onto Powell Road and follow until you reach the 3rd roundabout on Bodhyfryd.
3. At the 3rd roundabout turn right into Holt Street, using zebra crossing cross over the road and walk along Lambpit Street.
4. Follow Lambpit Street past Tourist Information and bare right onto Rhosddu Road and continue to your next main roundabout.
5. Turn right at roundabout and continue along to the next roundabout.
6. Turn right onto Chester Street and walk back to where you started.

- One and a quarter miles / 3000 steps
- This walk should take around 20 minutes
- Local Red Book, Page 16, Grid reference C2



# 6

## Wrexham Town Centre Chester Street

1. Starting at the zebra crossing on Chester Street, walk along the right hand side of Chester Street going towards Chester Road.
2. At the roundabout cross over Powell Road and walk along Chester Road.
3. Take your 2nd right turn into Westminster Drive and walk to the other end, then turn right onto Park Avenue.
4. At the end of Park Avenue turn left onto Bodhyfred and walk to the 1st roundabout.
5. Carefully cross over the road to your right using crossing and walk along to the 2nd roundabout.
6. At the 2nd roundabout turn right onto Holt Street then take your 1st right onto Chester Street and walk back to where you started.

- **Distance = One and a half miles / 3600 steps**
- **This walk should take 20-25 minutes**
- **Local Red Book, Page 16, Grid reference D2**

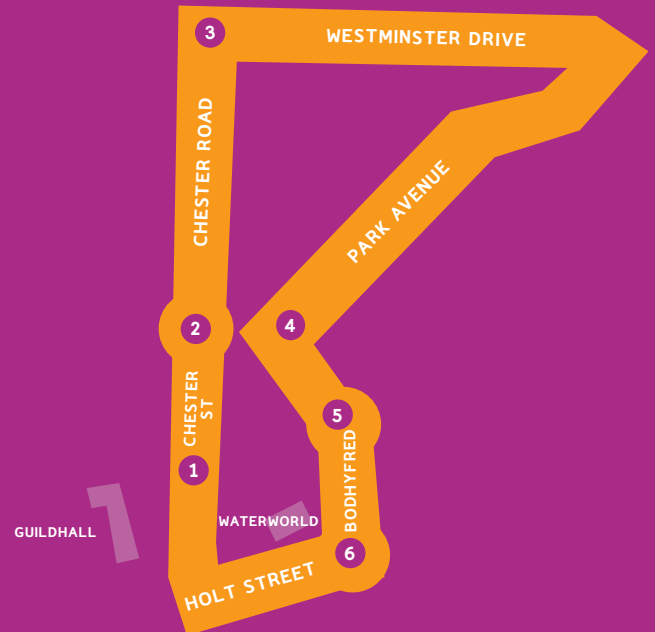


# 5

## Wrexham Town Centre Library

1. Starting at the Library and Arts Centre turn left and follow the pathway until you arrive at Chester Street.
2. Turn right and walk along Chester Street until you arrive at a mini roundabout.
3. Continue into Yorke Street then take your 1st right turn into Tuttle Street.
4. Continue along the right hand side of Tuttle Street bear right after the car park and walk through the pathway along St. Giles Way then take your first right into Town Hill.
5. Take your 2nd left into Hope Street then bear right into Queen Street.
6. At the end of Queen Street turn right onto Lambpit Street then 1st left onto Chester Street and walk back to where you started.

- **Distance = One Mile / 2400 steps**
- **This walk should take round 15-20 minutes**
- **Local Red Book, Page 16, Grid reference C2**



## Urbanwalks™

Urbanwalks the company offers a wide range of activity solutions and consultancy services, to find out more please visit us at: [www.urbanwalks.co.uk](http://www.urbanwalks.co.uk) or call 0870 242 7507

## Useful information

On most of the routes in this leaflet you will find a selection of local amenities, coffee shops and general convenience stores.

### Welsh Assembly Government

For information about the Welsh Assembly Government:

[www.wales.gov.uk](http://www.wales.gov.uk) or call 029 20 825111

### Wrexham County Borough Council

For information about Wrexham County Borough Council's services:

[www.wrexham.gov.uk](http://www.wrexham.gov.uk) or call 01978 292000

### Traveline

News and information on local & national travel by bus, coach or train:

[www.traveline.org.uk](http://www.traveline.org.uk) or call 0870 608 2 608

### NHS Direct Wales Online

For general medical information please visit:

[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk) or call 0845 46 47

### North Wales Police

For general advice on keeping you safe:

[www.north-wales.police.uk](http://www.north-wales.police.uk) or call 01978 290222

### Walkabout Wrexham

For information on local lead walks please contact:

01978 363555

### Health Promotion

For information on where to obtain more leaflets please contact:

01978 297068

## Urbanwalks / Welsh Assembly Government Pilot

For more information about the Urbanwalks / Welsh Assembly Government Pilot please visit our website:

[www.urbanwalks.co.uk/wales](http://www.urbanwalks.co.uk/wales)

Or call Urbanwalks on 0870 242 7507



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