bike for a better you!

How biking benefits you!

BURNS CALORIES

TONES MUSCLES

KEEPS HEART HEALTHY

MAKES YOU HAPPIER



Available at Margam Park Adventure are a range of exciting outdoor activities run by friendly, experienced and qualified instructors.

Experience the Park from a different perspective and enjoy outdoor pursuits featuring the woodland trails, parkland and lakes.

For more information on Margam Park Adventure:

Email info@margamparkadventure.co.uk www. margamparkadventure.co.uk



Family Bike Trail



DISTANCE: 3.18 km **DURATION: 20 mins INTENSITY**: easy The family bike trail is predominately flat and on gravel or tarmac paths. Suitable for most abilities due to the ease of terrain.

DISTANCE: 3.81 km

DURATION: 30 mins

INTENSITY: moderate

WHAT TO LOOK FOR:

The trail levels off and

The mountain bike

Mountain **Bike Trail**



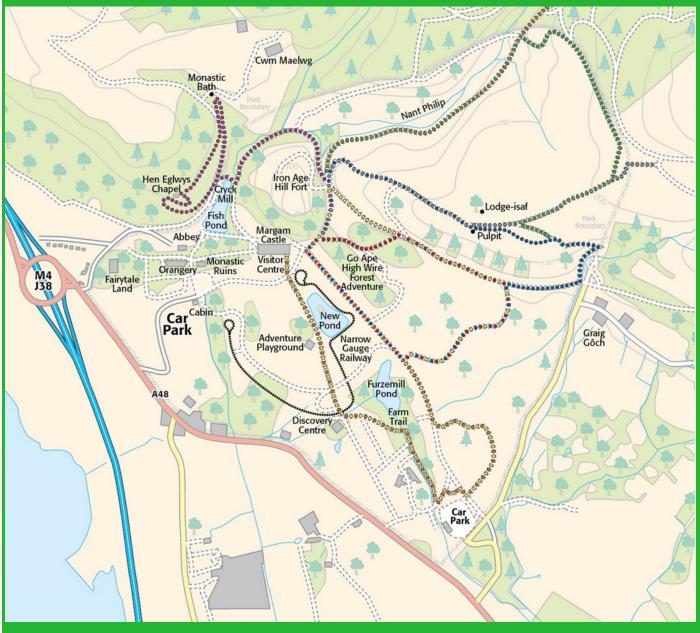
trail splits from the family bike on the return route and takes a challenging ascent half way up Margam mountain. During the ascent there are several areas Cwm Philip Trail that deer can be seen Craig-y-Lodge Trail Monastic Trail wallowing in the mud!



Key: The first 4 trails are

continues underneath the breast plantations and returns on steep descent onto the Cwm walking trails-why not Phillip access road try these out when you don't have your bike! with a short return ride to the castle.

The two way-marked cycle trails are easy for you to follow. Both trails pass close to many of the parks attractions including the adventure playground, the farm trail and beautiful open parkland.



REMEMBER: Always wear a helmet, ride within your own capabilities, respect others and follow **The Countryside Code**