

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



Margam Country Park
Tel: 01639 881635
margampark@npt.gov.uk
margamcountrypark.co.uk
Margam Country Park,
Margam, Port Talbot. SA13 2TJ

Margam Country Park is committed to reducing waste sent to landfill, please take your litter and recycle.

Help us keep Margam Country Park tidy.

Bike Trails

Great Fun For All

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.

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

Mountain Bike Trail



DISTANCE: 3.81 km
DURATION: 30 mins
INTENSITY: moderate
WHAT TO LOOK FOR:
 The mountain bike 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 that deer can be seen wallowing in the mud! The trail levels off and continues underneath the breast plantations and returns on steep descent onto the Cwm Phillip access road with a short return ride to the castle.



Key:
 The first 4 trails are walking trails- why not try these out when you don't have your bike!