



urbanwalks®



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



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six
urban
walks™

**Bangor City Centre
& Bangor
University**



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 Gwynedd Council and the Welsh Assembly Government are promoting a local walking initiative. This Urbanwalks booklet helps to encourage people in Bangor to get out there and walk. The booklet'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.

Use these routes to help you get your 5 x 30 minutes of activity every week. **Remember**; every step counts; making the 'active' choice every time makes the difference!

Be healthy, stay safe and have fun.

Additional streets and distances in Bangor

Many of the walks given can be lengthened as walking ability improves.

These additional routes provide distances to access all of the six main routes and only take an extra 5 - 8 minutes to walk each way.

1

DEINIOL ROAD

(Bangor Train Station to Love Lane)

Distance = Half a mile / 1200 steps

This walk should take around 8 minutes

2

SWIMMING POOL TO WAR MEMORIAL

(Garth Road / Deiniol Road)

Distance = Half a mile / 1200 steps

This walk should take around 8 minutes

3

SWIMMING POOL TO NEW PIER

(Garth Road)

Distance = Quarter of a mile / 600 steps

This walk should take around 5 minutes

4

HIGH STREET

(Greenhouse Community Centre to Town Clock)

Distance = Quarter of a mile / 600 steps

This walk should take around 5 minutes

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FOR FURTHER INFORMATION, PLEASE CONTACT:

THE STUDENT RECRUITMENT UNIT

UNIVERSITY OF WALES, BANGOR, GWYNEDD LL57 2DG

Tel: 01248 382005/382015

e-mail: marketing@bangor.ac.uk

www.bangor.ac.uk

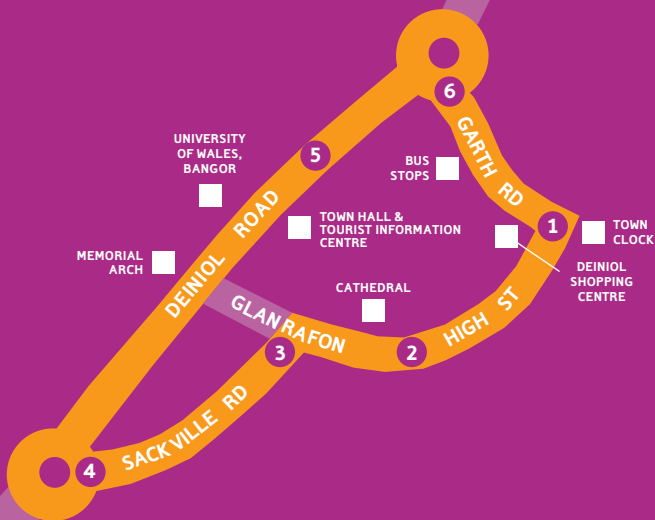


Health Challenge Wales is a call to all people and organisations in Wales to work together for a healthier nation. The urban walks set out in this booklet provide an easy and enjoyable way to be more active.

Be part of it 



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1

Bangor City Centre Town Clock

1. Starting at the Town Clock in the High Street, follow the pedestrian pathway along to the Cathedral.
2. At the Cathedral cross over onto the left hand side of Glanrafon using the sloped kerbs and walk down Glanrafon.
3. Turn left on to Sackville Road and continue walking to the roundabout.
4. At the roundabout use the sloped kerbs to cross to the right hand side then turn right onto Deiniol Road.
5. Walk along Deiniol Road passing the Town Hall on your right until you arrive at Garth Road roundabout.
6. Turn right at Garth Road then carefully cross onto the left hand side using the sloped kerbs and walk up Garth Road back towards the Town Clock.

- **Distance = Three quarters of a mile / 1800 steps**
- **This walk should take around 10 - 12 minutes**
- **Local Red Book, Page 18, Grid reference D3**

2

Bangor City Centre College Road & College Park

Please note. For those people who find walking up steps difficult you can cut through the chapel gardens and car park at Point 2. However, this does mean you will be on Love Lane for longer where there is no pathway.

1. Starting at the roundabout at the junction of Love Lane and Garth Road, walk along Garth Road towards the swimming pool.
2. Just after the chapel on your left hand side turn left, and walk up some steep steps and a narrow pathway.
3. At the end of the steps turn right onto Love Lane taking care as there is no pathway for a short while, when pathway is available cross onto the left side and continue walking up to the top of Love Lane.
4. Turn left onto Upper Garth Road and continue straight ahead onto College Road passing the University main entrance.
5. Turn left onto Penrallt Lane and follow around to the left then walk through the iron gates of the University turning right to walk down the steps.
6. Turn left and walk down a few steps onto the pathway that cuts diagonally through the college park until you arrive back where you started.

- **Distance = One and a quarter miles / 3000 steps**
- **This walk should take around 20 minutes**
- **Local Red Book, Page 18, Grid reference D3**





3

Bangor Hiraal & Waterfront

- 1.** Starting at the Greenhouse Community Centre, walk along High Street towards the Town Centre then take your 1st right onto Glynne Road.
- 2.** Take your 2nd right onto Islwyn Road, carefully cross to left side and walk along passing the play park and five a side pitches on your left.
- 3.** Turn left at the five a side pitches then left at the car park and right after the car park. Walk along pathway between the car park and swimming pool towards Beach Road.
- 4.** Turn left onto Beach Road, use the traffic island to cross over Beach Road then turn right and just after the petrol station turn left passing the Crosville Club.
- 5.** Walk straight ahead past a barrier and along the waterfront, at the car park walk through the centre to some railings on the right. Use the pedestrian crossing to cross over Beach Road.
- 6.** Bear left and then immediate right onto Ambrose Street, just before the road bears left cross over onto the left hand side and continue walking into Friars Road until you are back where you started.

- **Distance = One mile / 2400 steps**
- **This walk should take around 15-20 minutes**
- **Local Red Book, Page 19, Grid reference E3**

4

Bangor Bangor Pier

Please note. For those people who find walking down steps difficult you can continue down Love Lane at point 6 and walk through the chapel car park and gardens. However, this does mean you will be on Love Lane for longer where there is no pathway.

1. Starting at the chapel on Garth Road, walk along Garth Road passing the swimming pool on your right.
2. As the road bears right continue on left path straight ahead staying on Garth Road.
3. At the top of Garth Road turn left (or walk ahead to New Pier) and then left again onto Upper Garth Road, carefully crossing onto the right hand side.
4. Take care crossing over Upper Garth Road onto the right hand side of Love Lane as there are no crossings.
5. Walk down Love Lane, be aware the path runs out for a short distance, so take care.
6. At the chapel turn left down some steps and a steep path to bring you back to where you started.

➤ **Distance = One mile / 2400 steps**

➤ **This walk should take around 15 - 20 minutes**

➤ **Local Red Book, Page 18, Grid reference D3**

To include the New Pier as part of this walk you will add around half a mile / 8-10 minutes to the route. There is a charge of £0.20 to access the Pier.





5

Bangor City Centre Railway Station

1. Starting at the War Memorial on Glanrafon, turn left and walk along Deiniol Road to the roundabout.
2. Use the sloped kerbs to cross over Sackville Road and continue along Deiniol Road, use the pedestrian crossings to cross over Farrar Road.
3. At the top of Deiniol Road turn left onto Station Road then bear left down Caernarfon Road towards High Street.
4. Continue along High Street until you reach the Cathedral then using sloped kerbs to your left cross over Glanrafon into the Cathedral grounds.
5. Bear left around the Cathedral and follow path straight ahead to turn sharp left to the arch of the Bible Gardens.
6. Walk through the Bible Gardens, exit to your right and turn left onto Bishop's Walk and continue along to the War Memorial where you started.

➤ **Distance = One mile / 2400 steps**

➤ **This walk should take around 15- 20 minutes**

➤ **Local Red Book, Page 18, Grid reference D4**

6

Upper Bangor College Road

1. Starting at the main entrance of the University turn left and walk along the right hand side of College Road.
2. At the end of College Road turn right onto Holyhead Road and using the pedestrian crossing, cross over onto the left hand side.
3. Turn right and walk along Holyhead Road bearing left with the road then take your next left and walk up Menai Avenue.
4. Take your 1st left onto Victoria Road and bear right onto Victoria Park taking care when crossing side road.
5. At the end of Victoria Park, turn left onto Friddoedd Road and walk along passing a roundabout and using the pedestrian crossing to cross onto the right hand side of Holyhead Road.
6. Take your 3rd right turn onto College Road and walk back to where you started.

➤ **Distance = One mile / 2400 steps**

➤ **This walk should take around 15-20 minutes**

➤ **Local Red Book, Page 18, Grid reference C3**



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 or call 0870 242 7507

Useful information

Gwynedd Council

For information about Gwynedd Council's services:

www.gwynedd.gov.uk or call 01286 672255

Bangor Civic Society

For more information visit:

www.bangorcivicsociety.org.uk or call 01248 713470

University of Wales, Bangor

For more information visit:

www.bangor.ac.uk or call 01248 351151

City of Bangor Council

For more information contact:

city.council@mail.com or call 01248 352421

Welsh Assembly Government

For information about the Welsh Assembly Government:

www.wales.gov.uk or call 029 20 825111

Traveline

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

www.traveline.org.uk or call 0870 608 2 608

NHS Direct Online

For general medical information please visit:

www.nhsdirect.nhs.uk or call 0845 46 47

North Wales Police

For general advice on keeping you safe:

www.north-wales.police.uk or call 0845 607 1002

Bangor Tourist Information Office

For local tourist information:

bangor.tic@gwynedd.gov.uk or call 01248 352786

Urbanwalks in Gwynedd

For more information about urban walks in Gwynedd please contact: Richard Glynne Jones, Green Transport and Cycling Development Officer, Gwynedd Council on 01286 679455

Or call Urbanwalks on 0870 242 7507



National Public Health
Service for Wales
Gwasanaeth Iechyd Cyhoeddus
Cenedlaethol Cymru

Bangor Civic Society
Cymdeithas Ddinesig Bangor

