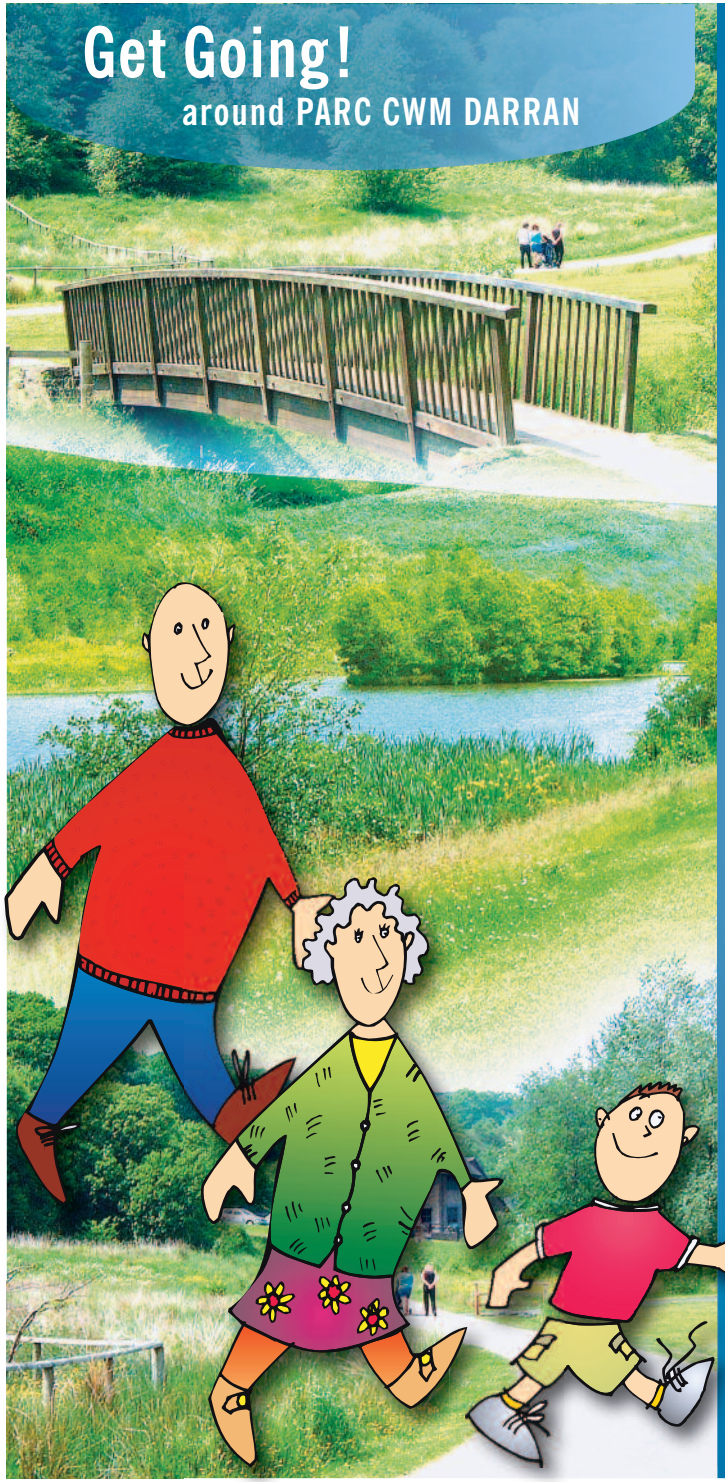
Get Going!

around PARC CWM DARRAN



1 ▸ START along the path straight down to the Ogilvie Lake

2 ▸ Continue past the adventure playground

3 ▸ Follow the path by the side of the lake

4 ▸ At the bottom of the lake cross the bridge to your left

5 ▸ Go left through the car park

6 ▸ And left, back up the lake-side

7 ▸ At the top of the lake cross the bridge to your left

8 ▸ Follow the path back up towards the visitor centre

9 ▸ Turn right and take the path through the woods, back to the visitor centre

CWM DARRAN ▸ allow half an hour ▸ follow the 'healthy heart' logo ◂ all paths are surfaced ◂ some gentle slopes ◂ wear comfortable shoes

BODY WEIGHT IMPERIAL	7 st 12 lb	9 st 6 lb	11 st	12 st 8 lb	14 st 2 lb	15 st 10 lb
BODY WEIGHT METRIC	50 kg	60 kg	70 kg	80 kg	90 kg	100 kg
CALORIES	72.5	87	101.5	116	131	145

1.45 km
0.9 ml

Cronfa Amaethyddol Ewropa ar gyfer Datblygu Gwledig: Ewrop yn Buddsoddi
Yr Undeb Ewropeaidd
The European Agricultural Fund for Rural Development: Europe Investing in Rural Areas
Llywodraeth Cynulliad Cymru
Welsh Assembly Government