

1 day itinerary

Coast and Countryside

Stop 1

Bryngarw County Park

Bryngarw Country Park opened to the public in 1986 and quickly became a favourite.

The park has 113 acres of beautiful walks and gardens that look spectacular at any time of the year. With walking trails and a tearoom, is the perfect starting point from which to explore this green area.



Stop 2

Parc Slip

Parc Slip is a nature reserve with a difference - a former opencast coal mine which now boasts wildflower meadows, dipping ponds, woodland and wetlands, in addition to a visitor centre and coffee shop.

Groups can enjoy the nature, the natural environment and the atmosphere here. You can pre plan refreshments in the visitor centre.

Stop 3

Rest Bay Water sports centre

Stunning Rest Bay, boasts a brand new, year round water sports with panoramic views of the blue flag beach.

Apart from the food and the views there are activities such as cycling and outdoor water activities which are available to anyone, any time of the year.

An ideal point from which to walk as much of the Wales Coast path as time allows. The coast path is 8 miles long, with phenomenal walks on offer in the dunes either side of it at Kenfig and Merthyr Mawr Nature Reserves.

