

PORTHKERRY PARK FITNESS SCAVENGER HUNT



FANCY A CHALLENGE?

FOLLOW THE ROUTE BELOW AND COMPLETE THE CHALLENGES TO EXPLORE AND GET YOUR HEART RATE UP!



MAP COURTESY OF VALE OF GLAMORGAN, NOT DRAWN TO SCALE



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FANCY A CHALLENGE?

COMPLETE THE ACTIVITIES AT EACH CHECKPOINT FOR A NATURE-FUELLED WORKOUT

- Start in the car park and head through the turnstiles for your warm-up. You found the **Porthkerry Viaduct**! Built during 1890s it was a key connection for getting resources around our Severn Estuary. How many arches make up the viaduct? Get your heart pumping, and **do a star jump for each arch you see!**
- Now you're all warmed up, head back the way you came and turn left after the café into **Knockmandown wood**. Keep to the right and keep an eye out on all of the trees you are passing! Which one has the biggest most sturdy branches you can see? You've probably come across a beech tree! **Find the biggest branch you can, grab onto it, and bring your knees up to your chest 10 times. If you're feeling really strong, you can even attempt a few pull-ups.**
- Keep following the path, take a right and you will pass the Ranger Station. Follow the road, and when you reach a fork, **sprint until you come to a kissing gate**. Go through it and follow the footpath.
- To your left is **Cwm Cidi** and to your right is **Mill Wood**. There's lots of fallen deadwood in this area. Why don't you find a large log and **do 10 tricep dips and 10 step ups onto the log?** While you're close to the ground, look for some insects and other small animals which use this deadwood as their home!
- Follow the footpath, passing the Old Saw Mill and take your first right across a bridge. Then take another right. It's a long way to the road in this section, so why not **alternate between sprinting and walking** to get your heart rate up! Take another right when you reach a crossroads and follow the path until you reach the road.
- Take the first exit off the road and follow the path along the clifftops. Keep an eye out for birds, the whole Severn Estuary supports over 80,000 birds in the winter, including species of both national and international importance. **Be careful and watch your step!** You're nearly there, keep going!
- Continue along the **Lover's Lane Path** which runs along pebble beach. While you're here **do 10 sit ups and 10 press ups** in the grass. You can stop and admire the beach if you like!
- It's the final stretch! Get your heart pumping for a final time and **jog up the Golden Stairs**. Walk to the car park as your warm down and make sure to stretch out your muscles now you're finished!