

Take Time Out Wellbeing Walk Abergavenny Castle



1
Take off your shoes and socks and wiggle your toes in the grass.

CASTLE WALLS



2
The slow-growing lichen on the castle walls has been here for a very long time. Rest your cheek on the cool castle walls and be still, like a lichen.



OUTER WARD

3
Take a slow walk around the outside ward of the castle. Look for different natural things to take home and make natural art.

8
Find a quiet spot and close your eyes. What sounds of nature can you hear?



FREE CHOICE

7
Rub some soil between your fingers. What does it feel like?



VICTORIAN GARDEN

6
Admire the view from the castle, looking past the green roof of the Town Hall, to Sugarloaf beyond. Keep a look out for Red Kites and Buzzards.



INNER WARD

4
Willow is a native British plant and is a magnet for birds and many different types of insect. Explore the willow structures and see if you can spot any of its inhabitants.

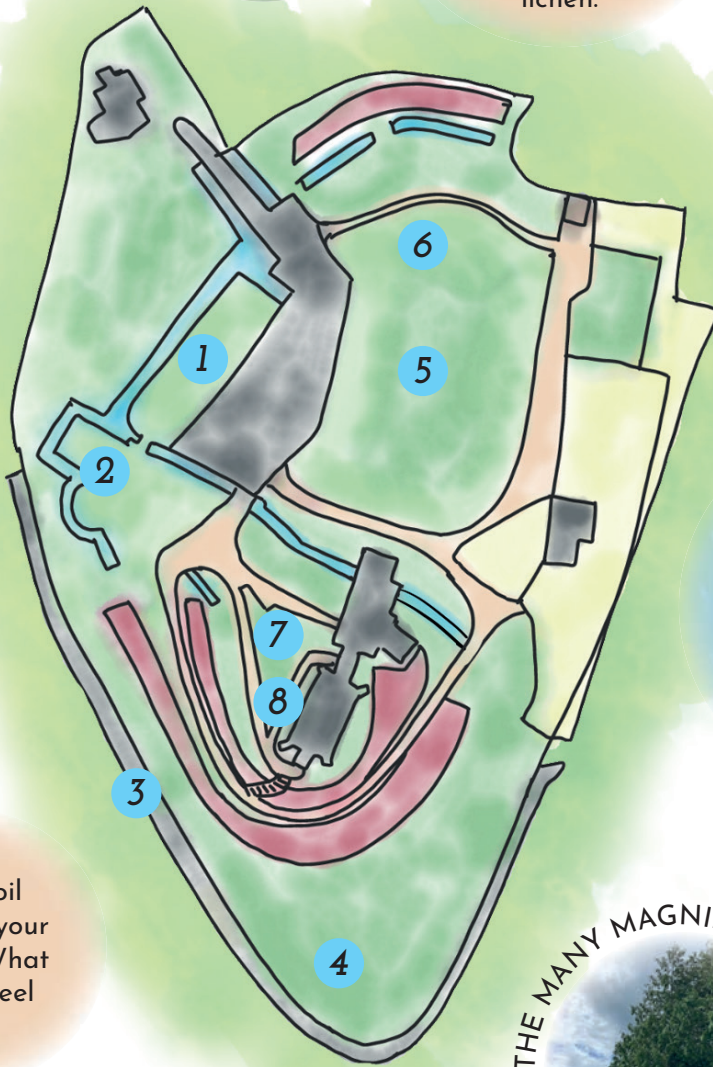


WILLOW STRUCTURES



5
UNDER ONE OF THE MANY MAGNIFICENT TREES

Sit on the spot, without moving. How many different plants and grasses can you see?



This project has been supported by the Welsh Government funded 'A Resilient Greater Gwent' work programme. The Programme runs until summer 2022 and is working towards a South East Wales where nature is in recovery and sustainable communities value their landscapes and wildlife and get involved for their own health and well-being.

Taith Gerdded Seibiant Lles Castell y Fenni



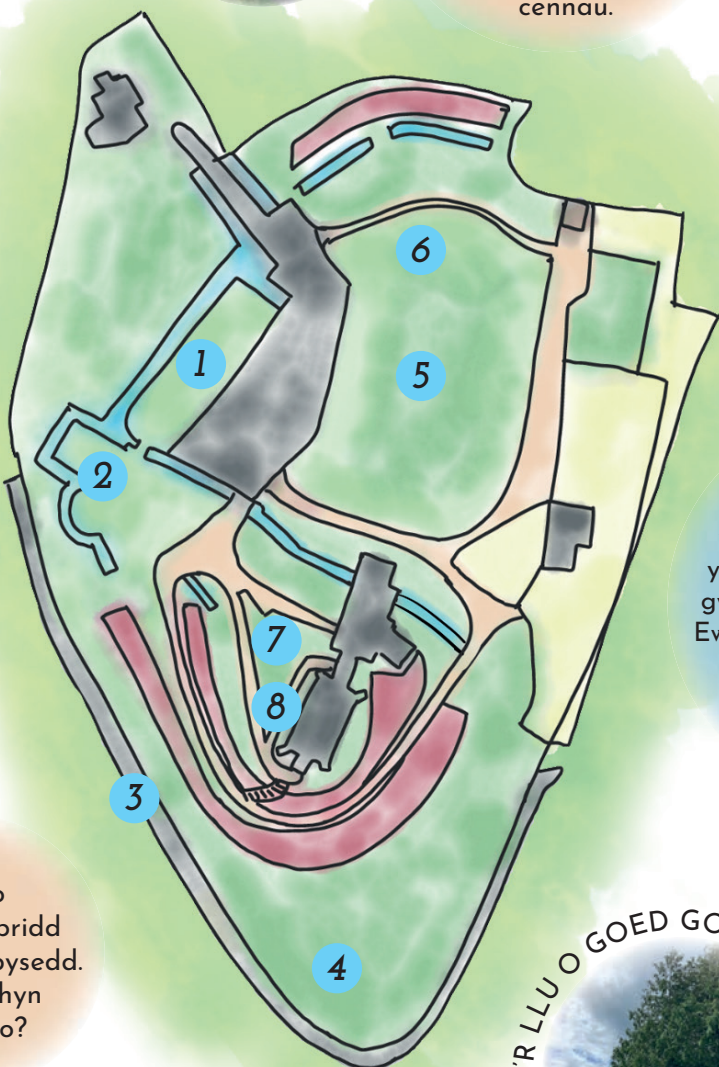
1 Tynnwch eich esgidiau a'ch sanau a gwasgwch bysedd eich traed yn y glaswellt.



2 Mae'r cennau sy'n tyfu'n araf ar waliau'r cestyll wedi bod yno am sbel. Gorffwyswch eich boch ar waliau'r castell ac arhoswch yno'n llongydd, fel cennau.



3 Ewch am dro araf o gwmpas ward allanol y castell. Edrychwch am bethau gwahanol i fynd â hwy gartref a gwnewch gelf naturiol.



8 Dewch o hyd i le tawel. Pa sŵn natur ydych yn medru clywed?



4 Mae'r goeden helyg yn blanhigyn sydd yn gynhenid i Brydain ac yn fagnet ar gyfer mathau gwahanol o adar a phryfed. Ewch ati i edrych yn fanwl ar y strwythurau helyg gan weld a oes yna rhai trigolion yno i'w gweld.



7 Ewch i rwbio ychydig o bridd rhwng eich bysedd. Sut mae hyn yn teimlo?



5 Eisteddwch yn eich unfan, heb symud. Sawl math o blanhigion a glaswelltau gwahanol ydych yn medru eu gweld?

6 Edmygwch yr olygfa o'r castell, gan edrych heibio to gwyrdd Neuadd y Dref i Ben-y-fâl a thu hwnt. Cadwch olwg am adar fel y Barcud Coch a Bwncathod.



WARD FEWNOL

