



GO AND Play CONWY

The Ultimate Guide to Spaces for Playing in Conwy

This guide has been produced by
**The Conwy Play Development
 Team** and made possible by The Big
 Lottery funded Play Rangers Project.

If you have any questions about this
 guide or play in general please get in
 touch: playdevelopment@cvsc.org.uk
 or **01492 523 857**

The Conwy Play Development Team do loads to support children's play.

There are loads of great play spaces that we didn't have room for, tell us
 your favourite at www.facebook.com/conwyplaydevelopment

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What do the pictures mean? The space is good for:

	Trim Trail		Tree Climbing		Fixed Equipment		Wheelchair Users
	Parking		Ball Games		Water		Free
	Wildlife		Dens		Sand		Wheels

We have been
 helped by:



So What's This All About?

We found that lots of people think children should be outside playing more and inside less but adults often find it difficult to let children go out to play.



This guide aims to give you some new ideas about where you can go and what you can do when playing outside.

This guide includes some of the best beaches, parks, playgrounds, woods and nature reserves in Conwy. All the entries are labeled with facilities that the space offers although there are loads of activities we haven't included and its up to you to come up with them!

We hope that with the help of this guide you will put your wellies on and run, jump, splash, climb, hide and seek, paddle and crawl your way through some of the best play spaces Conwy can offer.

Benefits of Playing Outdoors

We think it is important for children to have time to play outside with their families and equally important to spend time with friends exploring their local community. We think the best type of play is when children are given the time, space and permission to choose what they want to do. We call this play that is freely chosen, intrinsically motivated and self directed.

Engaging in freely chosen play can have some of the following amazing benefits;

- Extending skills
- Developing physical and emotional capacities
- Challenging ourselves in new ways and gaining direct experience of the consequences of our actions
- Building resilience
- Attachments to people and places
- Increased well being and mental health
- ITS REALLY FUN !!!



Top Tips

Getting Outdoors



Put on your warmest coat or best sunhat and take some snacks and a drink, adventuring is hungry work!

Take a watch/phone/alarm: if you set it for however long you have to play you will know when it is time to go home. Make it clear where your boundaries are and stick to them. If you decide to go somewhere different tell whoever is looking after you first. Take stuff to play with like cardboard boxes, rope, old tyres, wooden planks and material but make sure you bring it home again! Good things to do to get you started:

Here are some good things to get you started from the National Trust's list of 50 things to do before you're 11³/₄:

- > Climb a tree
- > Roll down a really big hill
- > Build a den
- > Skim a stone
- > Fly a kite
- > Catch a fish with a net
- > Play conkers
- > Go on a really long bike ride
- > Make a trail with sticks
- > Make a mud pie
- > Dam a stream
- > Make a daisy chain
- > Set up a snail race
- > Create some wild art
- > Play pooh sticks
- > Jump over waves
- > Make a home for a wild animal
- > Build a raft
- > Hunt for bugs
- > Go bird watching
- > Make a grass trumpet
- > Go on a walk barefoot

If you would like to find out more, then check out www.50things.org.uk

Inclusive Play Spaces

Within this guide we have included information on physical access to the play spaces and what you will find there. We recognise however, that these are not the only barriers to access for children and that access is only about children physically getting somewhere - the term 'inclusion' is about children feeling that they want to be in the space once they are there.

The outdoor environment offers a range of play opportunities that do not dictate to children how they should play or interact with them. Natural materials like leaves, pine cones, water, sand, grass and mud can be played with, touched, smelt and experienced alongside natural features like trees, boulders, mounds and plants in many ways and this versatility helps children to experience these play spaces on their own terms.

When taking children to outdoor play spaces, we encourage adults to support the play process by allowing

children to explore on their own terms. Some sites allow for greater exploration by giving good lines of sight so adults can supervise children from a distance - beaches and parks are good for this. Some children prefer to be in quieter spaces and here woodlands can provide the opportunity to create their own safe haven. Some children prefer more direction to their play in order to help them settle into an environment, the play grounds within this guide provide this direction through traditional play equipment but also allow exploration around the boundary of the site as children become more comfortable in the space.

We have tried to include information about the accessibility of each play space including its facilities. However, because these are public spaces they can change so if you are concerned about accessing a space we would recommend researching some more before you go.



- | | | |
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Destinations



1. LLANDUDNO MUSEUM

ADDRESS: Chardon House, 17-19 Gloddaeth Street, Llandudno, LL30 2DD

COST: Adults **£2.50** / Children **£1.00**
Families (2 Adults with up to 3 Children) **£5.00**

FACILITIES: Children's Activity Area, Exhibitions, Handling Objects.

GOOD FOR: Sparking your imagination!

ACCESSIBILITY: The museum is currently only accessible to wheelchair users on the ground floor.

The museum has loads of cool exhibits to find out about. They have lots of things you can handle and interesting stories behind the objects. They also run events for children so check out their website: www.llandudnomuseum.co.uk

Llandudno Museum @llandudnomuseum



2. RSPB NATURE RESERVE



ADDRESS: RSPB Nature Reserve, N Wales Expy, LL31 9XZ

COST: The playground is **FREE** Entry to the reserve:
Members: **FREE** Non-members: Adults **£3**
Concessions **£2** / Children **£1.50** / Family ticket **£6.50**

FACILITIES: Playground, Den Building Materials, Toilets, Trails, Picnic Areas, Café.



ACCESSIBILITY: Waymarked route around reserve for wheelchairs.

The playground here is AWESOME, they have great equipment and den building materials for you to create stuff yourself. The reserve has nice trails to follow. Check out their website for different events: www.rspb.org.uk/conwy



3. NATIONAL TRUST BODNANT GARDEN

ADDRESS: Tal-y-Cafn, Colwyn Bay, Conwy, LL28 5RE

COST: Adult: £11.55 / Child: £5.78 / **FREE** for NT Members
Half price November & December



FACILITIES: Fixed equipment, Tearooms, Shop, Toilets, Learning resources, Family trail, Picnic areas.



ACCESSIBILITY: Waymarked route around reserve for wheelchairs.

This beautiful garden also has an adventure trail for children and resources for them to get the most from the garden. They have regular family events such as pond dipping during the summer so check out:

www.nationaltrust.org.uk/bodnant-garden



4. LLYN BRENIG

ADDRESS: Llyn Brenig Visitor Centre, Cerrigydrudion, LL21 9TT

COST: **FREE** There is a charge for some activities

FACILITIES: Cycling, Footpath, Children's Zipwire, Café, Adventure Playground, Picnic Area.



ACCESSIBILITY: Some paths are accessible for wheelchairs and pushchairs.

There is so much to do here! Walking, cycling, fishing and sailing. There are historic ruins and lots of wildlife including deer and otters! There are also special events, find about them here: www.llyn-brenig.co.uk



5. GOLYGFA GWYDYR

ADDRESS: Caerdroia / Labyrinth Site in the Gwydyr Forest, Conwy Valley

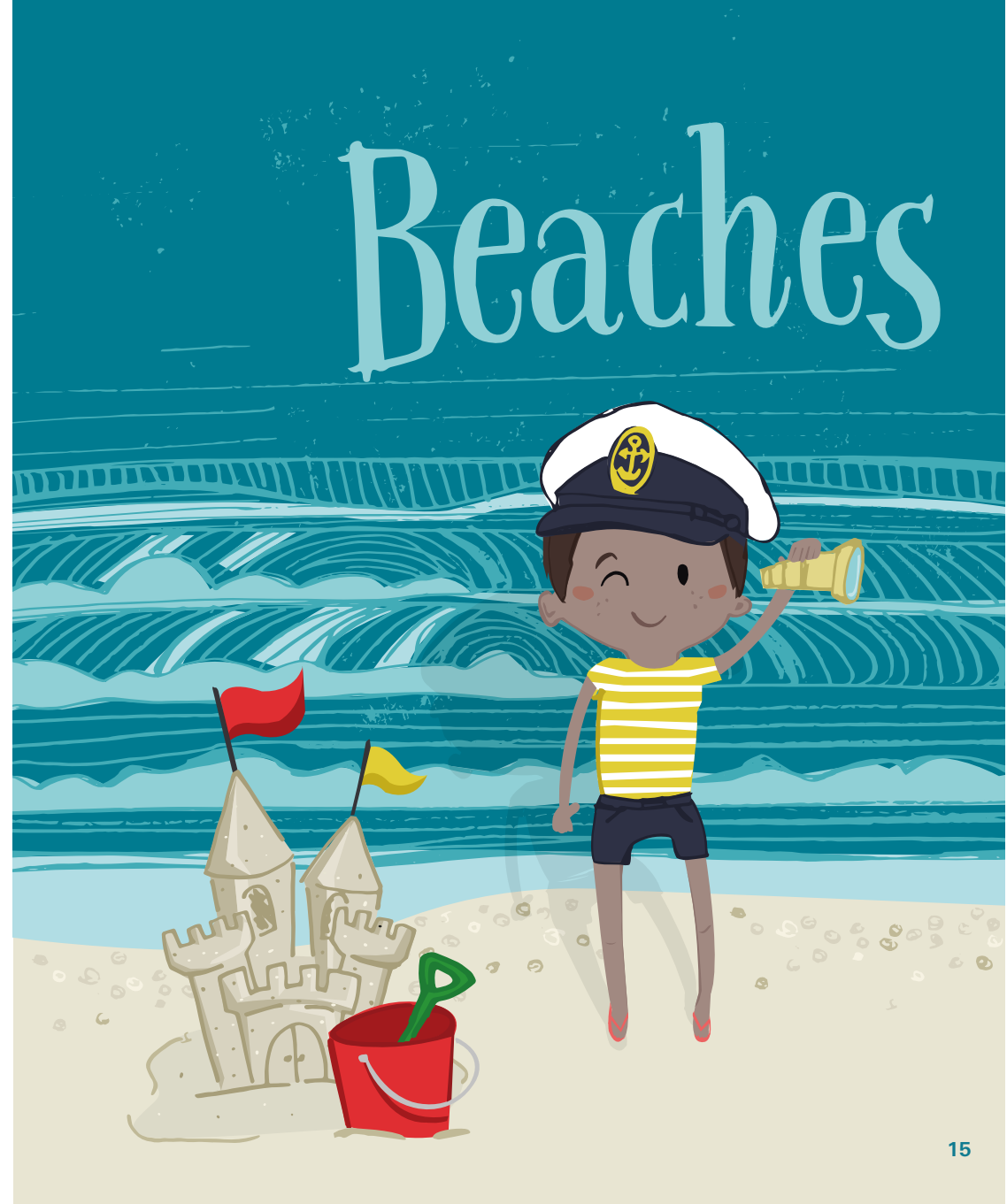
COST: Events vary in cost

FACILITIES: Woodland walk through a defined path in the shape of a Cretan labyrinth accessible all year round to the public.



ACCESSIBILITY: This is in a woodland setting with uneven paths, it is best to call the organisers for different events.

A big mix of yearly events like Fairy Tale Picnics and Forest Family Fun days. Play out in nature days. Build a Den, or Bug Hotel or Mud Kitchen! Get muddy Celebrating International Mud Day on June 1st 2015! Check their website for events www.golygfagwydyr.org 01492 642 110 and Like them on Facebook. For walking routes around the forest on your own visit; www.forestry.gov.uk/gwydyrforestpark



Top Tips Playing Safely by Water

Water is one of nature's best play things and all children should be able to experience playing in, with and around water. However it is important to keep in mind the dangers of water and stay safe.

- Only play by or in water with an adult
- Check weather and tide times before you go; even on a calm day the current can be strong
- If you get into trouble, stick your hand in the air and shout for help
- Read any safety signs at the beach or river to make yourself aware of specific local hazards
- Never use inflatable's in strong winds or rough seas
- If you see someone else in trouble, tell a lifeguard. If you can't see a lifeguard, call 999 or 112 and ask for the Coastguard but don't attempt a rescue yourself
- Find out about your chosen beach before you go at goodbeachguide.co.uk
- Remember rivers also have strong currents so take care and only play in calm, shallow sections
- Rocks and boulders by rivers are fun for playing but take care when they get slippery



6. RHOS ON SEA BEACH

ADDRESS: Abbey Road, Rhos-on-Sea, Colwyn Bay, LL28 4NW

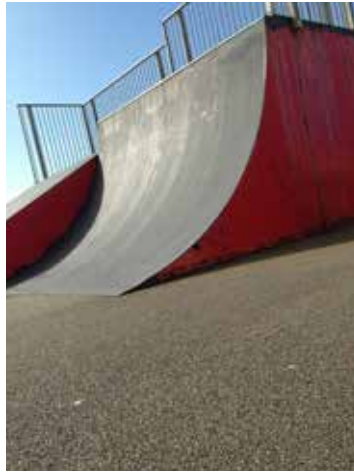
COST: **FREE**

FACILITIES: Playground, Outdoor gym, Paddling Pool, Beach (sand & rocks), Cycle Path.



ACCESSIBILITY: There are steps down to the beach preventing wheelchair access but the pavements and paths leading to each facility are tarmacked.

Lots to do here, bring a net and go crabbing, work out on the gym or dip your feet in the paddling pool.



7. LLANFAIRFECHAN BEACH

ADDRESS: Promenade, Llanfairfechan, Gwynedd LL33 0BY

COST: **FREE**

FACILITIES: Beach (sand & pebbles), Playground, Cycle Path, Skate Park, Nature reserve, Tennis Court, Football Pitch, Sensory garden, Paddling Pool, Toilet.



ACCESSIBILITY: Cycle path is well tarmacked but there are steps onto the beach. Sensory garden is at a good height for wheelchair users to see and touch the plants.

Bring a picnic, some tennis racquets, your scooter or bike and bucket and spade and spend the day here. Remember your binoculars for spotting birds on the nature reserve as well.



8. PORTH EIRIAS

ADDRESS: Promenade Colwyn Bay LL29 8HH

COST: **FREE**

FACILITIES: Beach (sand), Playground, Cycle Path, Viewing Platform, Toilet.



ACCESSIBILITY: Cycle path is well tarmacked but there are steps onto the beach, the new building and viewing platform are accessible for wheelchairs.

Brilliant sandy beach that is always there, even when the tide comes in! Brand new play area as well and great views at the top of the building.



9. PENSARN BEACH

ADDRESS: Pensarn Promenade LL22 7PP

COST: **FREE**

FACILITIES: Beach (sand & pebbles),
Playground, Cycle Path, Outdoor
Gym, Toilet.



ACCESSIBILITY: Cycle path is well tarmacked, you can drive onto the beach east of the outdoor gym area and there is wheelchair friendly play equipment.

The outdoor gym is really fun and the climbing wall and nets are a good challenge. The beach is a great mix of sand and pebbles. Part of the beach is a site of special scientific interest which has beautiful wild flowers in the summer.





10. GREAT ORME, LLANDUDNO

ADDRESS: Church Walks, Llandudno, LL30 2NB
(Parking in and around town centre)

COST: **FREE** on entry, activity costs vary

FACILITIES: Two Playgrounds, Happy Valley Park, Ski Slope, Cable Car, Tramway, Punch & Judy (seasonal), Beach (sand), Arcades, Footpaths, Story Telling Chair, King & Queen Seat & Alice in Wonderland Figures.



ACCESSIBILITY: Some paths are very steep but there are accessible paths and you can drive to the top visitor centre as well (toll charge applies).

There are loads of different things to do on the Orme. Happy Valley is really fun for hide and seek. The park at the summit has the longest slide in the county! There is also An Alice in Wonderland trail with interactive app. For more info about all the facilities go to the Tourist Information Centre on Mostyn St, Llandudno.



11. GWYDYR PARK, LLANRWST

ADDRESS: Llanrwst, LL26 0PL

COST: **FREE**

FACILITIES: Playground, Trees, Tennis courts, River, Stone circle.



ACCESSIBILITY: The park offers flat grass and some accessible paths.

In summer the river is great for playing next to and the stone circle is really cool. The playground is great and there is LOADS of space to run around!



12. PENTRE MAWR, ABERGELE

ADDRESS: Dundonald Ave, Abergele, Conwy, LL22 7LL

COST: **FREE**

FACILITIES: Fixed equipment, Skate Park, MUGAs, Tennis Courts, Trees, Lake, Stone Circle.



ACCESSIBILITY: Tarmacked paths accessible for wheelchair and buggies.

This park has great play frames but the star attractions are the awesome trees that are perfect for climbing and den building and the lake which is brilliant for pond dipping.



13. LLANFAIR TALHAIARN RIVER & PLAYGROUND

ADDRESS: School Lane, Llanfairtalhaiarn, LL22 8RT

COST: **FREE**

FACILITIES: Playground, Big river with Pebble Beach, Toilets.



ACCESSIBILITY: Most of this park is flat grass however there is a steep bank down to the river.

The best thing about this space is the river, with a pebble beach it is brilliant for skimming stones.



14. PARC GELE, ABERGELE

ADDRESS: Gele Avenue, Abergele, LL22 7BB

COST: **FREE**

FACILITIES: Playground (mostly designed for younger children), Trim Trail, Trees, Stream and Bridge, Hillock.



ACCESSIBILITY: Tarmacked paths are accessible for wheelchairs and buggies.

There is lots of equipment for younger children here and the trim trail is great for older ones. The tarmacked paths spiraling down the hill are cool for bikes and the little stream is fun too.



15. LLANSANNAN RIVER & PARK

ADDRESS: Maes Gogor, Llansannan, LL16 5LJ

COST: **FREE**

FACILITIES: Table Tennis Table, Footie Pitch, MUGA, River with Pebble Shore, Half Pipe.



ACCESSIBILITY: Most of this park is grass unfortunately the gate to the river is not wheelchair accessible.

The table tennis table is really cool - there are bats and balls but you may want to bring your own just in case! The river is in the far left hand corner of the field, through a little gate on a footpath.



16. TAL Y BONT PLAYGROUND

ADDRESS: Hendy, Tal y Bont, LL32 8JQ

COST: **FREE**

FACILITIES: Playground, Small Woodland, Stream, MUGA & Footie Pitch.



ACCESSIBILITY: Most of this park is grass.

Really fast slide, and wood land with lots of branches which are perfect for den building.



17. GWYTHERIN PARK

ADDRESS: Llys Onnen, Pentrebach, Gwytherin, Conwy, LL22 8UU

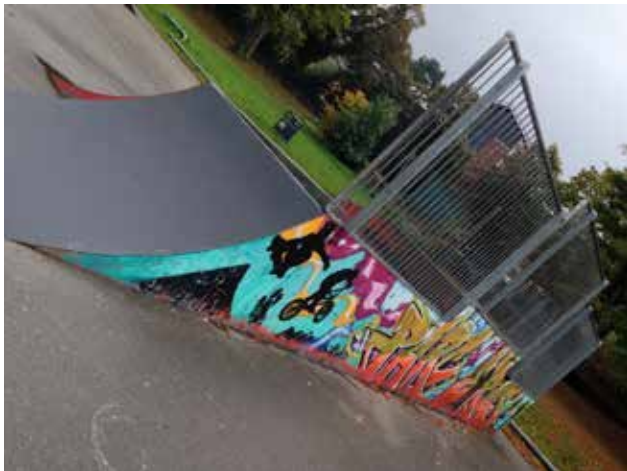
COST: **FREE**

FACILITIES: Playground, Stream & Footbridge, Half Size Footie Pitch.



ACCESSIBILITY: This park has tarmacked paths and grass.

The stream here is great for pooh sticks and the balance equipment is really fun.



18. EIRIAS PARK & SKATE PARK

ADDRESS: Eirias Rd, Colwyn Bay, Conwy LL29 7SP

COST: **FREE**

FACILITIES: Table Tennis Table, Skate Park, Stone Circle, Playground, Nature Area, Water Pump, Sand Pit, Toilets, Picnic Area, Boating Lake.



ACCESSIBILITY: You can park very close to the playground which is accessible by tarmacked paths.

This park will take you a whole day to explore, there is large skate park and cool playground. Sail your home-made boat in the boating lake. The nature area in the middle of the park is great for little ones with lots of plants, sand and water to explore. For more playgrounds in Conwy visit: www.conwy.gov.uk/playareas Playday is here on the 1st Wed of Aug every year www.playday.org.uk



Top Tips Playing in the Countryside



Nature provides the best playgrounds in the world and it is proven that connecting to nature increases people's sense of well being.

As with all the spaces in this guide the countryside is a place that needs to be cared for so please follow the Country Side Code.

- **Respect Protect Enjoy**
- Respect other people
- **Keep dogs under effective control**
- Leave gates and property as you find them and follow paths unless wider access is available.
- **Protect the natural environment**
- Leave no trace of your visit and take your litter home
- **Consider the local community and other people enjoying the outdoors**
- Enjoy the outdoors and stay safe
- **Plan ahead and be prepared**
- Follow advice and local signs



19. NANT Y COED NATURE RESERVE, LLANFAIRFECHAN

ADDRESS: Valley Rd, Llanfairfechan, Conwy LL33 OER

COST: **FREE**

FACILITIES: River and Boulders, Trees, Loose Branches for Den Building.



ACCESSIBILITY: Wide gravel paths are suitable for wheelchairs and buggies but they are uneven and can be hilly.

This is a beautiful woodland with a great, shallow river and lots of trees and natural materials.



20. TREFRIW PLAYGROUND TO LLANRWST WALK

ADDRESS: Gower Rd, Trefriw, LL27 0RZ
or start at Llanrwst North Railway Station

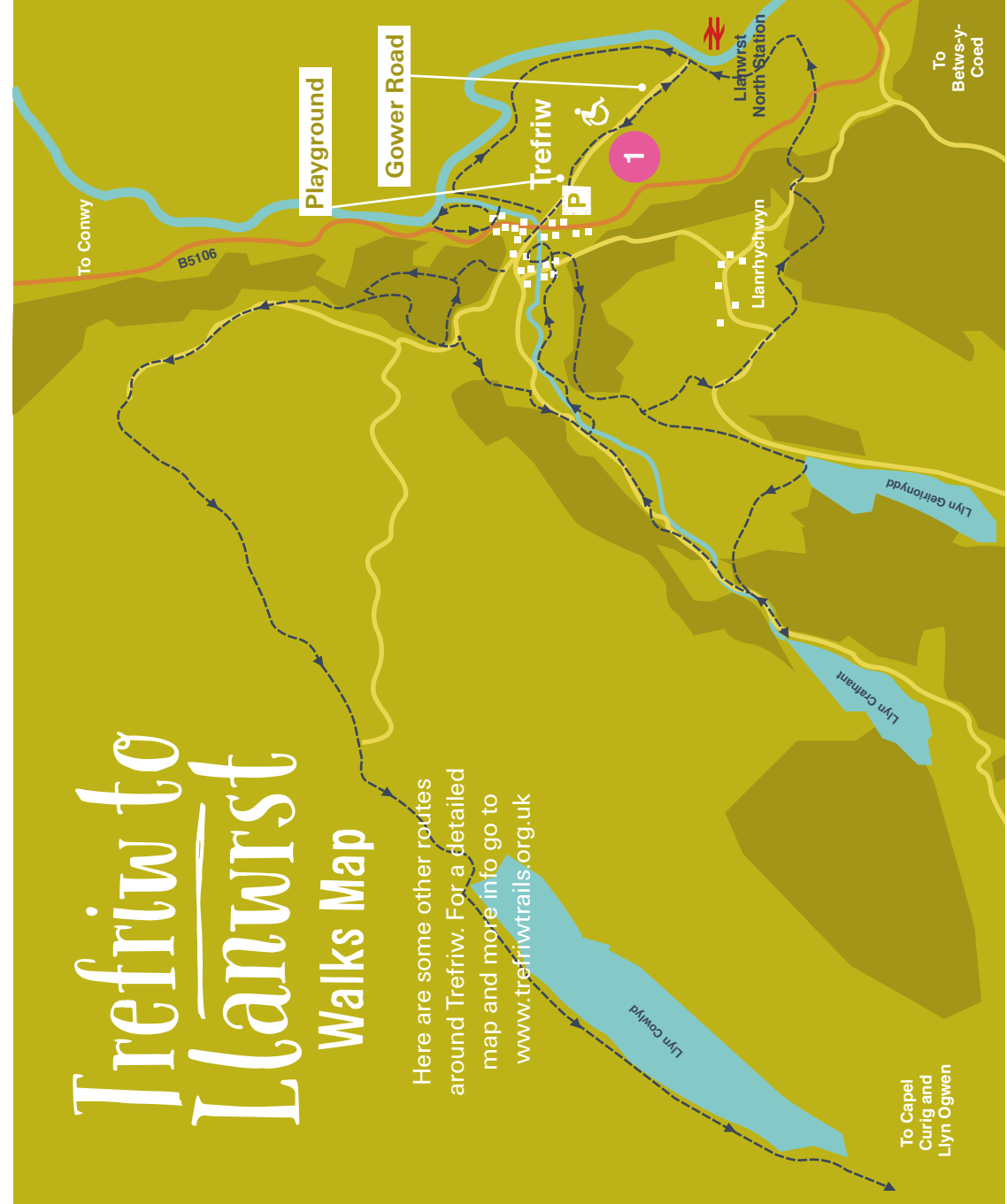
COST: **FREE**

FACILITIES: Playground, Zip Wire, BMX track, Footie pitch, Trees, River, Bridge.



ACCESSIBILITY: This walk along Gower Rd (route 1 on the map) is accessible for wheelchairs and buggies, its is short and flat.

This playground has cool equipment like a balance board and zip wire. The walk goes over the suspension bridge and the river is perfect for skimming stones!





21. BETWS Y COED BOARDWALK

ADDRESS: Pentre Felin Rd, Betws-y-Coed, Conwy LL24 0BB

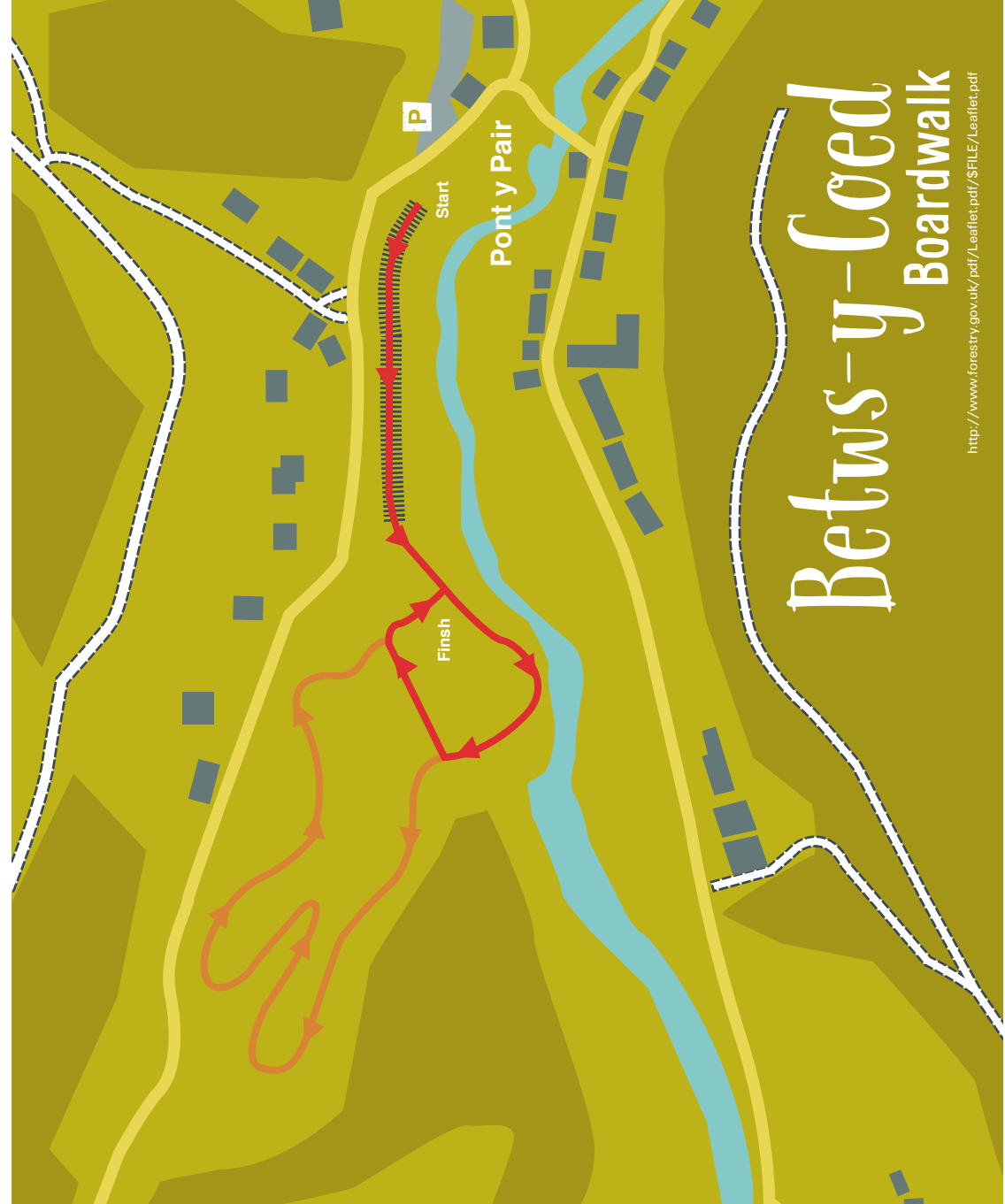
COST: **FREE** pay and display carpark

FACILITIES: River, Woodland,
Footpath, Toilets.



ACCESSIBILITY: The footpath and boardwalk is specially designed for wheelchairs and buggies.

In summer these rocks are great for exploring and splashing in the river. The cool boardwalk goes high up amongst the trees and weaves in and out of the woodland.





22. TYDDYN DRYCYN NATURE RESERVE, PENDALAR

ADDRESS: Behind Pendalar Community Centre, Pen Dalar, Llanfairfechan, Conwy LL33 0RA

COST: **FREE**

FACILITIES: Trees, Old ruins, Playground & MUGA.



ACCESSIBILITY: This wood is on a side of a hill so has very steep, sometimes narrow paths.

This is a small woodland with lots of interesting paths and ruins to explore – perfect for hide and seek! The climb up to the top is worth it for the amazing view.



23. BODLONDEB WOODS LOCAL NATURE RESERVE & PLAYGROUND

ADDRESS: Bodlondeb, Bangor Rd, Conwy LL32 8DU

COST: **FREE**

FACILITIES: Playground, Trees, Tennis courts, Footie Goals.



ACCESSIBILITY: Tarmacked paths close to carpark are accessible for wheelchairs.

There is a playground here but the real attraction is the woodland and the great trees - get out there and explore it!

