

HAPPY HOLIDAY PARK NEWSLETTER

ISSUE 1 | MARCH 2019



WALKERS ARE WELCOME IN WALES!

From the Welsh border in the north to Chepstow in the south east, the Wales Coast Path offers 870 miles of coastline to choose from, for people of all abilities to embark on walking their way to health.

Brisk walking can benefit mental and physical health and well-being, and provides people of all ages and abilities with a fantastic opportunity to form positive exercise habits. As well as reaping the health and wellbeing benefits, the Wales Coast Path offers the

opportunity to explore the great outdoors and the natural environment and potentially discover new activities to take part in.

Walking briskly for 30 minutes a day, five days a week is one way of meeting medical experts' recommendations for adult physical activity.

Here at Happy Holiday Park, we are right on the doorstep of miles of magnificent walks. So get in touch now! www.hhp.com

NEW FOR 2019

We've opened a new drying room so that you can keep all your kit warm and dry after a hard day's walking!

GO DISCOVER

2019 is Wales' Year of Discovery – so come and discover our wealth of attractions, adventures and experiences!

<https://www.visitwales.com/discovery>

IT'S A FACT

Half an hour's stroll burns 75 calories.

Half an hour's walk burns 99 – and half an hour's fast walk burns 150 calories.

No excuse not to come walking in Wales!

Wales Coast Path celebrates its seventh anniversary in May 2019 with a walking festival along the coast from North to South Wales.

Ramblers Cymru, in partnership with many other local walking groups, will be putting on a programme of seven walks in seven locations over seven days.

To find out more, visit www.ramblers.org.uk



“We had a fabulous stay at Happy Holiday Park. The staff were very friendly and the facilities were just what we wanted!”

- Henriette Andersen

To get in touch with Happy Holiday Park just go to www.hhp.com.

To enquire about a booking, phone John on 01234 567890.

Look forward to hearing from you!

GREAT PLACES TO VISIT WHILE YOU'RE HERE

01

The nearby stretch of Coast Path

02

The steam railway just down the road



03

Fresh produce at the local market

04

Our local for your end of walk drink

