

stile on the other side of the lane. Now proceed up the slope to two close together stiles. At the second of these turn left to reach a stile next to a gate which leads you on to a path in the woods. *There may be an optional alternative here (See below).*

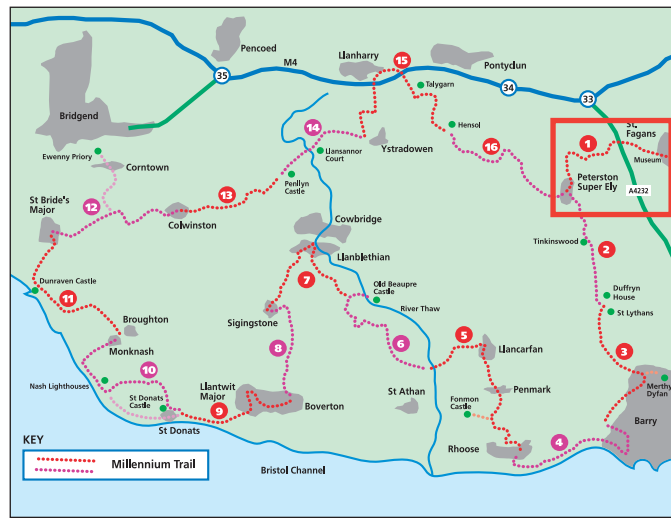
Take the path that goes to the left of the wired-off game bird compound. Follow it to the far corner of the compound and continue straight ahead. When the path opens out walk on with the hedge to your left. The path becomes clearer as it runs downhill to exit the wood via a stile beside a gate.

The landowner intends to create an extra path here that loops around the woods. You miss the beauty of the woods if taking it, but you will enjoy instead panoramic distant views as well as close views of the interesting local, hummocky terrain.

Cross the stile in front of you and continue slightly left over the brow of a knoll to the next stile under a tree. From there follow a waymarked path through a coppice that may be wet underfoot in places. On leaving the coppice, cross the next field straight over to a stile and then, keeping to the subsequent field's right hand edge, cross another stile to turn left and soon reach another stile. Now walk downhill, bearing right, to the bottom right hand corner of a long field. Here you reach the road and the Greendown Inn. Turn left. **** (Those walking the Peterston-St Brides option should now carry on along this road to St Georges where they should turn right and proceed to St Brides, just over a mile away. At St Brides they rejoin the main walk route guide).*

Take the stile opposite the Inn's car park to cross a field and then the river via a footbridge that runs under the railway. Go right and skirt around the right hand edge of a pond. Walk upslope going slightly right. A little path leads on to a disused railway. Turn right and follow a path that leads under the Link road and up the other side via a row of steps. Now keeping the St Fagan's Museum approach road to your left, continue along the river bank to reach a stile at the entrance road to the Museum and the end of the walk if you started here.

WALK LOCATION IN RELATION TO VALEWAYS' MILLENNIUM HERITAGE TRAIL



Valeways' Millennium Heritage Trail covers a distance of over 100km, spanning over 6,000 years of history. It wends its way through a variety of beautiful landscapes. At its northern edge there are panoramic vistas of the Blaenau Morgannwg, while in the south it skirts a spectacular cliffed coastline.

The Trail is split into 16 easy to follow sections, each of which can be walked within a few hours. The surroundings are diverse, often spectacular and steeped in history.

Those who have never visited this part of Wales will enjoy walking through fertile, lowland countryside adjoining the spectacular Heritage Coast with its beautiful beaches. The route includes many fascinating historic features, from prehistoric burial chambers to magnificent castles, churches and mansions.

Valeways has published a guide to the Millennium Heritage Trail. This colourful book describes the 16 sections which make up the Trail and comes in a package with 16 separate A3 maps. The guide can be obtained from Valeways for £8.49 including post and packing.

WALK FEATURES

- St Fagans Castle
- Site of Battle of St Fagans
- Ruined windmill and barn
- Holy Well and 13th century church of St Brides
 - Ancient Sunken Road
- Fragmented remains of the Norman castle of Robert le Sor
 - Wyndham Park Estate
 - Magnificent Views



Valeways is a registered charity working in partnership with the community to reopen existing footpaths to create a network of enjoyable circular walks across the Vale of Glamorgan, linking towns and villages to the surrounding countryside and points of interest. We are indebted to the many volunteers who give up their time freely to provide this walk for your enjoyment.



Valeways Partnership - Many thanks to the Vale of Glamorgan Council and the Countryside Council for Wales for their continued support.



The Rural Community Action programme is facilitated by the Welsh Development Agency, which is a sponsored body of the Welsh Assembly Government. Hwyluswyd y rhaglen Weithredu dros Gymunedau Gwledig gan Awdurdod Datblygu Cymru, sy'n gorff noddedig o Lywodraeth Cymru.

Valeways, Unit 7, Barry Community Enterprise Centre, Skomer Road, Barry CF62 9DA

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Website: <http://www.valeways.org.uk>

Registered Charity No. 1062031 Registered Company No. 3330088



Houses at St Fagans

Photograph © Ray Price



Refreshments en route

Photograph © G.Woosnam



Walking towards the battlefield

Photograph © Val Warlow



Windmill north of St Brides

Photograph © Val Warlow

FOLLOW THE COUNTRYSIDE CODE

- Be safe, plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
 - Keep dogs under close control
 - Consider other people

Walk No. 38 & 39, Peterston-super-Ely

The Three Saints Walk

Distance: 9 miles, shorter options 4³/₄ and 6¹/₂ miles.



Church at St. Georges

Photograph © G. Woosnam



Walk No. 38 & 39, Peterston Super Ely

The Three Saints Walk

This is a fascinating walk within a short distance of Cardiff. It crosses the little known north east corner of the Vale and offers the walker historic villages, ruined castles and a battle site all combined with surprisingly attractive views. While a delightful area it is prone to flooding so can be wet underfoot. The first 4.5 miles, starting from St Fagans follow the Millennium Heritage Trail. There are also links with Valeways Walk No. 37 (Ridge and Valley). Since the walk is circular it can be accessed at various points. There are two shorter walk variants within the main walk

Distance Main walk just under 9 miles. Shorter variants at 4³/₄ and 6¹/₂ miles.

Map OS Explorer 151 Cardiff and Bridgend.

Parking St Fagans museum car park. There is a charge. Small area by St Brides Super Ely church Grid Ref 0977. Parking area near the footbridge at Peterston Super Ely, Grid Ref: 082762.

Public Transport i) limited bus service Barry to Peterston and St Brides, ii) Talbot Green to Cardiff via Peterston, iii) Cardiff to St Fagans.

Refreshments & Toilets St Fagans: museum and pub in village (Plymouth Arms).

Peterston: two pubs (Sportsmans Rest, Three Horseshoes) and small shop.

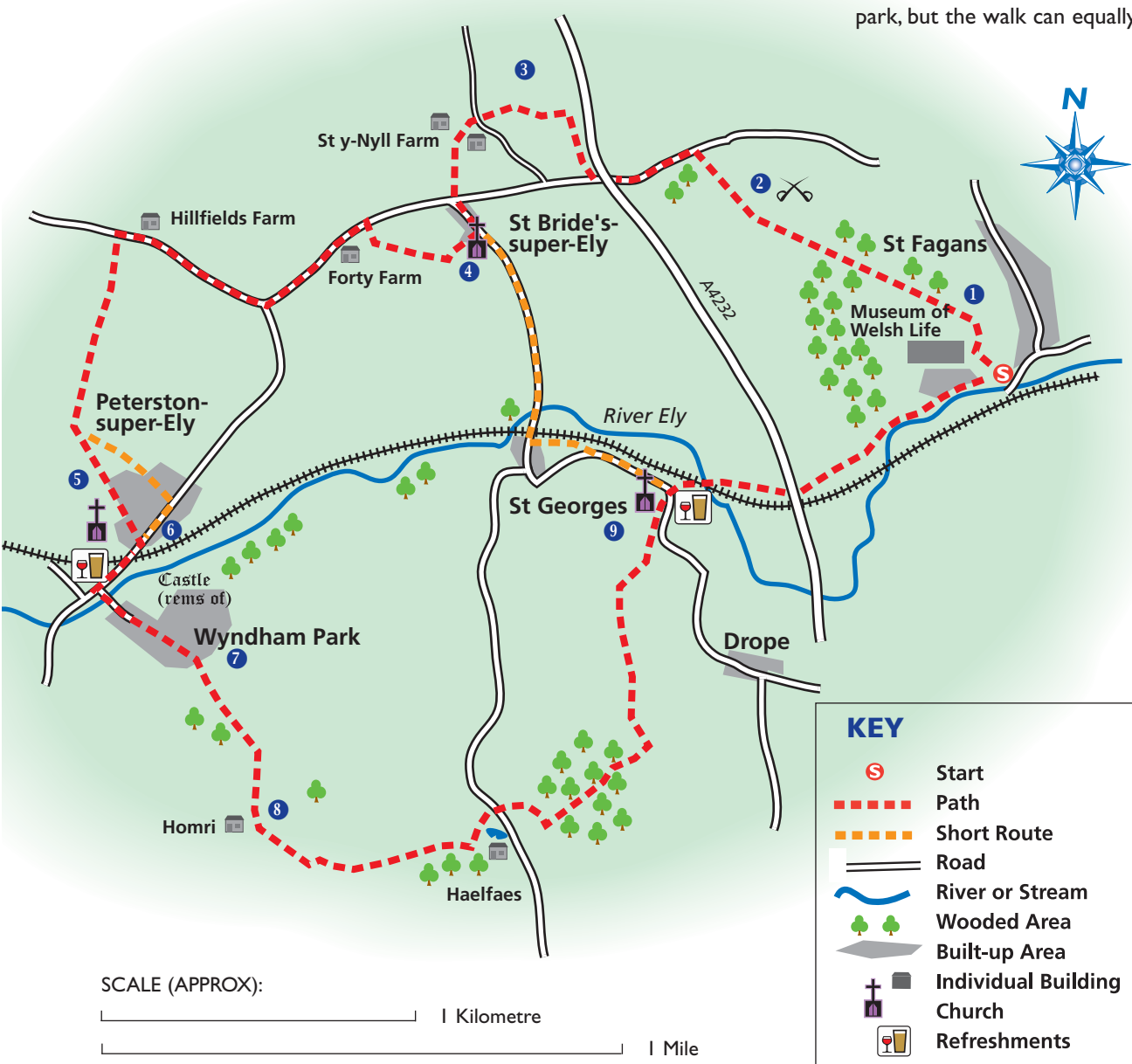
Drope: Pub on route (The Greendown Inn).

START - The Walk commentary starts on the road that leads from St Fagans village to the Museum car park, but the walk can equally well be started at Peterston or St Brides Super Ely.



View North Eastward from above Coedarhydyglyn

Photograph © Ray Price



THE ROUTE

Start Main Walk

Those who wish to take the 4³/₄ mile St Brides option should follow the main walk commentary until they reach St Brides church and the asterisk*.

Walk away from the National History Museum's car park along the eastern approach road to turn left along a signposted path. To the right of the path are some cottages and above them St Fagans Castle 1. Once past the cottages a path between two walls leads to a kissing gate. Continue, with wooden fencing on your left, between delightful rows of trees. On reaching a second gate take care as the ground is often wet and muddy. The fields that lie in front of you are the site of the Battle of St Fagans 2.

Continue, following the fence line, to the waymarker post, then go down a gentle slope to a stile. Cross it and head for the right hand corner of a house across the field. Keeping the

garden fence to your left walk on to reach a stile that leads you on to a road. Turn left to walk along a busy road. Pass the bridge supports of the now disused railway and then pass under the motorway link road.

Soon cross the road to the right to reach some steps that lead to a stile. Once over this go left and head uphill to a stile that can be clearly seen. Climb this, turn left and cross another stile. On your right is the ruined windmill 3. It is in a ruinous state and access is prohibited. Proceed to a stile that leads you on to a minor road. Go straight across into an access road soon to turn left at a stile. Head downhill, crossing another stile en route, to another stile and a flight of steps leading on to a road. Here go directly across into the road leading to St Georges Super Ely. Soon you will reach a minor lane on your right. This leads down to the church of St Brides 4, nestling in a hollow to your right.* (Those wishing to take the shorter St Brides' walk option

should continue on the main road, bypassing the church if they wish, to reach St Georges. Here just past the level crossing a path leads you left. It runs parallel to the railway at first, then through some trees to rejoin the road. Continue along the road to reach the stile opposite the car park of the Greendown Inn. Now turn to this point on the main walk commentary. It is identified by ***)

If following the main route take the path to the right of the church. Cross the stile next to a gate and continue to a gate on your right. This leads you across an assault course and over another small stile to reach a stone stile on the right. When over this, head to the diagonally opposite field corner. Here take the waymarked path on to the entrance drive of a private house. Turn right to reach the road. At this road turn left. In about 1/2 mile you will reach a T-junction.

Here turn right and proceed along the road until you pass under electricity power lines. On the left a

stile allows you into a field. Cross the field with its boundary on your immediate left. Walk on, in the same general direction, crossing several stiles to arrive at an old lane with a hedge line on either side. Follow this as it heads gently downhill, till you cross another stile that takes you into another lane. Turn left and in a short distance you reach a point where there is a stile on both sides of you. For those who delight in walking ancient trackways carry on down the old sunken lane 5. It is something of a challenge for it is very rough underfoot and often quite wet. It comes out behind Peterston's church. Continue straight on to reach the main road where you turn right.

The other option is to take the left hand stile that leads you on to an open field. Then continue downhill towards the houses. Look for the left hand corner of a house fence and follow it down to a stile in the corner. This takes you on to a path between houses and you emerge into a small estate. Carry on to the main road. Here turn right. A fragmented wall of Peterston Castle 6 may be seen on your left.

Cross the railway bridge to soon reach a footbridge over the River Ely on the left**

(Those starting here who wish to take the shorter 6¹/₂ mile Peterston-St Brides option should follow the main route guide until they reach the Greendown Inn ***)

Cross the footbridge and walk up the wide tree lined Main Avenue of Wyndham Park 7. At the top of the hill bear left into Duffryn Crescent and look for a stile on the right which leads to a second stile and open fields. Keep on, straight uphill, to a stile in the top left hand corner. Cross it and bear right to the next stile. Continue ahead over the rise, keeping left of the trees in the hollow, to reach a double stile in the corner of the field. Carry on to the next stile, perhaps pausing to look back at the views. There are splendid views opening up behind you stretching from the wind farm above Llanharan in the west to the Garth Mountain in the centre and the Wennallt between Cardiff and Caerphilly to the east. By the time you reach 8 the turrets of Castell Coch come into view.

Make for the left of a farm (Homri) that lies ahead of you and pass it via a

stile that leads on to a track. Turn left along this track, climbing slowly uphill, until you reach a stile on your left. Once over this go down slope to cross a double stile and a small stream. Keeping the hedge line on your left, go through the gap in front of you. With a fence now on your right walk on crossing a stile and passing through a gate on your right that leads you on to a lovely little path along the woodland edge. Soon you will reach some steps and stile on your left. Cross these and continue via a series of stiles to a country lane. Climb the steps and

PLACES OF INTEREST

- 1 **St Fagans Castle**
A Norman castle dating from the 12th century. It had evolved into an Elizabethan mansion by the end of the 16th century. Since 1946 the castle and its grounds have been developed into the National History Museum of Wales. Well worth combining a visit with the walk.
- 2 **Site of Battle of St Fagans**
Fought in 1648, it was the last great battle of the Civil war when the Royalist forces were routed by the Parliamentarians.
- 3 **Ruined windmill and barn**
Dating back to the late 18th century. Probably fell into disuse after the end of the Napoleonic wars when the demand for home grown produce slumped.
- 4 **Holy Well and the 13th century church of St Brides**
It is dedicated to the Celtic saint of that name; a shortened version of Bridget. The Holy Well predates the present church and could be the reason for building on this site.
- 5 **Ancient sunken road**
with a strong tradition that it might be Roman in origin.
- 6 **Fragmented remains of the Norman castle of Robert le Sor**
Reputedly destroyed by Owain Glyndwr in 1403.
- 7 **Wyndham Park Estate**
Once known as Glyn Cory, it began as a Garden Village in 1909. It was built by John and Reginald Cory to designs by Thomas Adams and Thomas Mawson.
- 8 **Views**
- 9 **St Georges**
Just off the main route is the hamlet of St Georges with fragmented remains of a castle near the railway line.