



Penllyn Castle up close



Penllyn Castle, viewed from a distance



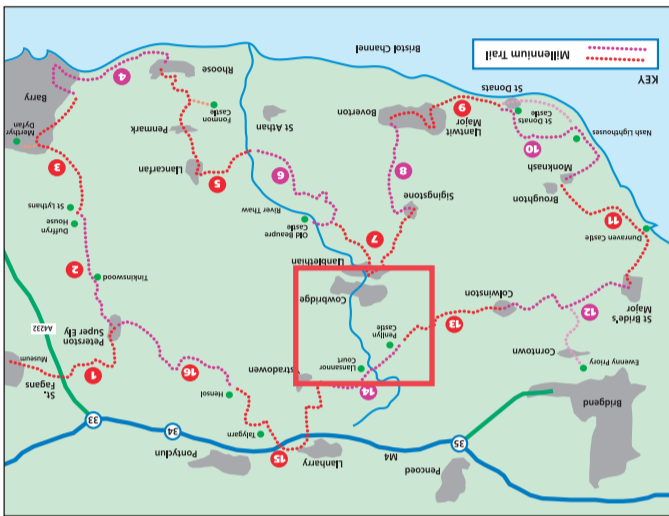
Dr. Salmon's Wells

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. Information on purchasing the guide can be obtained by contacting Valeways.

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.

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.

Valeways' Millennium Heritage Trail covers a distance of over 100km, spanning over 6,000 years of history. It winds 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.



WALK LOCATION IN RELATION TO VALEWAYS' MILLENNIUM HERITAGE TRAIL



Llanannor Church



Llanannor Church

WALK FEATURES

- Old Railway Track
- Llanannor Church & Court
- Dr. Salmon's Wells
- Penllyn Castle
- Upper Thaw Valley
- The Market Town of Cowbridge



Llanannor Court

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



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.

Re-print funded by
Vale of Glamorgan Ramblers in memory of
Mike Carey (Past Chairman)



Valeways, Unit 7, Barry Community Enterprise Centre,
Skomer Road, Barry CF62 9DA
Telephone/Fax: 01446 749000
E-mail: info@valeways.org.uk
Website: <http://www.valeways.org.uk>

Registered Charity No. 1062031 Registered Company No. 3330088

Walk No. 7, Cowbridge

Castle, Court and Wells

Distance: 8 miles.
Shorter option 3 1/2 miles



Dr. Salmon's Wells

Photograph © Vale of Glamorgan Council



countryside access & walking



Photograph © Vale of Glamorgan Council

Walk No. 7, Cowbridge Castle, Court & Wells

This walk leads you through an area just north of Cowbridge. On the walk you will pass the historic Llansannor Court and church, Dr. Salmon's Wells, Penllyn Castle, a most attractive landscape of valley and wooded ridge and two welcoming Vale Inns. Also of course, there are the attractions of Cowbridge itself. For the most part the walk has gentle gradients. However, there are three short climbs; the most severe of these can be avoided by using an alternative route. The shorter option is practically flat, but can become very wet and muddy in wet weather.

Distance Just under 8 miles. Shorter option 3 1/2 miles. Map OS Explorer 151 Cardiff and Bridgend.

Parking Town Hall car park (Cowbridge) GR 997747; limited parking at Graig Penllyn 977774.

Public Transport Buses to Cowbridge.

Refreshments Various in Cowbridge, Red Fox (Penllyn), Barley Mow (Graig Penllyn)

Toilets Town Hall car park (Cowbridge)

START Cowbridge Town Hall car park

Head for the stile to the right of Rowan House and walk up the stepped slope to a stile that leads you into a field. Here bear left and passing to the right of a small group of trees head for a gap you will see in the hedge in front of you. Once through this, aim forward right, downhill, to a stile in the bottom hedge. This takes you on to a country road. Turn left and you will soon reach a brideway on your left. Walk along this for 1/2 mile to arrive at a road. Here turn right. Continue along this road, passing Dr. Salmon's Wells on your right ⑥, into the village of Penllyn.

Just past the Red Fox Inn you reach the Church. Here turn left through the gateway into the driveway of Penllyn Castle ⑦. Soon you turn right off the drive into a field. Bearing left, cross the field with the castle grounds wall on your left to a stile. Carry on to reach another stile where the wall curves away to the left.

Cross the next large field heading for the isolated clump of trees in its centre, then continue downhill to a gate in the corner. In the next field continue downhill walking parallel to the fenced woodland on the left. Pass through two bridle gates and turn left uphill to enter a field on your right through the gate. Walk the whole length of the farm complex to turn left at the holiday cabins, down the drive to the Cowbridge bypass access road. Turn left to pass in front of Llwynhelig House. Proceed along a well marked track which leads you via a stile into a field. Walk on, in the same direction, keeping to the right hand hedge. You then turn right and head for the bottom of the next field (adjacent to bypass) where you turn left to reach a stile. Cross this soon to turn right into a residential area and the car park.

**Shorter walk option.

Continue along the road to soon reach a road junction. Turn right. In just under 300 yards you will reach another junction. Here turn left (Llansannor) and very soon left again at turning marked Trebetty. At Trebetty farm cross a stone stile on your left to turn left, then right, following the white permissive waymarks. Cross the field to another permissive stile. Continue in the same direction through two more fields via stiles or gates. In the third field skirt the wooden fencing on your right to reach a stile that leads you onto a road.

Turn right and walk on for some 350 yards to cross a stile between two

gates on your left. Walk across this field, with the hedge on your left, to a marker post. Here turn right and head for the stile in the far corner. NB The whole of this area can become quite wet underfoot. You now cross two rather narrow bridges and their associated stiles in quick succession. In the following field bear slightly left to arrive at a double stile. Cross it and continue straight on though a field and its stile to enter a field where the land begins to rise. Here turn left and aim for a stile in the far corner. Cross it and the subsequent field to a hedge where you turn left. Keep to this hedge for a short distance. (Now follow the directions in the last six lines of the main guide).

PLACES OF INTEREST

① OLD RAILWAY TRACK

This was the Pontyclun (Llantrisant) to Cowbridge line. It opened in 1865. The first train brought 50 tons of coal to Cowbridge. The final passenger train ran in 1964.

② THAW VALLEY VIEWS

Wonderful views of a wide, gently sloping, verdant valley, created by the Thaw when it was much larger than its current diminutive state.

③ LLANSANNOR CHURCH AND COURT

The Church has 14th century origins. Dedicated to St Senewyr. The Court is a 16th century mansion, built on the site of an earlier house, with fine, arched doorways and mullioned windows. Owned by generations of the Gwyn family, from c.1400 to early 19th century.

④ VALLEY VIEWS

A magnificent vantage point. Ahead, the strung out village of City; behind it the higher housing of Llanharan; on the left skyline the Brynna Gilfach Goch wind farm.

⑤ NEAR GRAIG PENLLYN

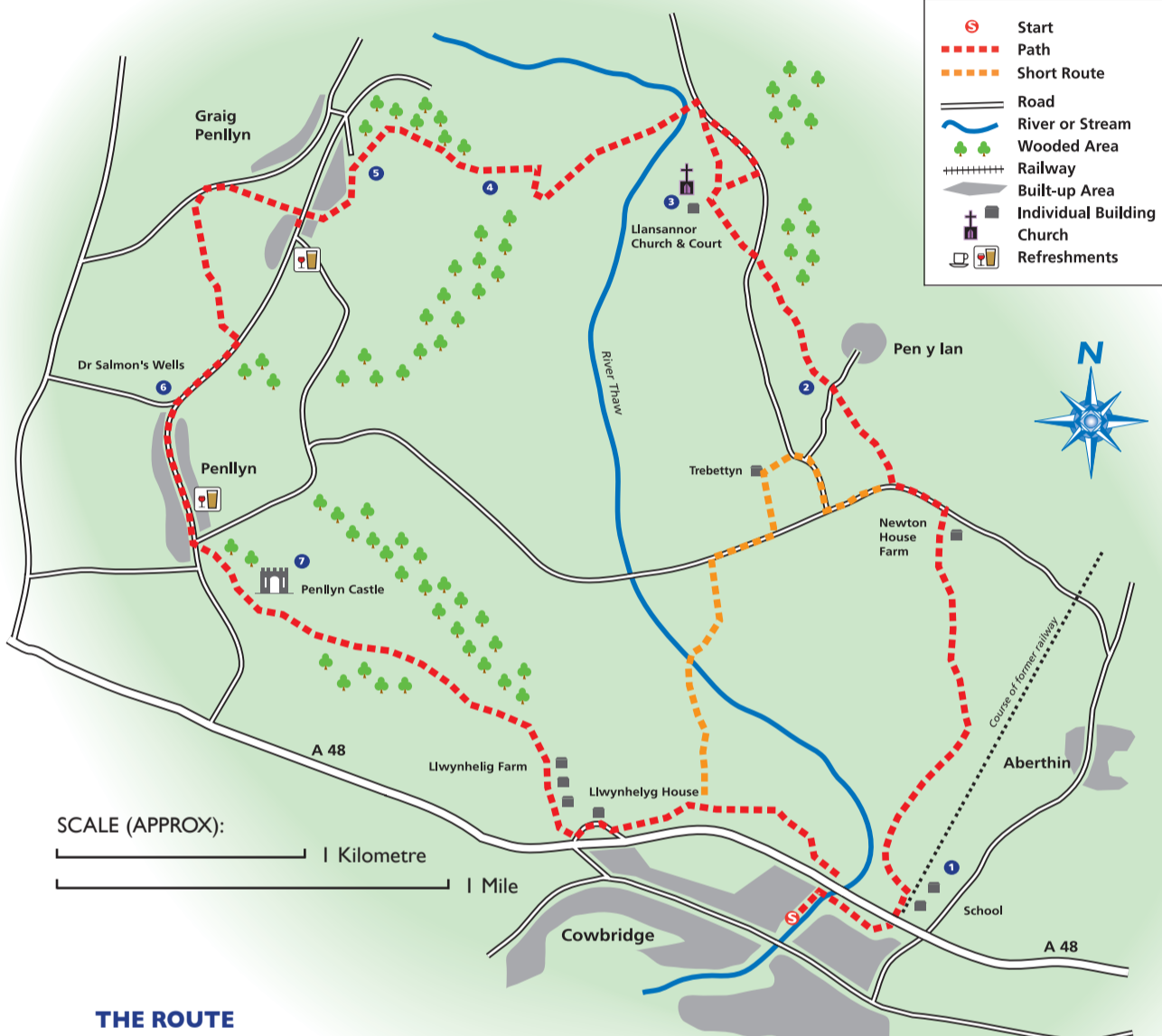
There is an interesting Community environmental notice board at the parish field.

⑥ DR. SALMON'S WELLS

The earliest of these wells supplied water to the area from 14th century. The wells were cleaned up by Dr. Salmon who died in 1896 at the age of 106. Piped water did not become available in the area until 1934.

⑦ PENLLYN CASTLE

One of the biggest country houses in the Vale. Sited on a limestone ridge south east of Penllyn. Seat of the Turbervilles in 16th and 17th century. Present house built in 1770s next to the remains of a Norman castle and remodelled by J Homfray about 1850. Taken over by the Cory family in the 1960s.



THE ROUTE

Both main and short walks start at ①. With your back to its entrance, leave the Town Hall car park using the footpath in the far right-hand corner. Following this path you will turn right over a bridge (over the Thaw) and then take either of the two paths that go under the viaduct. Each leads you to a kissing gate at the start of the boardwalk and its path continuation that run around the edge of the newly developed school playing fields. Pass through a second gate and maintaining direction continue along a well-marked track. As you walk on take care not to swing to the right but head straight across the field to a stile in the hedge.

You now proceed, keeping in the same general direction, through a succession of fields with their stiles, bridges, boardwalks and stepping woods. On crossing the stile after the stepping woods you enter a large field. Walk on along its left hand edge to a stile (feeding and water troughs adjacent). From this turn right and head through two gates into a field. The path leads you just to the left of Newton House Farm's outbuildings. Proceed through the farmyard to reach the road.

NB this stretch is often muddy.

At the road turn left and soon, first right on to a minor lane. (Those taking the shorter option will ignore the right

turn and continue along the road. Go to the ** in column 4 where the shorter option's route guide continue). About 50 yards along this take the stile on the left into a field. Head right, uphill, to enter a second field. Continue uphill aiming for stiles in the top left hand corner of the field. These lead you onto a road that you cross to enter, via another stile, a field where there are splendid views ②.

Walk on, downhill, in a fairly direct line, through three fields and their stiles towards a clump of large conifers. You emerge onto a country lane that you cross diagonally right to continue in the same direction along Court Drive (with its miscellany of signs) into the grounds of Llansannor Court and its Church ③. (Rather than walk through the gate you may wish to pass through the cleared wooded area to the right).

Having enjoyed passing through such an historical location, turn right along the drive and then, having crossed the cattle grid, either continue to the country road and turn left or, if dry, head diagonally left across the field to a kissing gate in the far hedge that gives onto the road. Walk left along this road for a short distance before turning left off it near the 'Chatwood' sign.

Walk along the surfaced drive to reach the gates of Chatwood House. Here follow the path to the left as it

kinks to take a route parallel to the former one along the house drive. You will rejoin the former route beyond the House grounds. Then turn sharp right uphill, to reach a stile. At the stile bear left and cross the field diagonally right, still uphill, making for the kissing gate in the top right hand corner ④.

Go through this kissing gate into a wood and follow a clear footpath for some distance until you reach a gate that leads into an open field. Proceed downhill along the path to a stile and gate ⑤. Bear left along The Rhiw for a short distance then turn right down a flight of steps and walk away to the main road.

Turn left (The Barley Mow is a few yards further on), then after a short distance, turn right back on yourself, into a Close of houses.