

Registered Charity 1062031

A guide to easy  
access walking  
locations across  
the Vale

*Vale of Glamorgan*

# Easy Walking

Children - Families - Additional Mobility Needs - Exercise - Health & Wellbeing

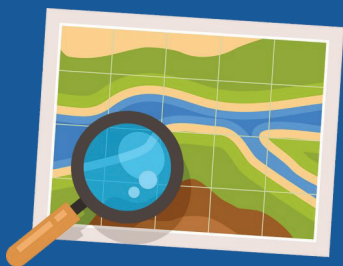


## Introduction

This guide is a collection of walking locations in the Vale of Glamorgan where families, children, individuals with mobility concerns and others can access some fantastic countryside, coast and parkland. These locations may also suit people returning to exercise for whatever reason and those looking to explore the Vale.

The locations have been selected for their relative ease of access to walking opportunities. You can walk from 10 to 60 minutes or more, from parkland right through to wild remote places.

The guide is intended to be indicative only. It does not contain detailed or specific walking route descriptions or graded walks.



## Finding Your Walk

Online mapping and directions

[www.theaa.com](http://www.theaa.com)

[www.rac.co.uk](http://www.rac.co.uk)

There are several mapping apps available on the internet including OS Premium, Outdoor Active, All Trails, Gaia, Kamoot and Strava which may enhance your walking experience.

Ordnance Survey Explorer Map 151 - Cardiff and Bridgend covers the Vale of Glamorgan.

# Barrage & Marina - Penarth

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## WALKING LOCATION

The old Cardiff Docklands were redeveloped at the end of the last century to create Cardiff Bay with a 220 hectare large freshwater lake for sailing and water sports. In 1999 new life was given to the area with the construction of the Cardiff Bay Barrage that transformed an area of tidal mudflats and sparked the development of the surrounding area.

Penarth Marina is situated within the sheltered waters of Cardiff Bay and built around the basins of the historic Penarth Docks.

**The Paths:** Barrage road (tarmac) & pavements

Marina — Quayside pavements and paved areas. Care required

## SUGGESTED ROUTE

Visitors to Penarth can walk across the barrage to the inner Harbour Cardiff and Mermaid Quay.

This route provides safe pedestrian and cycle access.

The Pont-y-Werin footbridge provides a long circular route and additional options with transport links through to Cardiff City centre.

## FACILITIES

**Parking:** Some free parking other Pay & Display.

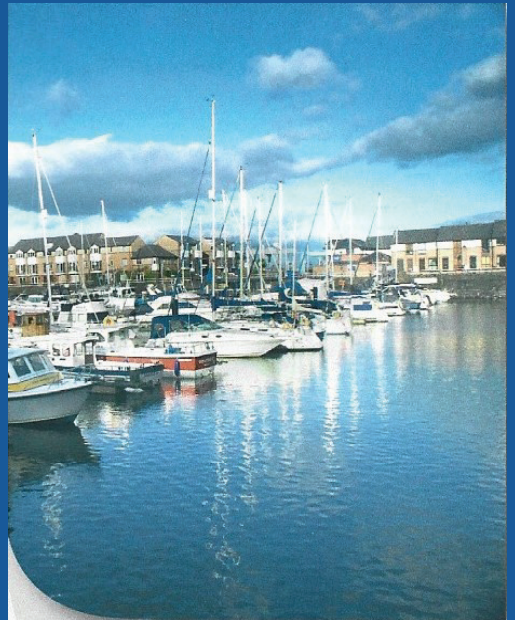
**Entry Charges:** No

**Refreshments:** Cafes, bars and restaurants are available at Penarth Marina and Mermaid Quay.

**Toilets:** Yes

**Other:** Various walk options available using Aquabus. For details.

Visit [www.aquabus.co.uk](http://www.aquabus.co.uk) 029 20345163  
( office) 07500 556556 (boat).



**Location:** Penarth Quays Marina & Barrage, Penarth,

Vale of Glamorgan CF64 1TQ NGR ST 190725

[www.cardiffharbour.com](http://www.cardiffharbour.com)

# Promenade, Pier & Gardens - Penarth

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## WALKING LOCATION

Penarth is a genteel seaside town set upon the Bristol Channel with a grand Victorian/Edwardian charm with a range of fine buildings and parks.

**The Paths:** Tarmac Path. Pavements

## SUGGESTED ROUTE

From the Cliff Top Car Park turn left along the coast to drop down onto the path to enjoy this Victorian seaside gem with a walk along the promenade and on to the beautifully restored pier. A return option is to take the road opposite the pier and turn left into Windsor Gardens which will return you to the car park on a higher level (inclines on both return routes)

## FACILITIES

**Parking:** Yes

**Entry Charges:** No

**Refreshments:** Cafes and restaurants along the promenade.

**Toilets:** Yes



**Location:** Cliff Parade, Cliff Walk, Penarth, Vale of Glamorgan NGR ST 186704

[www.penarthtowncouncil.gov.uk/explore-penarth/](http://www.penarthtowncouncil.gov.uk/explore-penarth/)

# Cliff Top to Lavernock - Penarth

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## WALKING LOCATION

Penarth headland is a wide grassy parkland area popular with families with far-ranging views over the Channel

**The Paths:** Tarmac Path. Footpath on to Lavernock

## SUGGESTED ROUTE

From the Cliff Top Car Park turn right along the Cliff Walk with a grassy area to the right and Bristol Channel on your left, at the end of the path at the last of the houses you can return to the start

Alternatively you can extend your walk along the coastal footpath to Lavernock and retrace your steps.

## FACILITIES

**Parking:** Yes

**Entry Charges:** No

**Refreshments;** 2 cafes

**Toilets:** Yes

**Other:** Childrens play area. Open Parkland



**Location:** Cliff Parade, Cliff Walk, Penarth, Vale of Glamorgan NGR ST 186704

[www.penarthtowncouncil.gov.uk/explore-penarth/](http://www.penarthtowncouncil.gov.uk/explore-penarth/)

# Cosmeston Lakes - Penarth

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## WALKING LOCATION

Cosmeston, covering 100ha of countryside and lakes, offers a wonderful range of accessible walking opportunities.

A significant area of the park is designated as an SSSI (Site of Special Scientific Interest) protecting rare and diverse plant and animal species.

A variety of routes with varying distances are possible with route guides available from the park.

**The Paths:** Tracks - various surfaces, wide, well drained, generally well surfaced, loose chippings in places. Gravelled footpaths. Boardwalks

## FACILITIES

**Visitor Centre:** Open 10am - 6pm April to Sept. 10am - 5pm Oct. to Mar.

**Parking:** Large car and coach park.

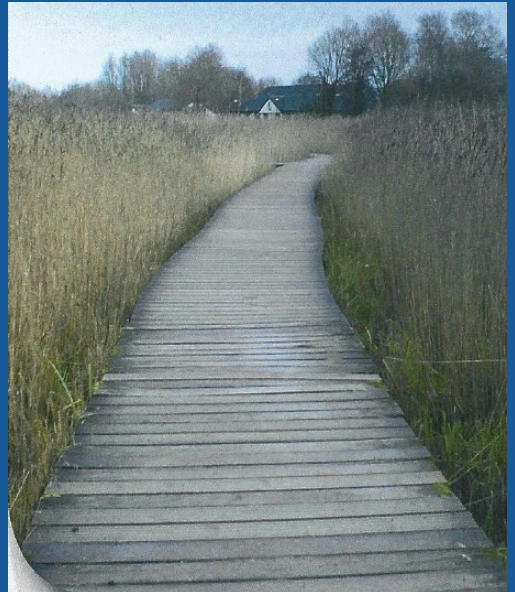
**Entry Charges:** No but parking charges apply

**Refreshments:** Café, Open 9am - 5.30pm

**Toilets:** Yes

**Disabled:** Parking spaces and toilets available. Ramp access to visitor centre and café.

**Other:** Nature trails, dog friendly trails, picnic tables, barbecues.



**Location:** Lavernock Road, Penarth, Vale of Glamorgan CF64 5UY NGR ST 178693  
[www.valeofglamorgan.gov.uk/en/enjoying/Parks-and-Gardens/Parks-and-Gardens.aspx](http://www.valeofglamorgan.gov.uk/en/enjoying/Parks-and-Gardens/Parks-and-Gardens.aspx)  
Telephone 029 2070 1678

# Barry Island - Barry

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## WALKING LOCATION

A classic, traditional seaside location with a glorious sandy beach. Beach, promenade and costal path. Enjoy a 'walk along the prom' or along Blue Flag Whitmore Bay beach.

**The Paths:** Promenade. Pavements. Tarmac Footpaths. Grass Tracks

## FACILITIES

**Parking:** Yes on street and paid

**Entry Charges:** No

**Refreshments:** Various      **Toilets:** Yes

**Other:** Tourist Information Centre, Amusements, Fun Fair, Audio Walk.

## SUGGESTED ROUTE 1

Walk left from the beach along tracks to reach Nell's Point past the coastguard lookout, enjoying panoramic views of the islands in the Bristol Channel. Further round are views down to Jackson's Bay, the harbour and sailing club.

## SUGGESTED ROUTE 2

Walk right from the beach to reach Friars Point with more stunning views over Barry Harbour and out to sea.



**Location:** Barry Island, Barry, Vale of Glamorgan  
[www.visitthevale.com/towns/barry-barry-island](http://www.visitthevale.com/towns/barry-barry-island)

NGR ST 115665

# The Waterfront - Barry

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## WALKING LOCATION

The Waterfront development sits aside the old industrial port of Barry, the foremost coal port of the last century. Opportunities to stroll along the harbourside with the option of a walk across to Barry Island via a stairway and road. The historic Dock Offices sit proudly overlooking the harbour.

**The Paths:** Pavements. Gravel Track

## FACILITIES

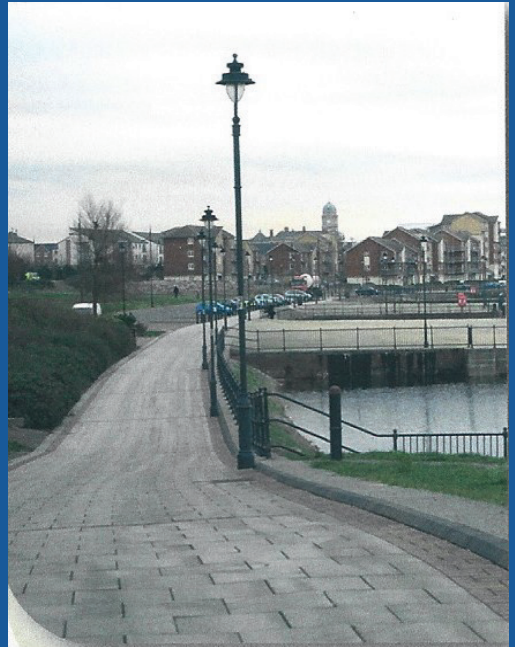
**Parking:** Yes

**Entry Charges:** No

**Refreshments:** Various

**Toilets:** Yes

**Other:** Supermarket nearby with café and toilets. Other refreshment outlets nearby



**Location:** The Waterfront, Barry, Vale of Glamorgan.  
[www.visitthevale.com/towns/barry-barry-island](http://www.visitthevale.com/towns/barry-barry-island)

NGR ST 115675



# The Knap - Barry

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## WALKING LOCATION

A wide pebble beach with marine gardens and lake, all with a resort feel. A place to stroll and explore at leisure. A Roman villa remains can be found above the beach. Watchtower Bay and Cold Knap Point can be visited by walking left along the front.

**The Paths:** Generally tarmac pavements and promenade

## FACILITIES

**Parking:** Yes

**Entry Charges:** No

**Refreshments:** Yes several cafes and snack bars.

**Toilets:** Yes

**Other:** Fine gardens and parks. Skate Park.



**Location:** The Knap, Barry, Vale of Glamorgan.  
[www.visitthevale.com/towns/barry-barry-island](http://www.visitthevale.com/towns/barry-barry-island)

NGR ST 098665

# Porthkerry Country Park - Barry

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## WALKING LOCATION

220 acres of woods and meadowland in a sheltered valley leading to a pebble beach and views of spectacular cliffs. Porthkerry Country Park offers a variety of walking opportunities on a range of surfaces to suit all. There are waymarked trails and route leaflets available from the park

**The Paths:** Woodland trail - dry compacted surface, one flight of steps near café.  
Parkland - level cut grass surface. Concrete footpaths - directly from café/car park to coast.

## FACILITIES

**Parking:** Yes charges apply.

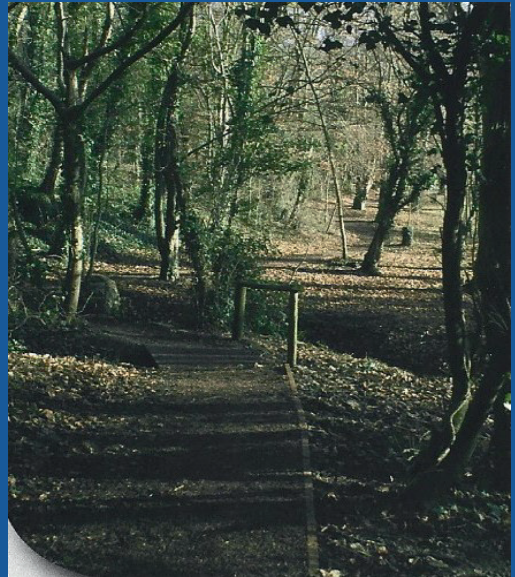
**Entry Charges:** No

**Refreshments:** Café open 9.30am from April to September

**Toilets:** Yes

**Disabled:** Parking spaces and toilets available.

**Other:** Nature trails, picnic sites, play area, barbecue area.



**Location:** Park Road, Barry, Vale of Glamorgan CF62 3BY

NGR ST 085668

[www.valeofglamorgan.gov.uk/en/enjoying/Parks-and-Gardens/Parks-and-Gardens.aspx](http://www.valeofglamorgan.gov.uk/en/enjoying/Parks-and-Gardens/Parks-and-Gardens.aspx)

Telephone 01446 733589

# Llantwit Major - Blue Plaque Trail

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## WALKING LOCATION

Wander around the historic town of Llantwit Major and locate all the Blue Plaques. For further information download the map.

[www.visitthevale.com/attractions/blue-plaques](http://www.visitthevale.com/attractions/blue-plaques)

## FACILITIES

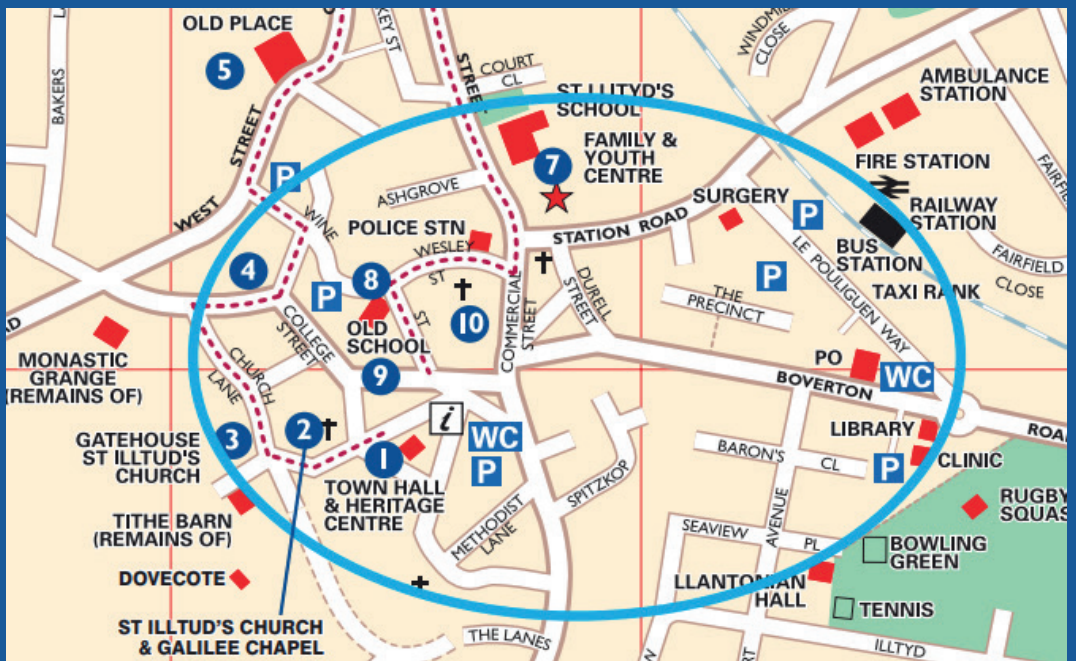
**Parking:** Yes paid and free.

**Entry Charges:** No

**Refreshments:** Many hospitality outlets.

**Toilets:** Yes

**The Paths:** Pavements.



**Location:** Llantwit Major Vale of Glamorgan.

NGR SS 970689

[www.visitthevale.com/attractions/blue-plaques](http://www.visitthevale.com/attractions/blue-plaques)

# Vale of Glamorgan - *Easy Walking Locations*



1. Penarth Barrage & Marina
2. Penarth Promenade, Pier & Gardens
3. Penarth Cliff top to Lavernock
4. Penarth Cosmeston Lakes Country Park
5. Barry Island
6. Barry - The Waterfront
7. Barry - The Knap
8. Barry - Porthkerry Country Park
9. Llantwit Major - Blue Plaque Trail
10. Welsh St Donats - Hensol Forest, Mynydd y Glew
11. Welsh St Donats - Hensol Forest, Pysgodlyn Mawr
12. Marcross - Nash Point
13. Southerndown - Dunraven Bay



# Hensol Forest - Mynydd y Glew

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## WALKING LOCATION

Forestry with primarily conifer woodland with pockets of native broadland species located in a peaceful rural location in the centre of the Vale. Hensol forest offers a range of walking opportunities on forest tracks and footpaths. The more accessible walking is along forest tracks and not specifically waymarked

**The Paths:** Forest tracks - firm, wide, well drained tracks with some loose chippings.

## SUGGESTED ROUTE

Exit car park on to a forest track. Turn right and proceed until you reach a junction with a track on your left. Turn left here and proceed until you reach a cross roads of tracks. Turn left here and follow track until you return to car park.

## FACILITIES

**Parking:** Forestry Commission Car Park

**Entry Charges:** No

**Refreshments:** No

**Toilets:** No

**Other:** Barbecue area.



**Location:** Hensol Forest, Welsh St Donats, Vale of Glamorgan

NGR ST 032768

[www.forestry.gov.uk](http://www.forestry.gov.uk) Telephone 0300 065 3000

# Hensol Forest - Pysgodlyn Mawr Lake

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## WALKING LOCATION

Forestry with primarily conifer woodland with pockets of native broadland species leading to a beautiful lake in a wild setting. Hensol forest offers a range of walking opportunities on forest tracks and footpaths. The more accessible walking is along forest tracks and not specifically waymarked

**The Paths:** Forest tracks - firm, wide, gently sloping, well drained tracks with some loose chippings.

## SUGGESTED ROUTE

There are several linear walks from this start point, which take in the lake and surrounding forestry. Due to changes to improve access being made by National Resources Wales (NRW) it is suggested you explore the various pathways and find routes that meet your particular needs.

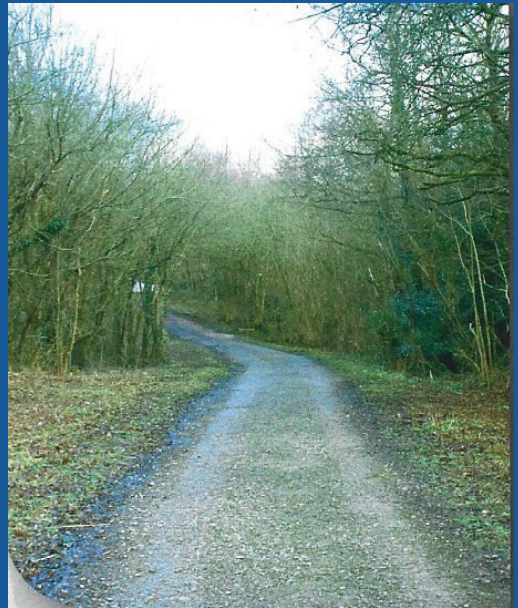
## FACILITIES

**Parking:** Layby

**Entry Charges:** No

**Refreshments:** No

**Toilets:** No



**Location:** Hensol Forest, Welsh St Donats, Vale of Glamorgan

NGR ST 042758

[www.forestry.gov.uk](http://www.forestry.gov.uk) Telephone 0300 065 3000

# Nash Point - Lighthouses - Marcross, Llantwit Major

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## WALKING LOCATION

Rugged cliff-top location on the Glamorgan Heritage Coast in the western Vale  
A large grassy area on the cliffs adjacent to the car park has some of the most stunning views on the Coast.

**The Paths:** Tarmac Path.

## SUGGESTED ROUTE

Walk along the track to the imposing lighthouse and a public footpath takes you into the walled Trinity House grounds

## FACILITIES

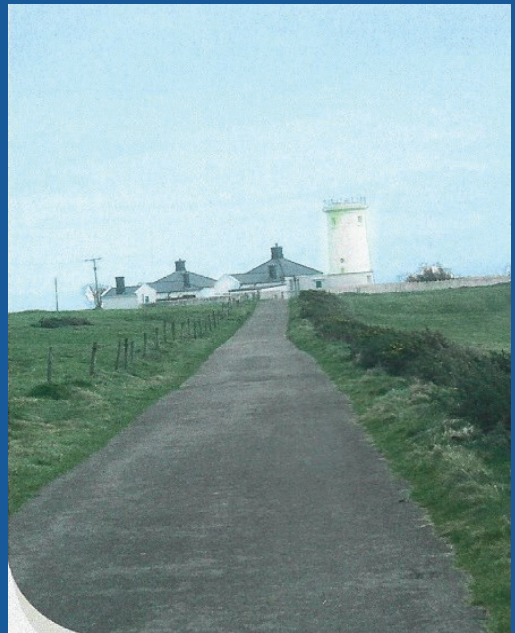
**Parking:** Yes (Charges Apply)

**Entry Charges:** No

**Refreshments:** Seasonal cafe.

**Toilets:** Yes when café is open.

**Other:** For further information  
[www.visitthevale.com/attractions/nash-point-beach-and-lighthouse](http://www.visitthevale.com/attractions/nash-point-beach-and-lighthouse)



**Location:** Nash Point, Marcross, Llantwit Major, Vale of Glamorgan. NGR SS 916684  
Glamorgan Heritage Coast Centre Telephone 01656 880157



# Dunraven Bay - Southerndown

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## WALKING LOCATION

Beautiful sandy beach at low tide set within rugged cliff top location on the Glamorgan Heritage Coast

**The Paths:** Tarmac Track

## SUGGESTED ROUTE

Head through the lodge gates along the tarmac track up an incline to Dunraven Gardens and beyond to dramatic cliff top views.

Alternatively a track will take you from the lower car park a short way up the valley to the Glamorgan Coast Heritage Centre.

## FACILITIES

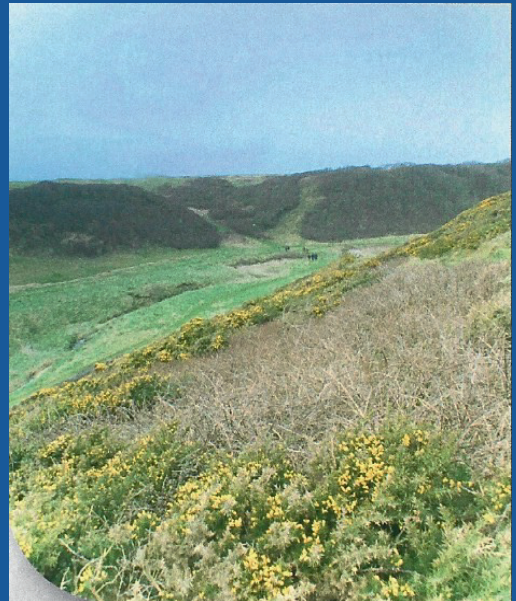
**Parking:** Yes (Charges Apply)

**Entry Charges:** No

**Refreshments:** Seasonal snack shop.

**Toilets:** Yes

**Other:** Glamorgan Heritage Coast Centre - information & Shop, Dunraven Gardens (open Easter to August). Picnic Tables.



**Location:** Dunraven Park, Southerndown, Vale of Glamorgan CF 32 0RP NGR SS 885732  
Glamorgan Heritage Coast Centre Telephone 01656 880157

## **Parks & Gardens**

For details of the many parks & gardens in the Vale Visit:

[www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk)

Select “Enjoying” then “Parks & Gardens”

## **Public Transport Information - Gwybodaeth Cludiant**

Traveline Cymru

Telephone 0800 464 0000

[www.traveline.info](http://www.traveline.info)

## **Staying in the Vale**

Vale of Glamorgan Tourist information [www.visitthevale.com](http://www.visitthevale.com)

Telephone 01446 747171

11am - 5pm, Monday - Friday

## **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.
- Take care on the coast, beware of cliffs.

## **Further Information**

**For any other queries and further walking opportunities contact:**

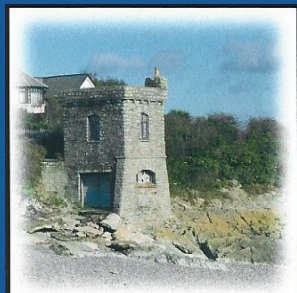
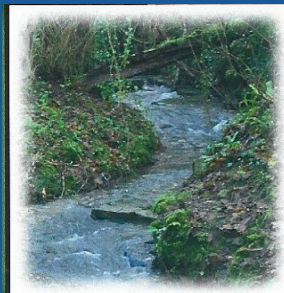
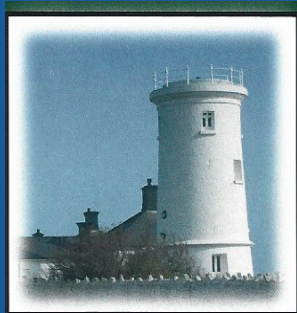
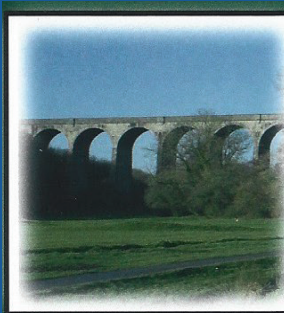
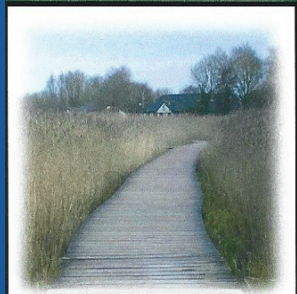
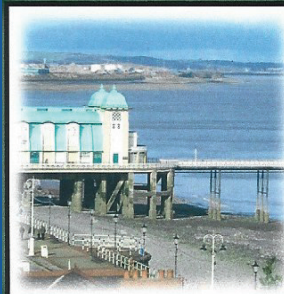
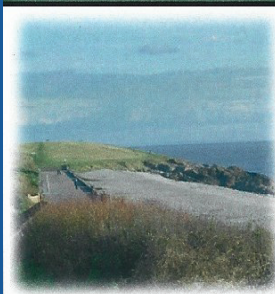
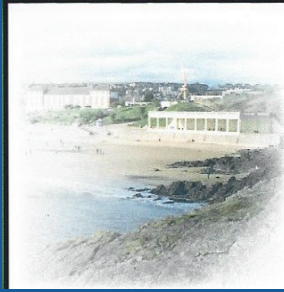
**Valeways**

**Tel 01446 749000**

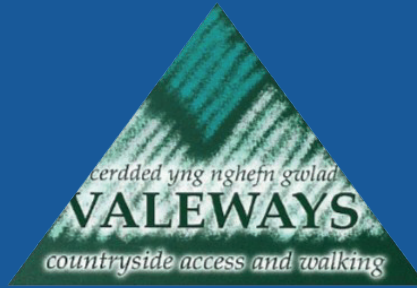
**[info@valeways.org.uk](mailto:info@valeways.org.uk)**

**[www.valeways.org.uk](http://www.valeways.org.uk)**

# Gallery



Walk Locations and Gallery photography courtesy of Ray Price



Valeways is a registered charity established in 1996 working to improve and maintain access to the Vale of Glamorgan countryside. Volunteer effort contributes to footpath maintenance and improvements. The charity also produces walking guides, led-walking programmes and the Millennium Heritage Trail long-distance footpath.



Supported by Huw Allaway and his Harvest

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

Telephone: 01446 749000

Email: [info@valeways.org.uk](mailto:info@valeways.org.uk)

Website: [www.valeways.org.uk](http://www.valeways.org.uk)

Registered Charity No 1062031