

All the following are Easy Walks up to 1 hour. No stiles, steps or steep inclines.

Coffee Shop Strollers

Barry, Bron Y Môr car park, Cold Knap, **10:30am**

Wednesdays: 10, 24 April 8, 22 May 5, 19 June

 Walk Leader: Mike 07510 695768

Cowbridge, Physic Garden Fountain, **2:30pm**

Wednesdays: 10, 24 April 8, 22 May 5, 19 June

 Walk Leader: Rebecca 07890 941502

Cosmeston, outside Visitor Centre, **10:30am**

Wednesdays: 3, 17 April 1, 15, 29 May 12, 26 June

 Walk Leader: Owen 07789 663436

Llantwit Major, outside the Town Hall, **2:30pm**

Wednesdays: 3, 17 April 1, 15, 29 May 12, 26 June

Walk Leader: Alan 07551 620326

St. Athan, Three Horseshoes CF62 4PF, **10:30am**

Thursdays: 11, 25 April 9, 23 May 6, 20 June

 Walk Leader: Paul 07974 772102

Well Being Strollers, Costa Coffee car park, Retail Park, Barry Waterfront **2:30pm**

Thursdays: 4, 18 April 2, 16, 30 May 13, 27 June

Walk Leader: Owen 07789 663436


Well Being Strollers, Costa Coffee car park, Retail Park, Barry Waterfront **2:30pm**

Thursdays: : 11, 25 April 9, 23 May 6, 20 June

 Walk Leader: Paul 07974 772102

Living with Cancer Strollers, Cosmeston **10:30am**

Thursdays: 4 April 2 May 6 June

 Walk Leader: Lynne 07729 991491

Walk for Carers Barry Island Station, **10:30am**

Thursdays: 25 April 30 May 27 June

 Walk Leader: Lynne 07729 991491

Stress Buster Strollers Romilly Park, Barry, by the Tennis Courts **10:30am**

Tuesdays: 30 April 28 May 25 June

 Walk Leader: Lynne 07729 991491

How to contact Valeways

Unit 7,

Barry Community Enterprise Centre,
Skomer Road, Barry. CF62 9DA

Tel: 01446 749000

www.valeways.org.uk

info@valeways.org.uk



www.facebook.com/Valeways


How can you support Valeways?

For information on how to become a Friend of Valeways please visit www.valeways.org.uk, and click on Support Us in the drop down menu.

Volunteer with Valeways

There are many volunteering opportunities available in Valeways including outdoor Walk & Clear Work Parties, I.T. Trustee, Website

To find out more contact Valeways
01446 749000 or Email: info@valeways.org.uk

Where you see this symbol  the walk is dementia friendly.

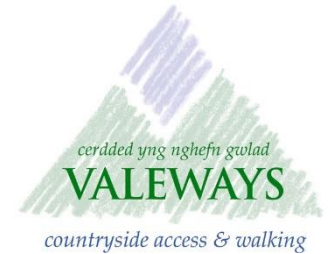
This symbol  indicates a bilingual walk.

WALK

Talk

Explore

Exercise



Free Guided Walks in the Vale of Glamorgan

April - June 2024



























Turn up and go! Families Welcome

Children to be accompanied by an adult

Registered Charity Number: 10620

Valeways Guided Walks April – June 2024

April	Time	Name of Walk	Grade	Start	Walk Leader
01 Mon	1030	Walking books: Touching the Void by Joe Simpson		Dinas Powys, St Peter's Church, Mill Rd. CF64 4BY	Lynne 07729 991491
06 Sat	1000	Salmon Leaps		Dinas Powys, St Peter's Church, Mill Rd. CF64 4BY	Dave 07707 898720
07 Sun	1400	Hope to see the natives!		St. Brides Major Post Office CF32 0SB	Rebecca 07890 941502
11 Thurs	0930	Nash Manor and The Herberts		Sigingston, The Victoria Inn CF71 7LP	Alan 07551 620326
14 Sun	1400	Ruthin Reversed and More!		Ruthin Quarry Car Park CF35 5DY	Phil 07799 532767
21 Sun	1400	Llantwit Circular		Llantwit Major Railway Station Car Park CF61 1ST	Paul 07974 772102
25 Thurs	1000	The Three Saints Walk – just under 9 miles		Peterston-super-Ely, Main Avenue CF5 6LQ	Sheila 07932 523415
Sunday 28th April - Friends of Valeways Walk with Derek Brockway					
May	Time	Name of Walk	Grade	Start	Walk Leader
05 Sun	1400	A sea of blue?		Cowbridge Town Hall Car Park CF71 7EE	Rebecca 07890 941502
06 Mon	1030	Walking books: The Loneliness of the Long Distance Runner by Alan Silitoe		Barry, Nant Talwg Way, CF62 6LZ	Lynne 07729 991491
16 Thurs	0930	Llangan and Treoes		Penllyn, The Fox CF71 7RQ	Alan 07551 620326
19 Sun	1400	St. Nicholas Downs		St. Nicholas, The Downs CF5 6SB	Phil 07799 532767
23 Thurs	1000	St. Hilary-Llantrithyd-Llancarfan – 8 miles		St. Hilary, The Bush Inn CF71 7DF	Sheila 07932 523415
25 Sat	1000	Coastal Path, Parks and Railway Line		Cosmeston Country Park CF64 5UY - Parking fee	Dave 07707 898720
26 Sun	1400	St. Athan and Rills Valley		St. Athan, Llantwit Rd. CF62 4PF	Paul 07974 772102
June	Time	Name of Walk	Grade	Start	Walk Leader
09 Sun	1400	Let's go back 6,000 years!		Dyffryn Gardens Car Park nearest the road CF5 6FZ	Rebecca 07890 941502
12 Wed	1000	St. Athan and Coastal Circular 		St. Athan, Llantwit Rd. CF62 4PF	Gwenda 07811 503210
17 Mon	1800	Salmon Leaps		Lecwith Village lay by – CF11 8AR	Dave 07707 898720
23 Sun	1400	Coast, Quarry and Nature		Fontygary Leisure Centre CF62 3ZT	Phil 07799 532767
27 Thurs	1000	St. Hilary – Welsh St. Donats – 8 miles		St. Hilary, The Bush Inn CF71 7DF	Sheila 07932 523415
30 Sun	1400	Wrinston, Leaps and Woods		Wenvoe, Station Rd. West CF5 6AG	Paul 07974 772102

-  **Progression Walks:** Approximately 1.5 hours, gentle terrain with limited stiles, steps or steep inclines.
-  **Secondary Walks:** Approximately 2 – 2.5 hours with some stiles, steps or steep inclines.
-  **Extended Walks:** Approximately 3 – 4 hours. Many stiles, steps or steep inclines. Bring drink and a snack.