




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


Coffee Shop Strollers


Barry. 10:30am, Bron Y Môr car park, Cold Knap
Wednesdays: 6, 20 Jan. 3, 17 Feb. 3, 17, 31 Mar.
Walk Leader: Mike 07510 695768


Cowbridge, 2:30pm Physic Garden Fountain
Wednesdays: 6, 20 Jan. 3, 17 Feb. 3, 17, 31 Mar.
 **Walk Leader:** Rebecca 07980 941502

Cosmeston, 10:30am outside Visitor Centre
Wednesdays: 13, 27 Jan. 10, 24 Feb. 10, 24 Mar.
 **Walk Leader:** Babs 07765 432676

Llantwit Major 2:30pm Town Hall
Wednesdays: 13, 27 Jan. 10, 24 Feb. 10, 24 Mar.
 **Walk Leader:** Alan 07551 620326

Penarth, 2:30pm cliff top café car park
Thursdays: 7, 21 Jan. 4, 18 Feb. 4, 18 Mar.
 **Walk Leader:** Paul 07974 772102

Living with Cancer Strollers 10:30am Cosmeston
Thursdays: 7 January 4 February 4 March
 **Walk Leader:** Lynne 07729 991491

Walk for Carers 10:30am Barry Island Station
Thursdays: 28 January 25 February 25 March
 **Walk Leader:** Lynne 07729 991491

Remember

- Appropriate footwear and clothing
- Park Responsibly
- Children to be accompanied by an adult
- Sorry but we cannot allow dogs

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?
To become a Friend of Valeways please
visit www.valeways.org.uk**

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

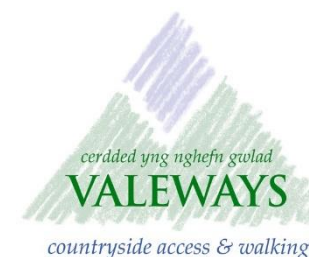
Where you see this symbol  the walk is dementia friendly.

Classification of walks:

👣 **Progression** walks up to 2 hours. Some stiles, steps or steep inclines.

👣👣 **Extended** walks up to 3 hours. Many stiles, steps or steep inclines. Bring drink and a snack.

WALK Talk Explore Exercise

































Free Guided Walks in the Vale of Glamorgan

January – March 2021



Registered Charity Number: 1062031

Please check our Website, Facebook and Twitter accounts for any unavoidable changes to the programme
e.g. cancelled walk, change of start

January	Time	Name of Walk	Grade of Walk	Start	Walk Leader
01 Fri	1300	Dave's New Year's Day Walk	 0 stiles	Dinas Powys, St Peter's Church, Mill Rd.	Dave 07707 898720
03 Sun	1400	Cowbridge before 12th Night	 some stiles	Cowbridge Town Hall car park	Rebecca 07890 941502
06 Wed	1100	Cadoxton	 0 stiles	Cadoxton, Victoria Park by bandstand CF63 2JT	Oggie 07974 431839
10 Sun	1400	Stuff the turkey!	 some stiles	Llantwit Major Railway Station	Rebecca 07890 941502
11 Mon	1100	Blow Away the Cobwebs	 0 stiles	Barry Waterfront, entrance to Asda car park	Babs 07765 432676
14 Thurs	1000	An orbit of Cowbridge – 6 miles	 10+ stiles	Cowbridge, Forage, off A48, CF71 7FF	Alan 07551 620326
17 Sun	1300	A Scenic View of Barry	 0 stiles	Barry, Romilly Park by Gorsedd Stones	Oggie 07974 431839
24 Sun	1100	A Trip Around the Bay – 6 miles	 0 stiles	Penarth, car park behind Oystercatcher, Marconi Ave. CF64 1SB	Dave 07707 898720
24 Sun	1400	Rhose to Porthkerry Coastal Walk	 0 stiles	Rhose Railway Station	Phil 07799 532767
28 Thurs	1000	Where shall we go today? – 7 miles	 20+ stiles	Colwinston, Sycamore Tree CF71 7NG	John 07791 138002
31 Sun	1400	Welsh Ramble (Bilingual)	 some stiles	Llantwit Major, beach car park	Paul 07974 772102
February					
07 Sun	1400	Tales of Dunraven	 some stiles	Southerndown, roadside at The Three Golden Cups CF32 0RW	Rebecca 07890 941502
07 Sun	1400	Docks and Daggertown	 0 stiles	Penarth, car park off Marconi Ave. CF64 1SP	Peter 07980 643869
08 Mon	1100	Llantwit Lanes	 0 stiles	Llantwit Major Railway Station car park	Babs 07765 432676
11 Thurs	1000	Up and Over Ogmores Down – 6 miles	 10+ stiles	Ogmores by Sea, The Pelican in her Piety CF32 0QP	Alan 07551 620326
14 Sun	1400	Lovers Lanes	 some stiles	Cowbridge Town Hall car park	Rebecca 07890 941502
16 Tues	1030	A Long Walk Around Cosmeston	 1 stile	Cosmeston Country Park, outside Visitor Centre	Lynne 07729 991491
21 Sun	1400	Knap & Park	 0 stiles	Porthkerry Country Park, by cafe	Phil 07799 532767
25 Thurs	1000	To a Castle – 7 miles	 20+stiles	St. Athan, The Roost, Rock Rd. CF62 4PG	John 07791 138002
28 Sun	1400	Around Nature Reserve	 1 stile	Gileston, beach car park CF62 4HX	Paul 07974 772102
28 Sun	1300	The Blue Plaques of Llantwit	 0 stiles	Llantwit Major Railway Station	Oggie 07974 431839
March					
07 Sun	1400	Wild Flowers in the Vale	 some stiles	St. Brides Major Post Office CF32 0SB	Rebecca 07890 941502
07 Sun	1400	Mast and Downs	 some stiles	Wenvoe Church, Old Port Rd. CF5 6DF	Peter 07980 643869
08 Mon	1100	Promenade and Parks	 0 stiles	Penarth, cliff top car park	Babs 07765 432676
11 Thurs	1000	Castle-upon-Alun Figure of 8 – 7 miles	 10+ stiles	Ewenny Priory car park CF35 5BW	Alan 07551 620326
14 Sun	1400	If we go down to the woods today!	 some stiles	Colwinston Church car park CF71 7BF	Rebecca 07890 941502
21 Sun	1400	Around the Airport	 0 stiles	Rhose Railway Station	Phil 07799 532767
25 Thurs	0945	Old and New – 7 miles	 20+ stiles	Wenvoe, Horse and Jockey CF5 6BG	John 07791 138002
28 Sun	1400	East Orchard Castle & Gileston	 some stiles	St. Athan, Llantwit Rd. next to Londis	Paul 07974 772102
28 Sun	1000	Barry's Best Bits	 0 stiles	Barry, Romilly Park by Gorsedd Stones	Oggie 07974 431839