
 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: 14, 28 Oct. 11, 25 Nov, 9, 23 Dec.
Walk Leader: Mike 07510 695768


Cowbridge, 2:30pm Physic Garden Fountain

Wednesdays: 14, 28 Oct. 11, 25 Nov, 9, 23 Dec.
 **Walk Leader:** Rebecca 07980 941502


Cosmeston, 10:30am outside Visitor Centre

Wednesdays: 7, 21 Oct. 4, 18 Nov. 2, 16, 30 Dec.
 **Walk Leader:** Babs 07765 432676


Llantwit Major 2:30pm Town Hall

Wednesdays: 7, 21 Oct. 4, 18 Nov. 2, 16 Dec.
 **Walk Leader:** Alan 07551 620326


Penarth, 2:30pm cliff top café car park

Thursdays: 1, 15, 29 Oct. 12, 26 Nov. 10, 31 Dec.
 **Walk Leader:** Paul 07974 772102

Living with Cancer Strollers 10:30am Cosmeston

Thursdays: 1 October 5 November 3 December
 **Walk Leader:** Lynne 07729 991491

Walk for Carers 10:30am Barry Island Station

Thursdays: 29 Oct, 26 Nov. 31 Dec.
 **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

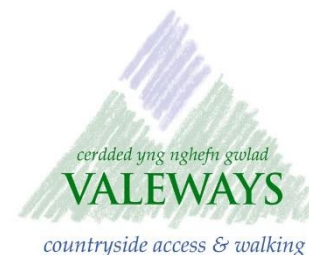
Where you see this symbol  the walk is dementia friendly.

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

October – December 2020



Registered Charity Number: 1062031

October	Time	Name of Walk and Classification	Start	Leaders
01 Thurs	11:00am	Coast, Planes & Trains 	Rhose , Railway Station car park	Phil 07799 532767
04 Sun	10:00am	A bit of this and a bit of that with Ham! 	Llantwit Major Railway Station	Oggie 07974 431839
11 Sun	2:00pm	Scenic Views 	St.Nicholas , Natural Burial Grounds car park, off A48	Paul 07974 772102
12 Mon	11:00am	Beach and Dovecote 	Llantwit Major Railway Station car park	Babs 07765 432676
15 Thurs	10:00am	Take a break at St. Quentin's – 6.4 miles 	Sigingstone , The Victoria Inn CF71 7LP	Alan 07551 620326
18 Sun	2:00pm	Castle, Manor and Spring 	Bonvilston , Old Post Pub car park, CF5 6TQ	Peter 07980 643869
18 Sun	2:00pm	Coastal Path, Lakes & Trains 	Penarth cliff top car park	Dave 07707 898720
22 Thurs	10:30am	A Castle & Two Lighthouses – 5 miles 	Marcross , Nash Point car park CF61 1ZH	Alan 07551 620326
25 Sun	2:00pm	Apple day at Llanblethian Orchard 	Cowbridge Leisure Centre	Rebecca07890 941502
25 Sun	2:00pm	Welsh Ramble (Bilingual) 	Llantwit Major beach car park	Paul 07974 772102
29 Thurs	10:00am	Dinosaurs in the Vale? 	Penmark , Six Bells CF62 3BP	John 07791 138002
31 Sat	7:00pm	Halloween Walk – bring torches 	Dinas Powys , St. Peter's Church, Mill Rd.	Dave 07707 898720
November				
01 Sun	10:00am	Four Fields and Waterfall 	Barry , Romilly Park by Gorsedd Stones	Oggie 07974 431839
05 Thurs	11:00am	Vicars, Park and Coast 	Porthkerry Caravan Park	Phil 07799 532767
08 Sun	2:00pm	Coast and Beacon 	Southerndown , The Barn CF32 0PY	Rebecca07890 941502
09 Mon	11:00am	Woods and Valleys 	Barry , outside All Saints Church, Park Rd.	Babs 07765 432676
12 Thurs	10:00am	Two Long Cairns – 7 miles 	Dyffryn Gardens, CF71 7DA, lower car park	Alan 07551 620326
15 Sun	2:00pm	Manor, Power & Lanes 	Gileston beach car park CF62 4HX	Paul 07974 772102
19 Thurs	10:30am	See the Sea Stack (if you dare) 5 miles 	Monknash , New Mill Farm CF71 7QQ car park (honesty box)	Alan 07551 620326
22 Sun	2:00pm	A Walk in the Parks and Toe the Line! 	Penarth , cliff top car park	Dave 07707 898720
22 Sun	2:00pm	Ely Valley and Cogan Pill 	Llandough, (Penarth) , St. Dochdwy Church CF64 2NN	Peter 07980 643869
26 Thurs	10:00am	Which way shall we go today? 7 miles 	Colwinston , Sycamore Tree CF71 7NG	John 07791 138002
December				
03 Thurs	11:00am	Nature, Coast, Quarry and Home 	Fontygary Caravan Park	Phil 07799 532767
06 Sun	10:00am	Winter Island 	Barry , Romilly Park by Gorsedd Stones	Oggie 07974 431839
06 Sun	2:00pm	A Winter's Walk 	Barry Island , Redbrink Cresc. entrance to Jackson Bay	Dave 07707 898720
13 Sun	2:00pm	Beach & Surrounding Area 	Llantwit Major beach car park	Paul 07974 772102
14 Mon	11:00am	Countryside and Coast 	Cosmeston Country Park, outside Visitor Centre	Babs 07765 432676
17 Thurs	10:00am	Possibly the highest point in the Vale 	Peterston-super-Ely , The Three Horseshoes CF5 6LH	Alan 07551 620326
20 Sun	2:00pm	Sisley Was Here! 	Penarth , cliff top car park, 8 Cliff Parade CF64 5BP	Peter 07980 643869
27 Sun	2:00pm	Barry before Barry 	Barry , Colcot Arms CF62 8UJ	Rebecca07890 941502
01 Jan	1:00pm	Dave's New Year's Day Walk 	Dinas Powys , St. Peter's Church, Mill Rd.	Dave 07707 898720

Please check our Website, Facebook and Twitter accounts for any unavoidable changes to the programme.