

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: 28 April 12, 26 May 9, 23 June

Walk Leader: Mike 07510 695768

Cowbridge, Physic Garden Fountain, 2:30pm

Wednesdays: 28 April, 12, 26 May 9, 23 June



Walk Leader: Rebecca 01446 749000

Cosmeston, outside Visitor Centre, 10:30am

Wednesdays: 5, 19 May 2, 16, 30 June



Walk Leader: Babs 07765 432676

Llantwit Major outside the Town Hall, 2:30pm

Wednesdays: 5, 19 May 2, 16 30 June



Walk Leader: Alan 07551 620326

Penarth cliff top café car park, 2:30pm

Thursdays: 29 April, 13, 27 May 10, 24 June



Leader: Paul 07974 772102

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Living with Cancer Strollers, Cosmeston 10:30am

Thursdays: 6 May 3 June



Walk Leader: Lynne 07729 991491

Walk for Carers Barry Island Station, 10:30am

Thursdays: 29 April 27 May 24 June



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

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



[www.facebook.com/Valeways](https://www.facebook.com/Valeways)


#### How can you support Valeways?

For information on how to become a Friend of Valeways please visit [info@valeways.org.uk](mailto:info@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](mailto:info@valeways.org.uk)

Where you see this symbol  the walk is dementia friendly.

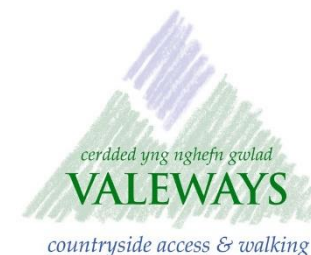
**Turn up and go!**

**Families welcome**

**Registered Charity Number: 1062031**

# WALK

# Talk Explore Exercise
























## Free Guided Walks in the Vale of Glamorgan

### 28 April – 30 June 2021



## Valeways Guided Walks 28 April – 30 June 2021

May	Time	Name of Walk	Grade	Start	Walk Leader
02 Sun	1400	<b>Cowbridge Blossoming</b>		<b>Cowbridge</b> Town Hall car park	Rebecca 07890 941502
09 Sun	1400	<b>Hensol Circular</b>		<b>Welsh St. Donats</b> , Hensol Forestry car park CF71 7SW	Peter 07980 643869
09 Sun	1400	<b>Scenic Views</b>		<b>St. Nicholas</b> , Natural Burial Ground car park	Paul 07974 772102
13 Thurs	0930	<b>In &amp; About Welsh St. Donats – 7 miles</b>		<b>Welsh St. Donats</b> , Hensol Forestry car park CF71 7SW	Alan 07551 620326
16 Sun	1400	<b>Castle-upon-Alun Bluebells</b>		<b>St. Brides Major</b> , Post Office CF32 0SB	Rebecca 07890 941502
19 Wed	1830	<b>It's a climb to St. Nicholas – 3 miles</b>		<b>Peterston-super-Ely</b> , The Sportsmans Rest	Alan 07551 620326
24 Mon	1100	<b>Orchids, Woods and Castles</b>		<b>Wenvoe</b> , Walston Castle car park	Babs 07765 432676
27 Thurs	1000	<b>To a Castle – 7 miles</b>		<b>St. Athan</b> , The Roost, Rock Rd. CF62 4PG	John 07791 138002
30 Sun	1400	<b>Around Nature Reserve</b>		<b>Gileston</b> Beach car park CF62 4HX	Paul 07974 772102
30 Sun	1400	<b>Penmark to Fonmon and back</b>		<b>Rhose</b> Railway Station	Phil 07799 532767
June	Time	Name of Walk	Grade	Start	Walk Leader
06 Sun	1400	<b>To the Salmon Leaps and back via Ice House</b>		<b>Leckwith</b> Village lay-by	Dave 07707 898720
06 Sun	1400	<b>Castle-upon-Alun Circle</b>		<b>St. Brides Major</b> Post Office, opp. The Fox CF32 0SB	Peter 07980 643869
10 Thurs	0930	<b>The Villages of Cowbridge – 7 miles</b>		<b>Cowbridge</b> , Forage, A48 CF71 7FF	Alan 07551 620326
13 Sun	1400	<b>St. Athan to Gileston</b>		<b>St. Athan</b> , Llantwit Rd. CF62 4PF	Paul 07974 772102
16 Wed	1830	<b>A short walk on a long evening! – 3.5 miles</b>		<b>Penllyn</b> , The Red Fox Inn CF71 7RQ	Alan 07551 620326
20 Sun	1400	<b>Llantwit Lanes and Coast</b>		<b>Llantwit Major</b> Railway Station car park	Rebecca 07890 941502
20 Sun	1400	<b>To the Ridgeway and back through Golf Course</b>		<b>St. Andrews Major</b> Primary School, car park opposite	Dave 07707 898720
24 Thurs	0945	<b>Old and New – 7 miles</b>		<b>Wenvoe</b> , Horse and Jockey CF5 6BG	John 07791 138002
27 Sun	1400	<b>East Orchard Castle &amp; Gileston</b>		<b>St. Athan</b> , Llantwit Rd. CF62 4PF	Paul 07974 772102
27 Sun	1400	<b>Llanmihangel House and Church</b>		<b>Llantwit Major</b> , Windmill Fields, Frampton Lane CF61 2XC	Phil 07799 532767
28 Mon	1100	<b>Beach and Dovecote</b>		<b>Llantwit Major</b> Railway Station car park	Babs 07765 432676

### New Classification of Walks.



**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.