

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

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

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 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@valways.org.uk

Where you see this symbol  the walk is dementia friendly.

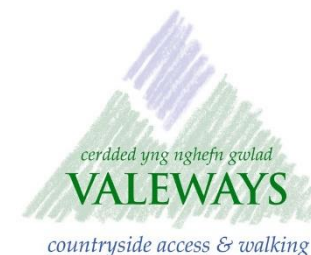
Turn up and go!

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