

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: 13, 27 April 11, 25 May 8, 22 June

 Walk Leader: Mike 07510 695768


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

Wednesdays: : 13, 27 April 11, 25 May 8, 22 June

 Walk Leader: Rebecca 07890 941502

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

Wednesdays: 6, 20 April 4, 18 May 1, 15, 29 June

 Walk Leader: Babs 07765 432676


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

Wednesdays: 6, 20 April 4, 18 May 1, 15, 29 June

Walk Leader: Alan 07551 620326

Penarth cliff top café car park, **2:30pm**

Thursdays: 14, 28 April 12, 26 May 9, 23 June

 Walk Leader: Paul 07974 772102

Well-being Strollers

Golau Caredig, Gladstone Rd. Barry **2:30pm**

Thursdays: 7, 21 April 5, 19 May 2, 16, 30 June

Walk Leader: Charles 07883 512383

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

Tuesdays: 26 April 31 May 28 June

 Walk Leader: Lynne 07729 991491

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

Thursdays: 7 April 5 May 2 June

 Walk Leader: Lynne 07729 991491

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

Thursdays: 28 April 26 May 30 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.

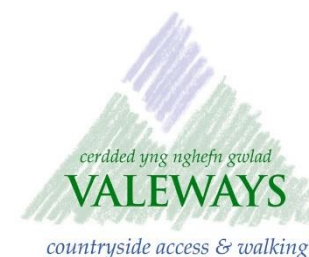
This symbol  indicates a bilingual walk.

WALK

Talk

Explore

Exercise



Free Guided Walks in the Vale of Glamorgan

April - June 2022



































Turn up and go! Families Welcome

Children to be accompanied by an adult

Registered Charity Number: 1062031

Valeways Guided Walks April – June 2022

April	Time	Name of Walk	Grade	Start	Walk Leader
03 Sun	1400	Walk in the park		Porthkerry Caravan Park CF62 3ZP	Phil 07799 532767
10 Sun	1000	In search of the Purple Gromwell!		Barry, Romilly Park by the Gorsedd Strones CF62 6RQ	Oggie 07974 431839
13 Wed	1000	St. Athan Circular 		St. Athan, Llantwit Rd. CF6 4PF	Gwenda 07811 503210
14 Thurs	1000	Cwm Nash & Cwm Marcroes		Monkash. The Plough and Harrow CF71 7QQ	Alan 07551 620326
17 Sun	1400	Wenvoe Wander – 3.8 miles		Wenvoe, Station Rd. West CF5 6AG	Paul 07974 772102
20 Wed	1830	Spring Flowers		Penllyn, The Red Fox CF71 7RQ	Alan 07551 620326
21 Thurs	1030	Figure of Eight Walk – 6.4 miles		Dinas Powys, St. Peter's Church, Mill Rd. CF64 4BY	Dave 07707 898720
24 Sunday Friends of Valeways Event Cosmeston Country Park with Valeways President – Derek Brockway					
28 Thurs	1000	'Round and about!' – 7 miles		Penllyn, The Red Fox CF71 7RQ	John 07791 138002
May	Time	Name of Walk	Grade		Walk Leader
04 Wed	1830	Sunset on Aberthaw Beach. Dogs Welcome		Fontygary Leisure Park CF62 3EL	Alan 07551 620326
05 Thurs	1000	Walking with Dinosaurs		Sully Inn car park CF64 5TD	Oggie 07974 431839
08 Sun	1400	Over the top, through the park and back		Barry, Cold Knap seafront CF62 6SW	Dave 07707 898720
12 Thurs	1000	Llancarfan Valley		Llancarfan, public car park behind Fox & Hounds CF62 3AD	Alan 07551 620326
15 Sun	1400	Wenvoe Orchard Walk		Wenvoe, St. Mary's Church, Old Port Rd. CF5 6AL	Phil 07799 532767
18 Wed	1000	Llantwit Major/Sheepleys Farm Circular 		Llantwit Major beach car park CF61 1YX	Gwenda 07811 503210
22 Sun	1400	St. Athan and Gileston Circular – 3.3 miles		St. Athan, Llantwit Rd. CF6 4PF	Paul 07974 772102
26 Thurs	1000	'This way and that!' – 7miles		Colwinston, The Sycamore Tree CF71 7NG	John 07791 138002
28 Sat	0945	Coastal Path 10 th Anniversary Walk Llantwit - Barry		Barry Station car park – train fare to Llantwit Major	Dave 07707 898720
June	Time	Name of Walk	Grade	Start	Walk Leader
05 Sun	1400	Kenson Valley and Llancadle		Fontygary Caravan car park CF62 3ZT	Phil 07799 532767
09 Thurs	1000	Talygarn House		Welsh St. Donats, Hensol Forestry car park CF71 7SW	Alan 07551 620326
12 Sun	1400	Over Ogmere Down		St. Brides Major, The Village Shop CF32 0SB	Peter 07980 643869
13 Mon	1830	Seven Counties View		Peterston- super- Ely, lay by near bridge CF5 6LH	Dave 07707 898720
15 Wed	1000	Rhose/Fonmon Circular 		Rhose Railway Station CF62 3EL	Gwenda 07811 503210
19 Sun	1400	High Brown Fritillary butterfly habitat walk		St. Brides Major Post Office CF32 0SB	Rebecca 07890 941502
22 Wed	1830	Ely Valley		Peterston-super-Ely, The Sportsmans Rest CF5 6LH	Alan 07551 620326
26 Sun	1400	Llantwit Circular		Llantwit Major Beach Car Park CF61 1YX	Paul 07974 772102
30 Thurs	1000	'Up, round and down!' – 7 Miles		Peterston-super-Ely, The Sportsmans Rest CF5 6LH	John 07791 138002

-  **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.