

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: 5, 19 Jan. 2, 16 Feb. 2, 16, 30 Mar.

 Walk Leader: Mike 07510 695768

Cowbridge, Physic Garden Fountain, **2:30pm**
Wednesdays: 5, 19 Jan. 2, 16 Feb. 2, 16, 30 Mar.

 Walk Leader: Rebecca 07890 941502

Cosmeston, outside Visitor Centre, **10:30am**
Wednesdays: 12, 26 Jan. 9, 23 Feb. 9, 23 Mar.

 Walk Leader: Babs 07765 432676

Llantwit Major outside the Town Hall, **2:30pm**
Wednesdays: 12, 26 Jan. 9, 23 Feb. 9, 23 Mar.

Walk Leader: Alan 07551 620326

Penarth cliff top café car park, **2:30pm**
Thursdays: 6, 20 Jan. 3, 17 Feb. 3, 17, 31 Mar.

 Walk Leader: Paul 07974 772102

Well-bean Café Strollers, Gladstone Rd. Barry
2:30pm

Thursdays: 13, 27 Jan. 10, 24 Feb. 10, 24, Mar.

Walk Leader: Charles 07883 512383

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

Tuesdays: 25 January 22 February 29 March

 Walk Leader: Lynne 07729 991491

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

Thursdays: 6 January 3 February 3 March

 Walk Leader: Lynne 07729 991491

Walk for Carers Barry Island Station, **10:30am**
Thursdays: 27 January 24 February 31 March

 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.

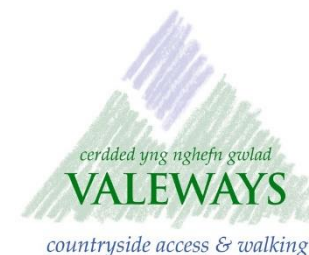
This symbol  indicates a bilingual walk.

WALK

Talk

Explore

Exercise



Free Guided Walks in the Vale of Glamorgan

January – March 2022































Turn up and go! Families Welcome




Children to be accompanied by an adult

Registered Charity Number: 1062031

Valeways Guided Walks January – March 2022

January	Time	Name of Walk	Grade	Start	Walk Leader
01 Sat	1300	Dave's Annual New Year's Day Walk		Dinas Powys, St. Peter's Church, Mill Rd. CF64 4BY	Dave 07707 898720
02 Sun	1400	Power Station & Gileston Manor – 3.2 miles		St. Athan, Llantwit Rd. CF62 4PE	Paul 07974 772102
09 Sun	1400	Llantwit Local		Llantwit Major Railway Station Car Park CF61 1ST	Rebecca 07890 941502
13 Thurs	1000	Llanfair and Llanblethian		St. Hilary, The Bush Inn, CF71 7DP	Alan 07551 620326
16 Sun	1400	Sisley Was Here		Penarth, cliff top car park CF64 5BP	Peter 07980 643869
19 Wed	1000	Boverton and Llanmaes Circular 		Llantwit Major Railway Station Car Park CF61 1ST	Gwenda 07811 503210
21 Fri	1000	Barry Island History Walk		Barry, Ship Hotel, Harbour Rd. CF62 5SB - car park	Oggie 07974 431839
23 Sun	1400	Trains, Planes and Boats		Rhose Railway Station CF62 3EL	Phil 07799 532767
27 Thurs	0930	'The other way round!' – 8 miles		Penmark, The Six Bells CF62 3BP	John 07791 138002
29 Sat	1030	St. Hilary Down Dog Walk		St. Hilary, road parking off A48 at Bryn Owain CF71 7DT	Alan 07551 620326
30 Sun	1400	Barry Park and Waterfront – 4 miles		Barry, Well Bean Café, Broad St. CF62 7AL	Paul 07974 772102
February	Time	Name of Walk	Grade	Start	Walk Leader
06 Sun	1400	Merthyr Meander		Candleston Castle Car Park, CF32 0LR – fee payable	Rebecca 07890 941502
10 Thurs	1000	Pant Mari Flanders		St. Brides Major, The Farmers Arms CF32 0SE	Alan 07551 620326
13 Sun	1400	Civil War Battlefield		St. Fagans, Michaelston Rd. CF5 6EJ	Peter 07980 643869
20 Sun	1400	Walk in the Park		Porthkerry Caravan Park CF62 3ZP	Phil 07799 532767
23 Wed	1000	Castle upon Alun 		St Brides Major, park on the Common by the cattle grid	Gwenda 07811 503210
24 Thurs	1000	'Over the hill and far away' – 7 miles		Treoes, The Star Inn CF35 5DH	John 07791 138002
27 Sun	1400	Penarth, Old Cogan, Cosmeston – 3.5 miles		Penarth, cliff top café car park CF64 5BP	Paul 07974 772102
March	Time	Name of Walk	Grade	Start	Walk Leader
06 Sun	1400	Walk to Castle upon Alun		Colwinston, St. Michael's Church CF71 7BF	Rebecca 07890 941502
10 Thurs	1000	A Haunted Field		Twyn-yr-Odyn, The Horse and Jockey CF5 6BG	Alan 07551 620326
13 Sun	1400	Crack Hill and Treoes		Brocastle Estate approach road. (off A48) CF35 5FB	Peter 07980 643869
16 Wed	1000	Saunders Lewis Trail 		Penarth, cliff top car park CF64 5BP	Gwenda 07811 503210
20 Sun	1400	The Downs, St. Lythans and Lime Kilns		St. Nicholas, The Downs CF5 6SE	Phil 07799 532767
27 Sun	1400	Around Llantwit Lanes – 3.8 miles		Llantwit Major Railway Station CF61 1ST	Paul 07974 772102
31Thurs	1000	'Anyone for golf?'		Dinas Powys, The Star Inn CF64 4DE	John 07791 138002

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.