

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 Oct. 10, 24 Nov. 8, 22 Dec.

 **Walk Leader:** Mike 07510 695768

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

Wednesdays: 13, 27 Oct. 10, 24 Nov. 8, 22 Dec.

 **Walk Leader:** Rebecca 07890 941502

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

Wednesdays: 6, 20 Oct. 3, 17 Nov. 1, 15, 29 Dec.

 **Walk Leader:** Babs 07765 432676


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

Wednesdays: 6, 20 Oct. 3, 17 Nov. 1, 15 Dec.

Walk Leader: Alan 07551 620326

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

Thursdays: 14, 28 Oct. 11, 25 Nov. 9, 23 Dec.

 **Walk Leader:** Paul 07974 772102

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

Thursdays: 7 October 4 November 2 December

 **Walk Leader:** Lynne 07729 991491

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

Thursdays: 28 October 25 November 30 December

 **Walk Leader:** Lynne 07729 991491

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

Tuesdays: 26 October 30 November 28 December

 **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 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

Where you see this symbol  the walk is dementia friendly.

This symbol  indicates a bilingual walk.

New Group!

Well-bean Café Strollers Broad St. Barry, **2:30pm**

Thursdays: 7, 21 Oct. 4, 18 Nov. 2, 16, 30 Dec.

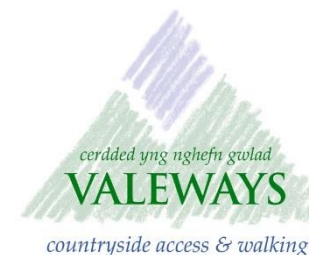
Walk Leader: Charles 07883 512383

WALK

Talk

Explore

Exercise



Free Guided Walks in the Vale of Glamorgan

October – December 2021































Turn up and go! Families Welcome

Children to be accompanied by an adult

Registered Charity Number: 106203

Valeways Guided Walks October – December 2021

October	Time	Name of Walk	Grade	Start	Walk Leader
03 Sun	1400	Autumn Walk		Dinas Powys, St. Peter's Church, Mill Rd. CF64 4BY	Dave 07707 898720
07 Thurs	1400	The Romilly Estate Part 1		Barry, above Romilly Park by the Gorsedd Stones CF62 6RN	Oggie 07974 431839
10 Sun	1400	Ely Valley and Cogan Pill		Llandough, St. Doehdwy Church CF64 2NN	Peter 07980 643869
13 Wed	1000	Taith Arfordir a Chroesau Celtaidd / Celtic Crosses and Coast Walk 		Llantwit Major, Town Hall car park, CF61 1SD	Gwenda 07811 503210
14 Thurs	1000	Villa, Castle and Coast		Llantwit Major, War Memorial CF61 1RZ	Alan 07551 620326
17 Sun	1400	St. Athan, Power Station & Gileston – 3.2 ml		St. Athan, Llantwit Rd. CF62 4PE	Paul 07974 772102
24 Sun	1400	Kenson Valley and Llancadle		Fontygary Leisure Park CF62 3ZT	Phil 07799 532767
28 Thurs	1000	Here, there and everywhere! – 7 miles		Pendoylan, The Red Lion. CF7 7UJ	John 07791 138002
31 Sun	1900	Halloween 4 – Bring a torch		Dinas Powys, St. Peter's Church, Mill Rd. CF64 4BY	Dave 07707 898720
November	Time	Name of Walk	Grade	Start	Walk Leader
07 Sun	1000	The Romilly Estate Part 2		Barry, above Romilly Park by the Gorsedd Stones CF62 6RN	Oggie 07974 431839
14 Sun	1400	Around Brynhill to Wenvoe & St. Teilo Church		Barry, outside Sports Centre, Colcot Rd. CF62 8UJ	Phil 07799 532767
17 Wed	1000	Taith Treftadaeth Iolo Morganwg / Heritage Walk 		Cowbridge Leisure Centre, The Broad Shoard CF71 7DA	Gwenda 07811 503210
18 Thurs	1000	Coast and Common		Swanbridge, The Captain's Wife, Beach Rd. Sully CF64 5UG	Alan 07551 620326
21 Sun	1400	Wenvoe Lanes - 3.5 miles		Wenvoe, Station Rd. West CF5 6AL	Paul 07974 772102
25 Thurs	1000	To see the sea! – 7 miles		Monknash, The Plough and Harrow CF71 7QQ	John 07791 138002
28 Sun	1400	Penarth Churches and Views		Penarth, cliff top car park, CF64 5BP	Rebecca 07890 941502
December	Time	Name of Walk	Grade	Start	Walk Leader
02 Thurs	1000	Ogmore Down		St Brides Major, The Farmers Arms, Wick Rd. CF32 0SE	Alan 07551 620326
02 Thurs	1000	Old Cadoxton		Barry, Victoria Park Bandstand, Cadoxton CF63 2JY	Oggie 07974 431839
05 Sun	1400	Parks and Old Railway Line		Penarth, cliff top car park, CF64 5BP	Dave 07707 898720
09 Thurs	1400	Gileston and Back History Walk		Fontygary Leisure Park CF62 3ZT	Phil 07799 532767
12 Sun	1400	Flemingston Circular – 3.25 miles		St. Athan, Flemingston Rd. CF62 4JH	Paul 07974 772102
15 Wed	1000	St. Athan Circular		St. Athan, Pharmacy, The Square CF62 4PF	Gwenda 07811 503210
16 Thurs	1000	Christmas Trees, Holly and a Donkey		Bonvilston, The Red Lion, A48, CF5 6TR	Alan 07551 620326
19 Sun	1400	Docks and Daggertown		Penarth, car park off Marconi Way CF64 1SN	Peter 07980 643869
26 Sun	1400	Walk Off the Christmas Pudding		Barry, outside The Colcot Arms PH, Colcot Rd. CF62 8UJ	Rebecca 07890 941502
01 Jan	1300	Dave's Annual New Year's Day Walk		Dinas Powys, St. Peter's Church, Mill Rd. CF64 4BY	Dave 07707 898720



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.