

## Be Prepared


In rural areas you may encounter:

- Stiles
- Uneven surfaces
- Steep sections
- Soft, wet ground


### Remember

- Appropriate footwear and clothing
- Children to be accompanied by an adult
- Park responsibly
- Follow the Countryside Code
- Sorry NO dogs
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### Classification of Walks.

 **Easy walks** up to 1 hour. No stiles, steps or steep inclines.

 **Progression walks** up to 2 hours. Some stiles, steps or steep inclines.

 **Extended walks** up to 3 hours. Many stiles, steps or steep inclines. Bring drink and snack

### Walk Leaders

### Contact Numbers

Alan	07551 620326
Babs	07765 432676
Chris	01446 749000
Jan	01446 710991
John	07791 138002
Lynne	07729 991491
Mike	07510 695768
Oggie	01446 749000
Paul	07974 772102
Rebecca	01446 749000
Ruth	01446 749000

## 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](http://www.facebook.com/Valeways)

### How can you support Valeways?

To become a **Friend of Valeways** please visit [www.friendsofvaleways.org.uk](http://www.friendsofvaleways.org.uk) for full details.

To make a donation please visit <https://mydonate.bt.com/charities/valeways>

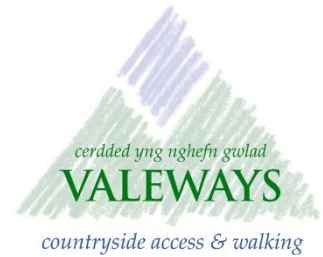
### Volunteer with Valeways

There are many volunteering opportunities available in Valeways including outdoor Walk & Clear Work Parties, I.T. Trustee, Website

To find out more contact Valeways Volunteer Coordinator: [rebecca@valeways.org.uk](mailto:rebecca@valeways.org.uk)

**Turn up and go!**  
**Families welcome**









# WALK Talk Explore Exercise






























## Free Guided Walks in the Vale of Glamorgan

**April - June 2019**



Group and Start	Grade	Day & Time	Date	Leader
<b>Coffee Shop Strollers</b>				
<b>Barry</b> , Bridge Café car park, Cold Knap		Wednesday 10:30am	3, 17, April 1, 15, 29 May 12, 26 June	Mike
<b>Cowbridge</b> , Physic Garden Fountain		Wednesday 2:30pm	3, 17, April 1, 15, 29 May 12, 26 June	Rebecca
<b>Cosmeston</b> , outside Visitor Centre		Wednesday 10:30am	10, 24 April 8, 22 May 5, 19, June	Babs
<b>Llantwit Major</b> Town Hall		Wednesday 2:30pm	10, 24 April 8, 22 May 5, 19, June	Alan
<b>Penarth</b> , cliff top café car park <b>New Group!</b>		Thursday 2:30pm	4, 18 April 2, 16, 30 May 13, 27 June	Paul
<b>Living with Cancer Strollers</b> , Cosmeston Visitor Centre		Thursday 10:30am	4 April 2 May 6 June	Lynne
<b>Walk for Carers</b> , Barry Island Railway Station <b>New Group!</b>		Thursday 10:30am	25 April 30 May 27 June	Lynne
<b>Walk &amp; Chat with Mind</b> , Travellers Café, Barry Station		Friday 10:00am	5 April 3 May 7 June	Chris & Roy

April	Time	Name of Walk	Grade	Start	Leaders
02 Mawr	10:00yb	<b>Crwydro Yn Bellach - Ar drywydd Sant Curig</b>		<b>Caffi Parc Porthceri</b> 	Ruth
07 Sun	10:00am	<b>Barry's Best Bits</b>		<b>Barry</b> , Romilly Park Rd. by Gorsedd Stones	Oggie
13 Sat	2:00pm	<b>Walk plus fundraising tea and plant sale</b>		<b>Barry</b> , 150 Colcot Rd. CF62 8UH	Rebecca
14 Sun	2:00pm	<b>Around Llantwit Beach 1</b>		<b>Llantwit Major Beach</b> car park	Paul
16 Mawr	10:00yb	<b>Crwydro yn Bellach – Tri Bae</b>		<b>Siop RNLI Ynys Y Barri</b> 	Ruth
25 Thurs	10:00am	<b>“Where does this path go?” 7 miles</b>		<b>Ogmore</b> , Pelican Pub CF32 0QP	John
28 Sun	2:00pm	<b>Any Sign of Bluebells?</b>		<b>St. Hilary</b> , The Bush	Rebecca
<b>May</b>					
05 Sun	2:00pm	<b>Scenic views and maybe bluebells</b>		<b>St. Nicholas</b> Natural Burial Ground off A48	Paul
07 Mawr	10:00am	<b>Crwydro Yn Bellach – Ar drywydd Sant Baruc</b>		<b>Gorsaf Reilffordd Ynys Y Barri</b> 	Ruth
10 Fri	10:00am	<b>The Valley of the Stags</b>		<b>Penmark</b> , The Six Bells CF62 3BP	Alan
12 Sun	2:00pm	<b>Around Llantwit Beach 2</b>		<b>Llantwit Major Beach</b> car park	Paul
<b>Sunday 19<sup>th</sup> May - Wales Coast Path Festival – 7 Walks - Llantwit Major</b> Various graded walks. For details visit: <a href="http://www.ramblers.org.uk/en/go-walking/wales-coast-path.aspx">www.ramblers.org.uk/en/go-walking/wales-coast-path.aspx</a>					
20 Mon	11:00am	<b>Orchids and Castles</b>		<b>Wenvoe</b> , rear of Walston Castle car park	Babs & Jan
<b>Vale of Glamorgan Walking Festival Tuesday 21 - Sunday 26 May 2019</b> For full details visit: <a href="http://www.valeofglamorganwalkingfestival.org.uk">www.valeofglamorganwalkingfestival.org.uk</a>					
30 Thurs	10:00am	<b>Behind the Waterfall</b>		<b>Pontneddfechan, Neath</b> The Angel Inn SA11 5NR	John
<b>June</b>					
02 Sun	2:00pm	<b>Around St. Donats</b>		<b>Nash Point</b> car park. £2 parking fee	Paul
04 Mawr	10:00yb	<b>Crwydro Yn Bellach – Ar drywydd Sant Illtud</b>		<b>Maes parcio Neuadd y Dref Llanilltud Fawr</b> 	Ruth
09 Sun	2:00pm	<b>Flowers and Sand Martins</b>		<b>Peterston-super-Ely</b> , by pedestrian bridge	Rebecca
10 Mon	11:00am	<b>Salmon Leaps and Cwm George</b>		<b>Dinas Powys</b> , St Peter's Church, Mill Rd.	Babs & Jan
14 Fri	10:00am	<b>Heading Inland?</b>		<b>Monknash</b> , The Plough and Harrow CF71 7QQ	Alan
16 Sun	2:00pm	<b>Wenvoe Wanders</b>		<b>Wenvoe Station Rd. West</b> CF5 6AG	Paul
18 Mawr	10:00yb	<b>Crwydro yn Bellach – Ar Lan y Môr</b>		<b>Siop RNLI Ynys Y Barri</b> 	Ruth
23 Sun	10:30am	<b>Corntown Circular &amp; Gardens +Teas (£4) optional</b>		<b>Ewenny Priory</b> car park	Rebecca
27 Thurs	10:00am	<b>“Let's go round in a circle!” 7-8 miles</b>		<b>Bonvilston</b> , The Red Lion CF5 6TR	John