

WALK Talk Explore Exercise



Free Guided Walks
In the
Vale of Glamorgan
July - September 2018

*Turn up and go!
Families welcome*



Registered Charity Number: 1062031

About Valeways

Valeways, formed in 1996, is a registered charity working in partnership to maintain Valeways' published walking routes and the 63 mile Millennium Heritage Trail.

For information contact:-

Valeways
Unit 7,
Barry Community Enterprise Centre,
Skomer Road, Barry. CF62 9DA
Tel: 01446 749000

www.valeways.org.uk
info@valeways.org.uk

Valeways is a charity. If you would like to support us here are two ways.

To become a Friend of Valeways please visit www.friendsofvaleways.com 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

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

Classification of Walks.

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

 **Progression walks** up to 90 minutes. 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
Dave	07971 695780
Jan	01446 710991
John	07791 138002
Lynne	01446 749000
Mike	07510 695768
Pat	07743 560915
Rebecca	01446 749000
Ruth	01446 749000



























www.facebook.com/Valeways

Valeways Free Guided Walks July - September 2018

	Start	Day & Time	Date	Leader
Coffee Shop Strollers 	Barry , Bridge Café car park, Cold Knap	Wednesdays 10:30am	11, 25 July 8, 22 Aug. 5, 19 Sept.	Mike
Coffee Shop Strollers 	Cowbridge , Physic Garden Fountain	Wednesdays 2:30pm	11, 25 July 8, 22 Aug. 5, 19 Sept.	Rebecca
Coffee Shop Strollers 	Cosmeston , outside Visitor Centre	Wednesdays 10:30am	4, 18 July 1, 15, 29 Aug. 12, 26 Sept.	Babs
Coffee Shop Strollers 	Llantwit Major Town Hall car park	Wednesdays 2:30pm	4, 18 July 1, 15, 29 Aug. 12, 26 Sept.	Alan
Crwydro 	Coffee Cove Ynys Y Barri 	Mawrth/Tues 10:00yb	3 Gorff/July 7 Awst/Aug. 4 Medi/Sept.	Ruth
Living with Cancer Strollers 	Cosmeston , Information Centre	Thursdays 10:30am	5 July 2 August 6 September	Lynne

 Indicates a bilingual walk

July	Time	Name of Walk	Grade	Start	Leaders
04 Wed	7:00pm	Evening Coastal Footpath		Barry Island , Redbrink Cresc. entrance to Jackson Bay	Dave
06 Fri	6:30pm	Evening Walk to Clemenstone & Llandow		Wick , (B4265) outside village shop CF71 7QB	Alan
09 Mon	11:00am	Ancient Burial Chambers		Dyffryn House , car park near entrance from road	Babs & Jan
13 Fri	10:00am	Coast and Inland		Monknash , Plough and Harrow Inn CF71 7QQ	Alan
15 Sul	2:00yp	Ar Lan Y Môr – Sand Sea & Sun 		Gorsaf Reilffordd Y Barri Station	Ruth
22 Sun	2:00pm	Coastal Lake and Rail Footpath		Penarth , cliff top car park	Dave
August					
05 Sun	2:00pm	Seven Counties View		Peterston-super-Ely , by the footbridge	Dave
06 Mon	11:00am	Salmon Leaps & Cwm George		Dinas Powys , St. Peter's Church, Mill Rd.	Babs & Jan
09 Thurs	10:30am	Sea, Stairs and Trees		Barry , Romilly Park by the tennis courts	Lynne
10 Fri	6:30pm	Evening Walk around Broughton		Monknash , Plough and Harrow Inn, CF71 7QQ	Alan
12 Sun	2:00pm	Porthkerry and Around		Barry , Park Rd. by Barry Castle	Pat
17 Fri	10:00am	Two Saints		Peterston-super-Ely , The Sportsmans Rest, CF5 6LH	Alan
19 Sun	2:00pm	Around the Bay		Penarth , car park by Oystercatcher Pub ST 178725	Dave
19 Sul	2:00yp	Gwarchodfa Aberddawan Nature Reserve 		Gorsaf Reilffordd Y Rhws	Ruth
30 Thurs	10:00am	Over the hills and far away		St. Hilary , The Bush CF71 7DQ	John
September					
02 Sul	2:00yp	Gemau Cudd – Hidden Gems 		Maes parcio Cliff Parade Penarth CF64 5BP	Ruth
03 Mon	11:00am	Woodlands, Fields and Castles		Wenvoe , entrance to car park at the Walston Castle	Babs & Jan
Saturday 8 September 'Friends of Valeways' Walk led by Derek Brockway, Honorary President					
14 Fri	10:00am	Towards Ystradowen		Aberthin , The Farmer's Arms CF71 7LE	Alan
16 Sun	2:30pm	Ewenny and Views		Ewenny Priory car park	Rebecca
18 Maw	10:00yb	Celf yn yr Orsaf – Valeways Art Track 		Gorsaf Reilffordd Y Barry Station	Ruth
27 Thurs	10:00am	Is this a watersplash?		Penmark , Six Bells CF62 3BP	John