

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 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

Alan S
Alan D
Babs
Chris
Dave
Fay
Jan
John
Lynne
Mike
Oggie
Paul
Phil
Rebecca

Contact Numbers

07551 620326
07802 744471
07765 432676
01446 749000
01446 749000
07811 451668
01446 710991
07791 138002
07729 991491
07510 695768
07974 431839
07974 772102
07799 532767
01446 749000

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?

To become a **Friend of Valeways** please visit www.friendsofvaleways.org.uk for full details.

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



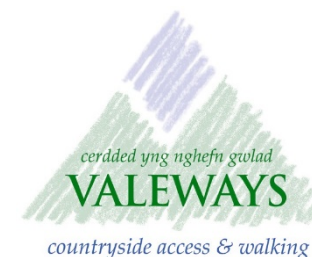
Where you see this symbol the walk is dementia friendly.

Turn up and go!

Families welcome

Registered Charity Number: 1062031

WALK Talk Explore Exercise








































































Free Guided Walks in the Vale of Glamorgan

July - September 2019



Photo taken by Anne Phillips

Group and Start	Grade	Day & Time	Date	Leader
Coffee Shop Strollers				
Barry , Bridge Café car park, Cold Knap		Wednesday 10:30am	10, 24 July 7, 21 Aug 4, 18 Sept	Mike
Cowbridge , Physic Garden Fountain	 	Wednesday 2:30pm	10, 24 July 7, 21 Aug 4, 18 Sept	Rebecca
Cosmeston , outside Visitor Centre	 	Wednesday 10:30am	3, 17, 31 July 14, 28 Aug 11, 25 Sept	Babs
Llantwit Major Town Hall	 	Wednesday 2:30pm	3, 17, 31 July 14, 28 Aug 11, 25 Sept	Alan S
Penarth , cliff top café car park		Thursday 2:30pm	11, 25 July 8, 22 Aug 5, 19 Sept	Paul
Living with Cancer Strollers , Cosmeston Visitor Centre		Thursday 10:30am	4 July 1 Aug 5 Sept	Lynne
Walk for Carers , Barry Island Railway Station	 	Thursday 10:30am	25 July 29 Aug 26 Sept	Lynne
Wellbeing Walks , Porthkerry Country Park café	 	Friday 10:00am	5 July 2 Aug 6 Sept	Chris & Roy

July	Time	Name of Walk	Grade	Start	Leaders
07 Sun	2:00pm	Wick and Llandow - 3.7 miles	 	Wick , Ewenny Road near village shop CF71 7QA	Paul
08 Mon	11:00am	The Lake in the Woods	 	Welsh St Donats , Hensol Forest car park	Babs & Jan
14 Sun	2:00pm	Dinas Powys to Merrie Harrier	 	Dinas Powys , St Peter's Church, Mill Rd	Dave
20 Sat	10:00am	Penarth Barrage Circular Walk – 7 miles	  	Penarth , Barrage car park – fee payable	Fay
21 Sun	2:00pm	History of Barry Island	  	Barry , Romilly Park Rd. by Gorsedd Stones	Oggie
23 Tues	6:30pm	A Walk to Llanmihangel	 	Llanmaes , The Village Green CF61 2XR	Alan S
25 Thurs	9:30am	'Ticket to Ride' – bring bus pass or fare – 7 miles	  	Llantwit Major bus station	John
August					
02 Fri	10:00am	Trains, Boats and Planes	  	Penmark , The Six Bells	Alan D
04 Sun	2:00pm	Seven Counties View	 	Peterston-super-Ely , lay-by by bridge	Dave
11 Sun	2:00pm	Three Quarries and the Coast	 	Porthkerry Country Park, café car park – fee payable	Phil
12 Mon	11:00am	Beach and Dovecote	 	Llantwit Major Railway Station car park	Babs & Jan
13 Tues	6:30pm	A Walk Over Newton Moors	 	Cowbridge Town Hall car park	Alan S
18 Sun	2:00pm	Summer Walk	 	Barry Island , Redbrink Cresc. Entrance to Jackson Bay	Dave
22 Thurs	2:00pm	Ponds and Coast	 	Fontygary Caravan Park	Phil
25 Sun	2:00pm	Gileston and St Athan – 4.2 miles	 	Gileston , beach car park CF62 4HX	Paul
29 Thurs	10:00am	'Round and about and watch your head!' – 7 miles	  	Dinas Powys , Star Inn CF64 4DE	John
September					
01 Sun	2:00pm	Wick and Sutton – 3.6 miles	 	Wick , Ewenny Road near village shop CF71 7QA	Paul
08 Sun	2:00pm	Surf and Turf	 	Monknash car park	Alan D
14 Sat	10:00am	Vale Trails Walk 9 – Heritage Walk – 6.5 miles	  	Cowbridge Town Hall car park	Fay
15 Sun	2:00pm	Llantwit Major Blue Plaque Walk	  	Llantwit Major Railway Station car park	Oggie
16 Mon	11:00am	Ancient Burial Chambers	 	Dyffryn House car park near Visitor Centre	Babs & Jan
17 Tues	6:30pm	A Walk to Sheeplays Farm	 	Llantwit Major Town Hall car park	Alan S
22 Sun	2:00pm	End of Summer!	 	Dinas Powys , St Peter's Church, Mill Rd.	Dave
26 Thurs	10:00am	'To celebrate her birthday!' – 7 miles	  	Sigingstone , Victoria Inn CF71 7LP	John