

Dinas Powis Golf Course

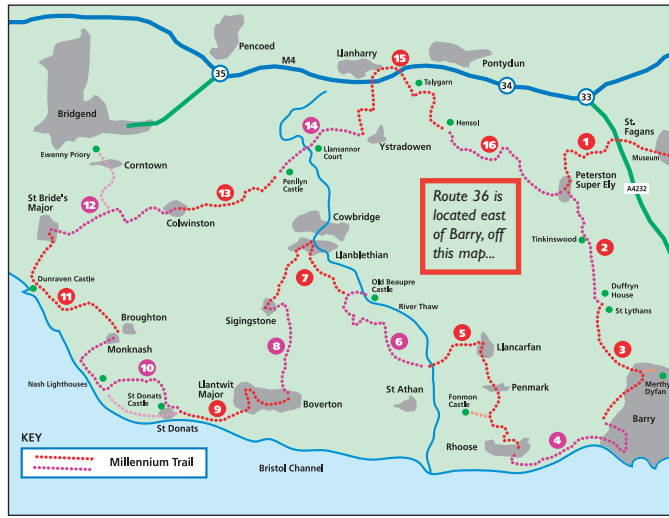


Photograph © Vale of Glamorgan County Council



Photograph © G. Woosnam

WALK LOCATION IN RELATION TO VALEWAYS' MILLENNIUM HERITAGE TRAIL



Valeways' Millennium Heritage Trail covers a distance of over 100km, spanning over 6,000 years of history. It wends its way through a variety of beautiful landscapes. At its northern edge there are panoramic vistas of the Blaenau Morgannwg, while in the south it skirts a spectacular cliffed coastline.

The Trail is split into 16 easy to follow sections, each of which can be walked within a few hours. The surroundings are diverse, often spectacular and steeped in history.

Those who have never visited this part of Wales will enjoy walking through fertile, lowland countryside adjoining the spectacular Heritage Coast with its beautiful beaches. The route includes many fascinating historic features, from prehistoric burial chambers to magnificent castles, churches and mansions.

Valeways has published a guide to the Millennium Heritage Trail. This colourful book describes the 16 sections which make up the Trail and comes in a package with 16 separate A3 maps. The guide can be obtained from Valeways for £8.49 including post and packing.



Photograph © G. Woosnam



Photograph © Vale of Glamorgan County Council

WALK FEATURES

- Dinas Powis Castle
- Heol y Cawl, Dinas Powis
- Cwm George Hill Fort
 - Salmon Leaps
- Caerau Hill Fort & Ruined Church
 - Country Views



Photograph © A Wilson



Valeways is a registered charity working in partnership with the community to reopen existing footpaths to create a network of enjoyable circular walks across the Vale of Glamorgan, linking towns and villages to the surrounding countryside and points of interest. We are indebted to the many volunteers who give up their time freely to provide this walk for your enjoyment.



Valeways Partnership - Many thanks to the Vale of Glamorgan Council and the Countryside Council for Wales for their continued support.



FOLLOW THE WALKER'S CODE

- Guard against all risk of fire
 - Fasten all gates
- Keep all dogs under close control
- Keep to public paths on farmland
- Use gates and stiles to cross fences, hedges & walls
 - Take your litter home
- Protect all wildlife, plants and trees

Valeways, Unit 7, Barry Community Enterprise Centre, Skomer Road, Barry CF62 9DA
Telephone/Fax: 01446 749000
E-mail: info@valeways.org.uk
Website: <http://www.valeways.org.uk>

Registered Charity No. 1062031 Registered Company No. 3330088

Walk No. 36, Dinas Powis

The Salmon Leaps

Distance: 5 miles.



The Salmon Leaps





Photograph © Vale of Glamorgan County Council

Walk No. 36 Dinas Powis

The Salmon Leaps Walk

This is a delightful walk that takes you through a glacial valley, wooded ravines and past impressive cascades. There are also the options of extending the walk to view Dinas Powis Castle and / or an Iron Age Hill Fort at Caerau. Walking is almost totally on well defined tracks, though there are some climbs and descents.

Distance Main walk 5 miles; Castle Option, extra ½ mile; Hill Fort, extra 2½ miles.

Map OS Explorer 151 Cardiff and Bridgend.

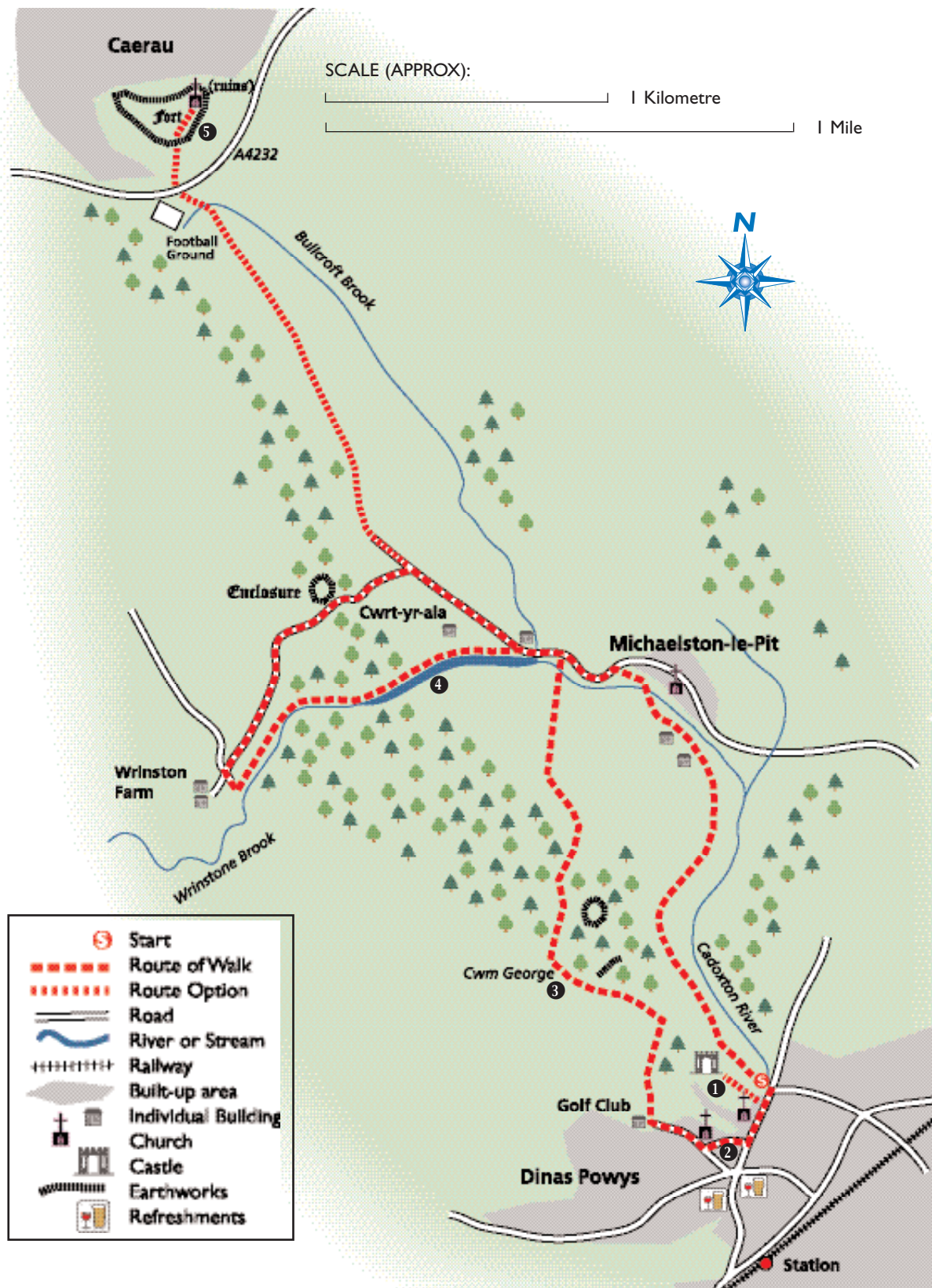
Parking At the Guide's Start there is a small (3 or 4 cars) parking area opposite Millbrook Rd.

Public Transport Train and bus to Dinas Powis.

Refreshments None on actual route (though good picnic sites), but three nearby inns in Dinas Powis.

Toilets at some of the refreshment locations.

START Most conveniently at GR 154716 (O.S. Map 151, Explorer).



THE ROUTE

⑤ From the car parking space turn right. The Castle optional extra now offers itself.

Castle Option. Take first right into Lettons Way. Walk on for little more than ¼ mile to reach the castle ①. Take care at the ruins for they are in a sorry state. (Return the same way to rejoin the main walk).

Continue along the main road past St Peter's Church and turn right into Heol y Cawl ②. Walk up the steep lane past Ebenezer Church to turn right into Highwalls Road which leads you to Dinas

Powis Golf Club. Go into the Golf Course to the right of the clubhouse buildings and then right again along a clearly marked path. Follow this path keeping the hedge line to your right. Look for, then follow the track (poorly signed) that leads downhill through the trees. You will cross two stiles before you reach a track junction. Here turn left and go through a kissing gate. You are now entering Cwm George (a steep sided valley) ③. Follow the wide beech and sycamore lined track along the valley floor. In spring the whole ground area is a sea of white, wild garlic flowers.

Towards the end of this valley

and its woods you will note a steep limestone cliff on your left while to your right, on top of the wooded hill, there is the site of an Iron Age fort. Its defensive banks are still quite well defined, making its exploration well worth it for those with archaeological leanings. Keep to the main path, passing a memorial seat on the left, until the woodland ends on both sides. Here there is a notice board and kissing gate. These testify to the excellent work done in this area by the Woodland Trust. From here on, the track runs across open ground, for nearly ½ mile, to come out on the road near Michaelston-le-Pit.

Turn left and walk along the road, uphill, for a short distance, passing a thatched cottage on the right, to reach a new, well signposted stile on the left. This leads you on to a new path route (which may or may not become permanent) that descends to the riverbank (Wrinston Brook). The attractive cascades to the left are known as 'The Salmon Leaps' ④.

From this point the path, with its stiles, runs through a most pleasant stretch of woodland which has an interesting, wide ranging ground flora. You then emerge into an open field via a stile. Keeping to the same direction, cross the field to a stile and post that have a miscellany of signs. Turn right, uphill, along the concrete drive to quickly turn right again, almost back on yourself, up a stony track that climbs slowly allowing increasing views behind you over the Bristol Channel and on to the Somerset coast.

Just past an adjoining pair of wooden electricity posts, turn right, at a T junction, on to a similar track that at first climbs and then winds down through the woods to rejoin the lane from Michaelston village.

At this point the walker has a choice. If walking the 5 mile main walk you will turn right. If you wish to visit the Caerau Hill Fort ⑥ you will turn left.

Hill Fort Option. (Note that on this extension you walk out and back on the same track). Having turned left you will almost immediately cross a stile and then walk for about ¾ mile through the verdant, shallow valley of the Bullcroft Brook. On reaching a metal gate bear left, passing a football ground on the left, and walk under the A4232. On entering a new housing estate turn immediately right, uphill, along a concrete path. You soon reach a stile on your left. Use it to follow the path up a short but fairly steep gradient to reach the open field within the hill fort. Continue a little further and you will reach a ruined church where considerable remedial work has taken place. To gain good views of much of the city of Cardiff walk on another field beyond the church ruins. (Now retrace your steps to where you left the main walk).

Having turned right on the main walk, continue along the lane, downhill, passing the entrance to Cwrt yr Ala House, to reach fairly soon the point where you left it on the outward journey for the Salmon Leaps. Then pass the thatched

cottage, now on your left, and the point where you accessed this road from Cwm George. You will then reach a left bend in the road. Here on the right hand side is a stile next to a gate. Cross it, and the subsequent field, to cross a new footbridge on the right. Now turn left and continue, on a rather ill defined path, with the stream, Cadoxton River, to your left. This river stays to your left throughout the rest of the walk. After crossing two stiles you will arrive at a track. Head straight on, passing the road bridge on your left. Very soon you will see a stile on the left. Cross this and follow the path that runs roughly parallel with the river to the left. Doing this you will cross two more stiles and squeeze posts and a seat by the river, while a little further on there is a stile on the right for the more energetic to walk in the woods.

Stay on the field path to cross another stile and track (there is a small Croeso board here) and continue on the path, in the same direction, past greenhouses (on your right), to lead you back to the start point.

PLACES OF INTEREST

- ① **Dinas Powis Castle**
Early Norman Keep and curtain wall 12th/13th century.
- ② **Heol y Cawl (Broth Lane)**
One of the oldest streets in Dinas Powis. Cottages are 18th century.
- ③ **Cwm George**
A gorge created by meltwaters pouring from melting ice towards the end of the last Ice Age. Now wooded with high limestone cliffs. Has an Iron Age hill fort and later Dark Ages settlement in woods.
- ④ **Salmon Leaps**
Series of cascades created by weirs on the lower reaches of Wrinston Brook.
- ⑤ **Caerau Hill Fort**
An Iron Age fort that was later built on by the Normans in the 11th and 12th centuries. The Normans built a fortress on the eastern corner of the earlier camp. The old parish church stood within its main enclosure. The Church closed in 1950s.