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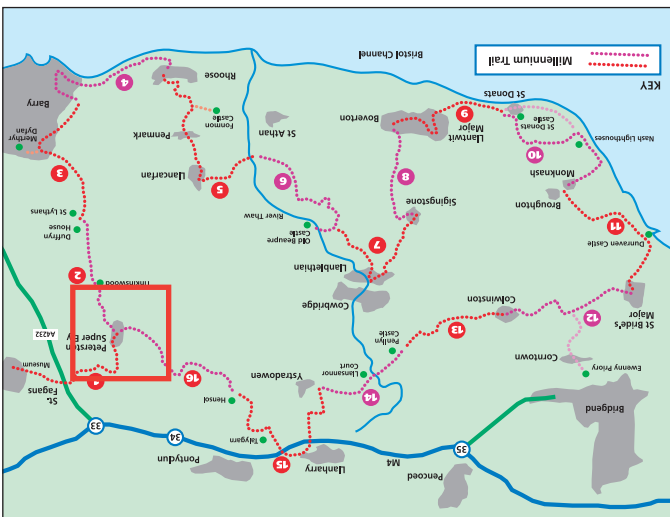
Photograph © G. Woosnam

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.

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.

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.



WALK LOCATION IN RELATION TO VALEWAYS' MILLENNIUM HERITAGE TRAIL



Photograph © Alan Wilson

A bend on the River Ely



Photograph © Alan Wilson

A quiet stretch on the River Ely



Photograph © Barbara Palmer

Port Llanbedr

WALK FEATURES

- Peterston Castle & Church
- Wyndham Park & Moroccan Houses
 - St. Nicholas
 - Pont Llanbedr
 - Lanlay Meadows
 - Country Views
 - River Ely Meanders



Peterston Super Ely and Wyndham Park
Photograph © Vale of Glamorgan County Council



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.



The Rural Community Action programme is facilitated by the Welsh Development Agency, which is a sponsored body of the Welsh Assembly Government. Hysyluswyd y rhaglen Weithredu dros Gymunedau Gwledig gan Awdurdod Datblygu Cymru, sy'n gorff noddedig o Lywodraeth Cynulliad Cymru.

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Walk No. 37, Peterston Super Ely Ridge & Valley

Distance: Whole walk 7 miles,
northern loop 4 miles, southern loop 3 miles.



Ely River Meanders

Photograph © Vale of Glamorgan County Council

FOLLOW THE COUNTRYSIDE CODE

- Be safe, plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
 - Keep dogs under close control
 - Consider other people





Cottages at St. Nicholas

Photograph © Ray Price

Walk No. 37 Peterston-super-Ely

A Ridge and Valley Walk

As this walk has the shape of a figure of eight, it comprises two distinct sections. There is a loop of the walk north of Peterston and another to the south. The one feature common to these loops is that they share a rough similarity in length; in all other respects they are very different. The northern loop is a gentle, but interesting, river valley walk that includes the intricate meanders of the Ely and a nearby site of special scientific interest (SSSI). The southern loop takes you on to a ridge, which, after some not too hard climbing, gives you the bonus of excellent views and the opportunity of seeing that part of the village of St Nicholas tucked back from the A48.

Distance Whole walk 7 miles; northern loop 4 miles, southern loop 3 miles. Note that the northern loop has 28 stiles.

Map OS Explorer 151 Cardiff and Bridgend.

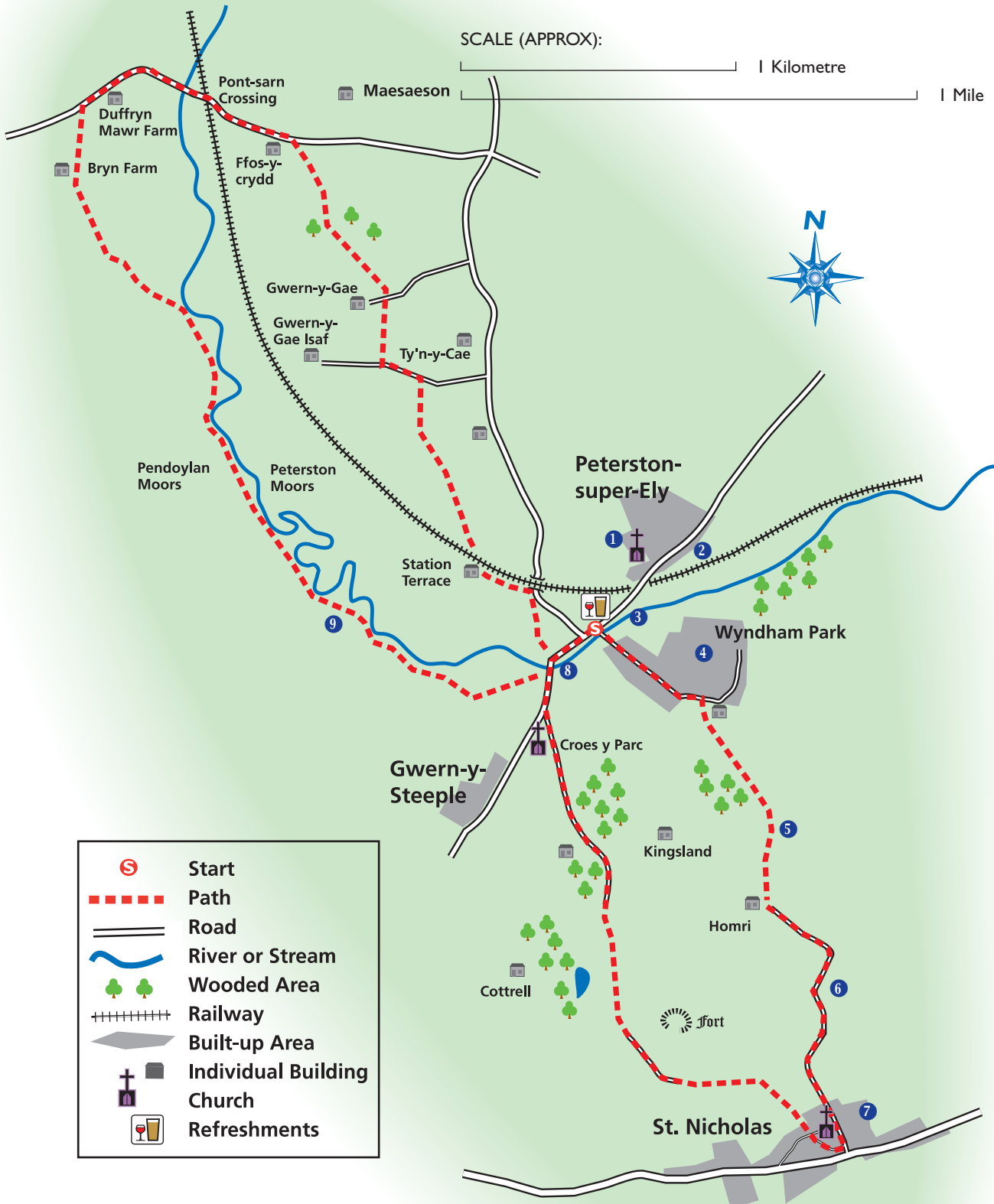
Parking Limited parking near the footbridge at Peterston; small car park near the church at St Nicholas.

Public Transport Service No 320 Talbot Green - Cardiff serves Peterston. Service X2 Cardiff - Bridgend serves St Nicholas.

Refreshments The Sportsmans Rest and Three Horseshoes in Peterston.

Toilets at the refreshment locations.

START The route outlined below begins at Peterston Grid Ref. 081761. However you may pick up the route at any point that suits you.



which becomes a tarmac lane. You will then reach a road junction, where there is a chapel on your left. Now turn right and follow the road across Llanbedr bridge ⑨ back to your starting point. If tackling the whole walk proceed through the kissing gate that you pass on your left to continue the walk. You are now on the northern loop.

The Northern Loop.

From the starting point near the footbridge walk south westward along the road (i.e. away from the Sportsman's Rest) until you reach a kissing gate on the right hand side of the road. Pass through this and head for the top right hand corner of the field to a gate that leads you on to a road. Turn left to reach a row of cottages. Here you turn right and via gates cross the mainline railway (heed the signs!). Turn left to reach a small sleeper bridge and stile. Once over these keep right to the next stile in the corner of the field. Now keeping the hedge line on your right throughout, you cross a series of stiles and one gate as you proceed up and over the brow of a hill. You then emerge on to a track. Turn left downhill to the next stile on your right.

A further series of stiles, more or less in a line, lead the path into a little wood where you would be wise to use the sleeper board walkway. On leaving the wood, cross the field to a stile that takes you on to a road. Turn left and follow the road crossing both railway and then the river. Walk on past Duffryn Mawr Farm to a stile on the left. Once over this bear slightly right to a stile next to a field gate that leads you on to a track. Follow this track round towards Bryn Farm, but before you reach it, take the stile that appears on the left.

Leave the track and cross the field to a stile near its far left hand corner.

At this point you will pick up Millennium Trail markers. A succession of stiles leads you on over the flat open fields of the river's flood plain. The river twists and turns as it crosses these moors, while the path, not always on the riverbank, is never far away. Take care as you approach a stile and footbridge particularly close to the river. Further on a small metal footbridge marks the boundary of Lanlay Meadows Nature Reserve. Follow the Millennium Trail markers through the reserve, crossing two wooden bridges on the way. Follow the now well-worn path to exit the reserve

through a gate on to an approach road that leads to a house. Turn right, then left to cross an old stone bridge and reach the end of the walk.

PLACES OF INTEREST

① Peterston-super-Ely and its Church

Peterston has several features of interest (see below) but also note that it is the primary outdoor filming centre for Pobol y Cwm and holds an Arts Festival in the autumn. The church dates from the C15th though there are records of the existence of a church here back to 1254. The church was restored in the C18th.

② Peterston Castle

There are fragmented remains of the Norman castle of Robert le Sor. Reputedly, it was, destroyed by Owain Glyndwr in 1403.

③ Remains of an old bridge

This bridge once linked Glyn Cory (Wyndham Park) to Peterston. It was replaced by the present bridge in 1973

④ Wyndham Park

Originally called Glyn Cory Garden Village this development was begun in 1909. The initial development was started by John and Reginald Cory to designs by Thomas Adams and Thomas Mawson. Amongst the earliest built houses are the so-called Moroccan houses.

⑤ & ⑥ are viewpoints

⑦ St Nicholas

St Nicholas. This village contains a 14th century church and has a small village green. It also possesses a very old nonconformist chapel, Croes y Parc Welsh Baptist church. This was first built in 1777 and modified in 1877. Changes to the parish boundary mean that it is now in the parish of Peterston-super-Ely.

⑧ Pont Llanbedr

This is the old stone bridge over the River Ely, rebuilt in 1869.

⑨ Lanlay Meadows

These form a S.S.S.I. The area is owned by the National Trust. It has a rich wildlife for it is an area of hay meadow and pasture that has been virtually untouched by modern farming methods involving fertilisers, pesticides etc. Thus it is as close as one gets to what was.

THE ROUTE

The Southern Loop

① Cross the river Ely footbridge and proceed into the wide tree lined Main Avenue ④ of Wyndham Park. At the top of the gentle climb turn into Duffryn Crescent and continue until you see a stile on your right. The ensuing narrow path leads to a second stile and open fields.

Continue uphill to a stile on the left. Cross it and bear right to the next stile. Continue straight ahead over the rise, and then keep to the left of the trees in the hollow to reach a double stile in the field corner. Cross it, turn left and almost immediately right, to progress uphill with the hedge now to your right ⑤.

You pass to the left of Homri Farm and come on to, via a kissing gate, a track. Bear left and keep to the track ⑥ as it wends its way uphill. (Note the ever-increasing panorama behind you stretching from the wind farm above Brynna in the west on to Llantrisant, the Garth Mountain and north Cardiff).

The track becomes a narrow lane as it nears St Nicholas ⑦. On entering the village take the second right turning to pass between the church and the village green with its war memorial and old pump set against the churchyard wall. (The C17th cottages are on the nearby main road). Continue right round the church (old school over to left) to reach the new village school. Go

through the kissing gate to the right of the school and follow the path that runs alongside the playing field. You now will cross a stone stile and bearing left across the field's corner you will arrive at another stone stile. You cross this, and keeping in the same general direction, two more stiles to reach a lane.

Turn right and follow the lane until you reach a stile that is in front of you as the lane turns right. Climb the stile and follow the footpath along the side of Cottrell golf course. Keep to the right of the 7th tee and take the path, that runs downhill, from behind the tee, through some woods. At the bottom a stile leads you onto a track. Bear left and follow the track