

All the following are Easy Walks up to 1 hour. No stiles, steps or steep inclines.

Coffee Shop Strollers

Barry, Bron Y Môr car park, Cold Knap, **10:30am**
Wednesdays: 7, 21 Jul. 4, 18 Aug. 1, 15, 29 Sept.
Walk Leader: Mike 07510 695768

Cowbridge, Physic Garden Fountain, **2:30pm**

Wednesdays: 7, 21 Jul. 4, 18 Aug. 1, 15, 29 Sept.
Walk Leader: Rebecca 07890 941502

Cosmeston, outside Visitor Centre, **10:30am**

Wednesdays: 14, 28 Jul. 11, 25 Aug. 8, 22 Sept.
Walk Leader: Babs 07765 432676

Llantwit Major outside the Town Hall, **2:30pm**

Wednesdays: 14, 28 Jul. 11, 25 Aug. 8, 22 Sept.
Walk Leader: Alan 07551 620326

Penarth cliff top café car park, **2:30pm**

Thursdays: 8, 22 Jul, 5, 19 Aug. 2, 16, 30 Sept.
Leader: Paul 07974 772102

Living with Cancer Strollers, Cosmeston **10:30am**

Thursdays: 1 July 5 August 2 September
Walk Leader: Lynne 07729 991491

Walk for Carers Barry Island Station, **10:30am**

Thursdays: 29 July 26 August 30 September
Walk Leader: Lynne 07729 991491

Stress Buster Strollers Romilly Park, Barry, by the Tennis Courts **10:30am**

Tuesdays: 27 July 31 August 28 September
Walk Leader: Lynne 07729 991491

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?

For information on how to become a Friend of Valeways please visit info@valeways.org.uk, and click on Support Us in the drop down menu.

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
01446 749000 or Email: info@valeways.org.uk

Where you see this symbol  the walk is dementia friendly.

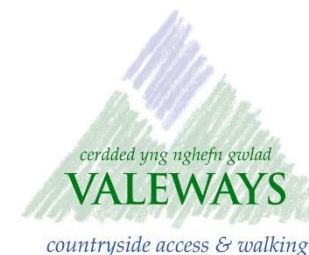
Turn up and go!

Families welcome

Children to be accompanied by an adult

Sorry but we cannot allow dogs

WALK Talk Explore Exercise




























Free Guided Walks in the Vale of Glamorgan

July - September 2021



Registered Charity Number: 106203

Valeways Guided Walks July – September 2021

July	Time	Name of Walk	Grade	Start	Walk Leader
04 Sun	1400	Ewenny Discovery		Ewenny Priory Church CF35 5BW	Rebecca 07890 941502
07 Wed	1830	Fish pond, Dim Hole and Dovecote		Llantwit Major, Town Hall car park CF61 1SB	Alan 07551 620326
11 Sun	1400	Porthkerry Park, Woods and Coast		Rhoose Railway Station	Phil 07799 532767
12 Mon	1030	The Warlow Walk – remembering Val		Dinas Powys, St. Peter's Church, Mill Rd.	Dave 07707 898720
15 Thurs	1000	Llandow, Colwinston, Clemenstone		Wick, The Lamb and Flag, CF71 7QE	Alan 07551 620326
18 Sun	1400	Llantwit Major beach and surrounding area		Llantwit Major beach car park CF61 1YX	Paul 07974 772102
18 Sun	1400	Along the Ash Path		Penarth Fire Station, Hazel Rd. CF64 3PY	Peter 07980 643869
25 Sun	1400	Barry Beaches		Barry, Bron Y Môr car park, Cold Knap, parking charges may apply	Rebecca 07890 941502
26 Mon	1100	Cwm George and Salmon Leaps		Dinas Powys, St. Peter's Church, Millbrook Rd.	Babs 07765432676
August	Time	Name of Walk	Grade	Start	Walk Leader
01 Sun	1400	Lavernock and St. Mary's Well Bay		Cosmeston Park Visitor Centre – car park fee applicable	Peter 07980 643869
04 Wed	1830	St. Lythans Burial Chamber		Wenvoe, St. Mary's Parish Church CF5 6DF	Alan 07551 620326
08 Sun	1400	Wick to Llandow Circular		Wick, behind the Star Inn CF71 7QA	Paul 07974 772102
08 Sun	1400	Coastal Path and Parks		Barry, Cold Knap seafront car park	Dave 07707 898720
12 Thurs	1000	St-y-Nyll Windmill		St. Fagans, Plymouth Arms CF5 6DU, car park to rear	Alan 07551 620326
15 Sun	1400	North of Cowbridge		Cowbridge Town Hall car park	Rebecca 07890 941502
22 Sun	1400	Seven Counties View		Peterston super Ely, by the footbridge	Dave 07707 898720
23 Mon	1100	Marconi and Coastal Path		Cosmeston Park Visitor Centre – car park fee applicable	Babs 07765432676
26 Thurs	1000	Rivers, Downs and Dunes - 7 miles		Ogmore, Pelican in her Piety CF32 0QP	John 07791 138002
29 Sun	1400	Fonmon to Llandcadle Circular		Fontygary Caravan Park CF62 3ZT	Phil 07799 532767
September	Time	Name of Walk	Grade	Start	Walk Leader
05 Sun	1400	In and Around Llantwit Major		Llantwit Major Railway Station car park	Rebecca 07890 941502
Vale of Glamorgan Walking Festival - Tuesday 7th – Sunday 12th September. For details visit www.valeofglamorganwalkingfestival.org.uk					
16 Thurs	1000	Above St. Mary Hill		Penllyn, The Red Fox CF71 7RQ	Alan 07551 620326
19 Sun	1400	Over Ogmore Down		St. Brides Major PO, The Village Shop, CF32 0SB	Peter 07980 643869
26 Sun	1400	Rhoose Circular		Rhoose Railway Station CF62 3EL	Paul 07974 772102
27 Mon	1100	Coast and Golden Stairs		Barry, outside All Saints Church, Park Rd.	Babs 07765 432676
30 Thurs	1000	"Where shall we go today" - 7 miles		Colwinston, Sycamore Tree CF71 7NG	John 07791 138002



Progression Walks: Approximately 1.5 hours, gentle terrain with limited stiles, steps or steep inclines.



Secondary Walks: Approximately 2 – 2.5 hours with some stiles, steps or steep inclines.



Extended Walks: Approximately 3 – 4 hours. Many stiles, steps or steep inclines. Bring drink and a snack.