

WALK Talk Explore Exercise



Free Guided Walks
In the
Vale of Glamorgan
January – March 2019

*Turn up and go!
Families welcome*



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

How can you support Valeways?

To become a Friend of Valeways please visit www.friendsofvaleways.org.uk 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



www.facebook.com/Valeways

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

Contact Numbers

Alan	07551 620326
Babs	07765 432676
Jan	01446 710991
Dave	07971 695780
John	07791 138002
Lynne	01446 749000
Mike	07510 695768
Pat	07743 560915
Peter & Kate	07980 643869
Paul	07974 772102
Rebecca	01446 749000
Ruth	01446 749000
Sarah	01446 749000

Group and Start	Grade	Day & Time	Date	Leader
Coffee Shop Strollers				
Barry , Bridge Café car park, Cold Knap		Wednesday 10:30am	9, 23 Jan 6, 20 Feb 6, 20 March	Mike
Cowbridge , Physic Garden Fountain		Wednesday 2:30pm	9, 23 Jan 6, 20 Feb 6, 20 March	Rebecca
Cosmeston , outside Visitor Centre		Wednesday 10:30am	2, 16, 30 Jan 13, 27 Feb 13, 27 March	Babs
Llantwit Major Town Hall car park		Wednesday 2:30pm	2, 16, 30 Jan 13, 27 Feb 13, 27 March	Alan
Living with Cancer Strollers , Cosmeston Visitor Centre		Thursday 10:30am	3 January 7 February 7 March	Lynne
Walk & Chat with Mind , Travellers Café, Barry Station		Friday 10:00am	1 March	Chris & Roy
Crwydro Yn Bellach , Gorsaf Reilffordd Y Barri		Mawr/Tues 10:00am	5 Chwefror 5 Mawrth	Ruth

January	Time	Name of Walk	Grade	Start	Leaders
01 Tues	1:00pm	Dave's Annual New Year's Day Walk		Dinas Powys , St. Peter's Church, Mill Rd.	Dave
06 Sul	2:00yp	Blwyddyn Newydd Dda!		Llyfrgell Y Bontfaen	Ruth
13 Sun	2:00pm	'Docks and Dagger Town'		Penarth , Pont Y Werin Footbridge, Marconi Ave.	Pete & Kate
14 Mon	11:00am	Promenades and Parks		Penarth , cliff top car park	Babs & Jan
18 Fri	10:00am	Pendoylan and Hensol		Pendoylan , The Red Lion CF71 7UH	Alan
20 Sun	2:00pm	Around Gileston		Gileston , beach car park CF62 4HX	Paul
24 Thurs	10:00am	Woodlands, Park and Coast		Porthkerry Country Park, café car park	Sarah
27 Sun	2:00pm	"Walk now leaving Platform 1!"		Penarth , cliff top car park	Dave
31 Thurs	10:00am	Round in a circle! - 7 miles		Twyn-yr-Odyn , Horse and Jockey, CF5 6BG	John
February					
02 Sat	10:30am	St. Hilary Circuit		St. Hilary , The Bush Inn CF71 7DP	Rebecca
09 Sat	10:00am	Barry Island Circuit		Barry Island Promenade by RNLI Shop CF62 5TQ	Sarah
10 Sun	2:00pm	No muddy boots, around the Bay!		Penarth , Pont Y Werin Footbridge, Marconi Ave.	Pat
11 Mon	11:00am	Llantwit Lanes		Llantwit Major , railway station car park	Babs & Jan
15 Fri	10:00am	To Llangan and back the long way		Penllyn , The Red Fox CF71 7RQ	Alan
17 Sun	2:00pm	East Orchard Castle		Gileston , beach car park CF62 4HX	Paul
24 Sun	2:00pm	'The Old Village'		Cadoxton , Coldbrook Rd East, junction with Powis View	Pete & Kate
28 Thurs	10:00am	In the footsteps of Virginia Woolf! - 6 miles		Marcross , Horseshoe Inn, CF61 1ZG	John
March					
03 Sun	2:00pm	Around the Bay – 6.5 miles		Penarth , car park by Oystercatcher Pub CF64 1SB	Dave
03 Sul	2:00yp	Gwisg Genhinen Bedr Yn Dy Gap!		Swyddfa Bost Sant Y Brid CF32 0SB	Ruth
11 Mon	11:00am	A Hint of Spring		Barry , Toby Carvery, Port Road West CF62 3BA	Babs & Jan
15 Fri	10:00am	Llanmihangel and Sigingstone		Llanmaes , The Blacksmith's Arms CF61 2XR	Alan
17 Sun	2:00pm	Scenic Views		St Nicholas , Natural Burial Ground off A48	Paul
21 Thurs	10:00am	Wild Daffodil Walk		St Brides Major , layby at cattle grid NGR SS 897 752	Sarah
24 Sun	2:00pm	Spring is here!		Dinas Powys , St Peter's Church, Mill Rd.	Dave
28 Thurs	10:00am	Railway or royalist? - 7 miles		Peterston Super Ely , Sportsmans Rest, CF5 6LH	John