



WALK

Talk, Explore, Exercise



Valeways Autumn Walks Vale of Glamorgan 2012

Coast & Countryside 60 – 90 minutes Turn Up & Go! Families Welcome Sorry no dogs

Valeways 01446 749000

www.valeways.org.uk

OCTOBER		WALK	START
02 Tues	10:30am	WALK & CLEAR	See Valeways website for details or ring Valeways office
03 Wed	10:30am	Coffee Shop Strollers	Barry Hub - Cold Knap, Barry, outside the Bridge Café
07 Sun	2:30pm	Cwm Nash	Plough & Harrow pub, Monknash (SS 920706)
09 Tues	1:30pm	Woodland & Downs	Walston Castle Pub, Wenvoe
14 Sun	2:00pm	Autumn Walk	Dinas Powys Hub - St Peter's Church, Mill Rd. Dinas Powys
17 Wed	10:30am	Coffee Shop Strollers	Barry Hub - Cold Knap, Barry, outside the Bridge Café
17 Wed	1:30pm	Valley to Ridge	Peterston super Ely by river footbridge nr. Sportsmans Rest
21 Sun	2:00pm	Dovecote	Llantwit Major Hub - railway station car park
23 Tues	1:30pm	Somerset Views	Rhose - railway station car park
25 Thurs	10:30am	Victorian Garden	Southerndown top car park. Fee payable.
28 Sun	2:00pm	Coastal Path	Porthkerry Country Park, café car park
31 Wed	10:30am	Coffee Shop Strollers	Barry Hub - Cold Knap, Barry, outside the Bridge Café
NOVEMBER You may encounter stiles, uneven surfaces, steep sections or soft, wet ground on some walks			
04 Sun	2:30pm	Heritage Trail	Llantwit Major Hub - Old Town Hall (SS 968687)
06 Tues	1:30pm	Coast & Parks	Penarth - cliff top car park
11 Sun	2:00pm	Coast, Rail Track & Parks	Penarth - cliff top car park
14 Wed	10:30am	Coffee Shop Strollers	Barry Hub - Cold Knap, Barry, outside the Bridge Café
14 Wed	10:30am	Millennium Wood to Heritage Trail	Llysworney at the far end of the Carne Arms car park
20 Tues	1:30pm	Lakes & Country Park	Cosmeston Country Park outside Visitor Centre
25 Sun	2:00pm	War Bunkers & Coastal Path	Cosmeston Country Park outside Visitor Centre
DECEMBER You may encounter stiles, uneven surfaces, steep sections or soft, wet ground on some walks			
02 Sun	2:30pm	Wenvoe Circular	St. Mary's Church, Wenvoe (ST 122727)
04 Tues	1:30pm	Blow Away the Cobwebs	Barry Island outside Tourist Information Centre
09 Sun	2:00pm	Walk to the Seaside	Barry Waterfront opposite Morrisons
11 Tues	10:30am	Coffee Shop Strollers	Barry Hub - Cold Knap, Barry, outside the Bridge Café
12 Wed	10:30am	Coffin, Stiles & Paintball	Cowbridge Hub - Town Hall car park near bus shelter
JANUARY 2013			
01 Jan	1:00pm	Annual New Year's Day Walk	Dinas Powys Hub - St Peter's Church, Mill Rd. Dinas Powys

Clwb Cerdded Cymraeg – Welsh Walking Club. O Ddysgwr i Rhugl – Learners to Fluent. 2 – 3 awr/hours
Please visit our website www.valeways.org.uk for details of monthly walks.

WALK & CLEAR

Valeways has started monthly Walk & Clear sessions. This is a fantastic way to explore the countryside, keep fit and ensure that existing Valeways routes are accessible all year round. They will usually take place on the last Tuesday of each month from 10:30am – 12:30am. **Please see website for details.**

If you would like to declare an interest please contact the Valeways office: 01446 749000 or email info@valeways.org.uk

