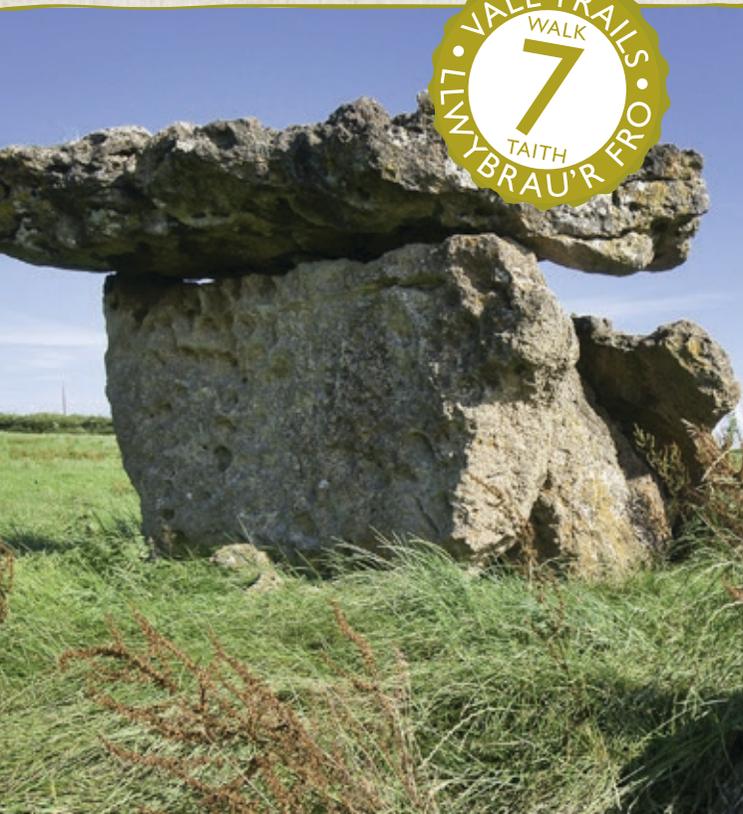




Haunted Field Walk

St Nicholas, Dyffryn Gardens and St Lythans
(7.5 miles / 12 km) plus 3.5 mile / 5.5 km optional walk



WALKING IN THE VALE

Walking in the Vale of Glamorgan combines a fascinating 60 km stretch of the Wales Coast Path with the picturesque, historic beauty of inland Vale. Along its rugged coastline walkers can discover the last manned lighthouse in Wales (automated as recently as 1998), a college unlike any other at St Donats and 16th century walled gardens at Dunraven Bay, plus the seaside bustle of Barry and Penarth.

Inland, walkers will find the historic market towns of Cowbridge and Llantwit Major, as well as idyllic villages such as St. Nicholas and St. Brides Major, where the story of the Vale is told through monuments such as Tinkinswood burial chamber and local characters like lolo Morganwg, one of the architects of the Welsh nation. Our series of 5 coastal and 5 inland Vale Trails will help you get to the very heart of this fascinating area.

Surely no other walk in the UK offers neolithic burial chambers, Edwardian gardens and supernatural legends all within an easy 7.5 mile country trail? The burial chambers of Tinkinswood and St. Lythans, both older than Stonehenge, provide early highlights of this appealing walk. The shorter walk also gives walkers an opportunity to visit the splendid Dyffryn Gardens. The remainder of the trail wanders the gentle farmland and woodland of the Vale before returning to charming St. Nicholas village.

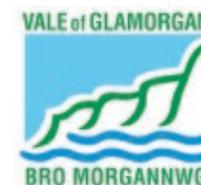
St Lythan's burial chamber is the smaller of the two en route, but the only one whose capstone apparently twirls three times on midsummer eve while its stones go to the river to bathe! This field is also said to be haunted by the unsaddled horse that cannot be ridden. On the plus side, walkers brave enough to venture on Halloween will get their wishes granted if they get close enough to whisper them to the stones.

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.

- 🟡 Footpaths / Llwybrau
- 🟢 Bridleway / Llwybr ceffyl
- 🟣 Restricted Byway / Cilffordd gyfyngedig
- 🔴 Byway / Cilffordd

Many thanks to Valeways and to Vale of Glamorgan Ramblers for their valuable contribution to Vale Trails and their continued support for these walks and leaflets.



Cronfa Amaethyddol Ewrop ar gyfer Datblygu Gwledig: Ewrop yn Buddsoddi mewn Ardaloedd Gwledig
The European Agricultural Fund for Rural Development: Europe Investing in Rural Areas



Llywodraeth Cymru
Welsh Government

THE ROUTE

 **810 kcal**
Estimated calories:
70kg walking at 3mph

 **960 kcal**
Estimated calories:
83kg walking at 3mph

 Family
friendly

Getting there From Cardiff take A48 towards Cowbridge until entering St Nicholas village.

Distance 7.5 miles from St. Nicholas.

Terrain Mainly level footpaths through fields and woodland tracks. Gentle hills and some stiles. Some muddy areas, even in summer. Some areas of woodland may be overgrown in summer.

Map OS Explorer 151 Cardiff and Bridgend.

Parking Limited roadside parking near St Nicholas Church and in layby on Dyffryn Lane. Large car park at Duffryn Gardens NT (off route).

Public Transport X2 bus from Cardiff to Bridgend stops at St Nicholas. For up to date travel information visit www.traveline-cymru.info.

Refreshments & Toilets None on main route. Shorter route gives access to Dyffryn Gardens with café and toilets.

THE WALK Grid ref: ST090743 Postcode: CF5 6SN

Start at St Nicholas Church, St Nicholas.

Cross at the traffic lights in St Nicholas and walk down Dyffryn Lane. After a short distance cross the first stone stile on your right. Walk to a stile under a tree on your left and continue to the next stile alongside a gate, next to a large tree (1). Turn right and follow the hedgeline to the stile in the corner of field. Cross and turn left on field edge until a fence bears left. Bear right and head for next stile.

The **Tinkinswood Burial Chamber** is on your right with its entrance gate in the far right corner (2).

There is a possibility of livestock in some fields. Please keep dogs on a lead and follow the countryside code.

Cross the stile by the gate, walking diagonally left down the field in the direction of a telegraph pole and a stile beyond. Continue straight ahead across two small fields (3) to reach another stile and small bridge in the field boundary. Note that this area can become quite boggy. Continue ahead to the left of two oak trees to cross a stile onto the road by Dyffryn Farm. Turn left then left again and follow the road (4).

TIP  To visit Dyffryn Gardens turn left at next junction and walk a short distance on the road to the entrance.

Walkers on the main route, pass the junction and turn right through the kissing gate into the so-called haunted field with **St. Lythans Burial Chamber** (5).

(For a shorter walk that allows you to take in Tinkinswood and St. Lytham burial chambers, exit the haunted field at the original entrance and take a left then right at the sign to Dyffryn Gardens. Follow the road back to St. Nicholas village.) Otherwise, cross the kissing gate at the farm in the top left hand corner of the field then follow waymarkers through farmyard (6). Please close all gates behind you.

Continue across a series of stiles. The ruins to your right are old lime kilns (7). **The following areas tend to be boggy and walkers, especially those with dogs, must be aware of possible cows in the fields around this area.** Go through a small gate and continue along the edge of two fields with woods on your right. DO NOT cross the stile into the woods. Continue until you reach the clear track leading downhill on your right. Follow this for a very short distance and bear 45° to the left at waymark (8) and look for stile which is set back away from track.

Cross and follow an attractive path through the picturesque woods which climbs and comes out on the edge of a golf course. Continue left to the kissing gate onto the lane.

Turn left out of the gate and follow the track. Walkers may continue past the 'No Access' sign (9). Parts of this track may be flooded but can be passed. Continue with woods on the right to follow the track left into a field (10). Continue along the hedge line on the left to reach stone and wooden stiles by the conifers. Cross the stile and go straight along a short path. Turn right to reach St Lythan's church (11). Exit the Churchyard through the gate to reach the road. Turn right and walk along the road to Lodge Farm (also known as Coed Rhosyn) (12).

Walk up the track to Coed Rhosyn, turn right and then an immediate left before crossing the stile. Then go left and left again (13) so you are the other side of the house.

Continue with hedge on your left to cross another stile into the field on your left. Maintain direction with the hedge now on your right to reach the woods (14). A clear and delightful track leads to a more overgrown wooded area and a small gate on the right. Do not cross but continue straight ahead, following the way markers through rough woodland until you emerge into a field with a stile ahead of you. Cross the stile and head diagonally left up the field. Go through a gap in the hedge to reach a stile with a line of trees to the left (15). Follow the line of trees through two fields and stiles. Cross the last stile (16) and bear left diagonally across the field (crops permitting) to reach a stile at the bottom onto the road. Turn right and walk along the road to reach your start point in the village of St Nicholas.

PLACES OF INTEREST

Tinkinswood Burial Chamber

A Neolithic tomb, built almost 6000 years ago, which once held 50 human bodies. The chamber's capstone is said to be the largest in Europe.

St. Lythans Burial Chamber

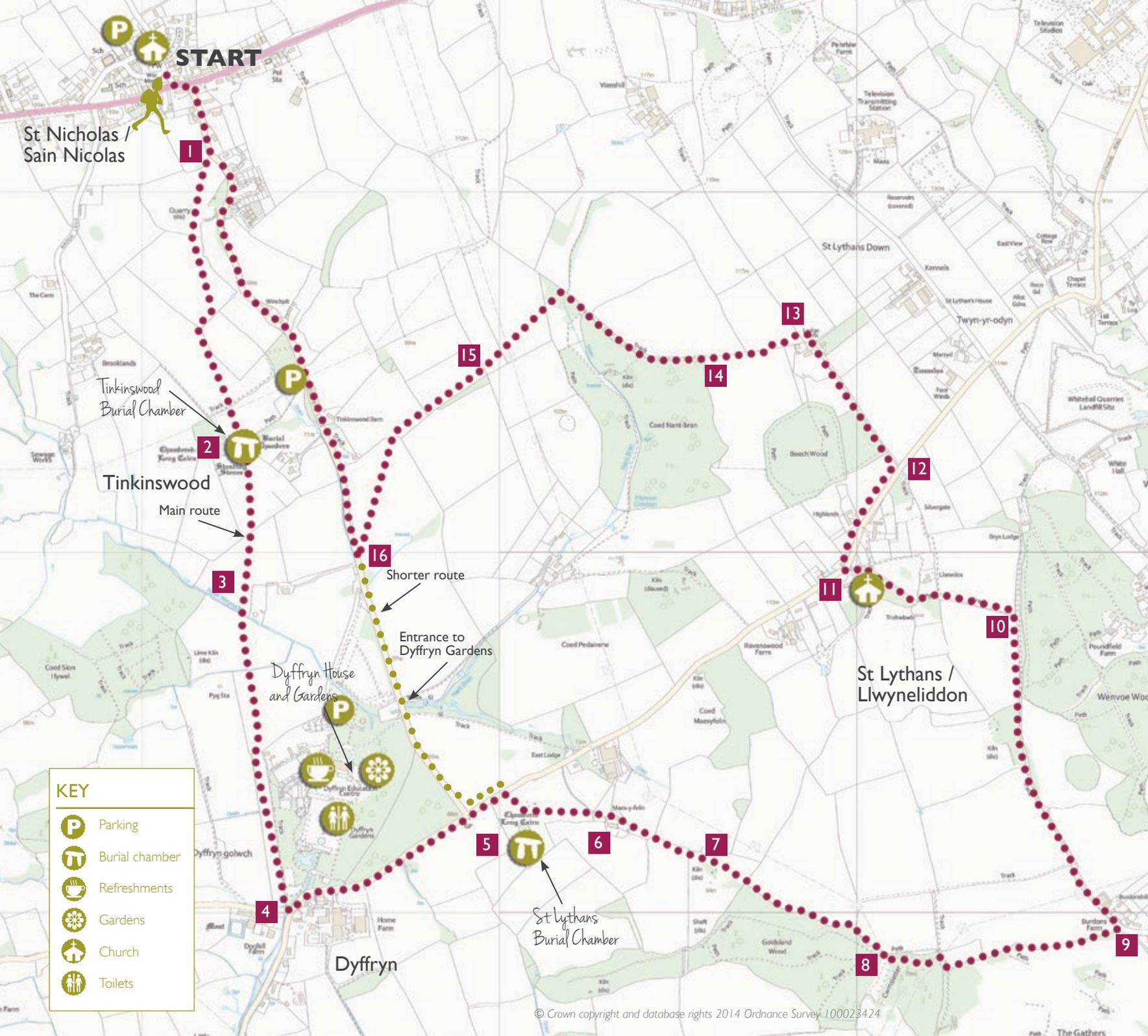
In 2011, excavations revealed grooved pottery, a broken stone axe and part of a flint knife, as well as human bones and teeth. Listen to the audio guide near the entrance for further information on the burial chamber.

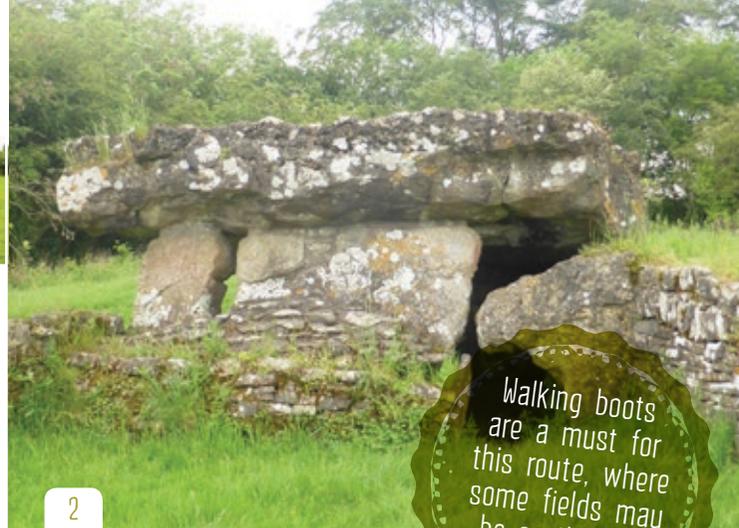
Dyffryn House and Gardens

Grade I listed gardens in the grounds of a grand mansion. The gardens consist of a number of outdoor rooms each with its own distinct character and are considered to be the best Edwardian gardens in Wales. You can visit both the house and gardens which are managed by the National Trust.

St. Nicholas Village

Now a prosperous commuter village, St. Nicholas retains the charm of its past as a thriving agricultural community. Walkers will enjoy the thatched cottages and other notable buildings, including St. Nicholas Church which is believed to date from the 14th century.





VALE OF GLAMORGAN

OTHER VALE TRAILS FOR YOU TO EXPLORE

- | COASTAL WALKS | INLAND WALKS |
|--|---|
| 1 Ogmore By Sea Walk
St Brides Major | 6 Salmon Leaps Walk
Dinas Powys |
| 2 Coast and Lighthouse Walk
Llantwit Major / Nash Point | 7 Haunted Field Walk
St Nicholas |
| 3 Celtic Crosses & Coast Walk
Llantwit Major | 8 Magical Forest Walk
Peterston-Super-Ely |
| 4 Park and Seaside Walk
St Athan / Rhose / Barry | 9 Iolo Morganwg Heritage Walk
Cowbridge |
| 5 Coast and Pier Walk
Barry / Sully / Penarth | 10 Ewenny & Spring Flowers Walk
Llandow / Ewenny |

Walking boots are a must for this route, where some fields may be particularly muddy.

St. Nicholas Church
"A beautiful winding walk that takes you through rolling fields and woods, with some surprising ancient monuments from history. Walkers can choose between a short and long walk depending on how energetic they are feeling!" Helen Blackmore



Images courtesy of Treganna Design

LINKS FOR FURTHER INFORMATION

- Valeways.org.uk
- Valeofglamorganramblers.co.uk
- Nationaltrust.org.uk/dyffryn –gardens
- Cadw.wales.gov.uk/daysout/tinkinswoodburialchamber
- Cadw.wales.gov.uk/daysout/stlythansburialchamber

For more information on Vale Trails, or for a full list of accommodation, attractions and activities nearby visit thevale.com