

WALK Talk Explore Exercise



Free Guided Walks
In the
Vale of Glamorgan
April - June 2018

*Turn up and go!
Families welcome*



Registered Charity Number: 1062031

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

Valeways is a charity. If you would like to support us here are two ways.

To become a Friend of Valeways please visit www.friendsofvaleways.com 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 90 minutes. 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
Dave	07971 695780
Jan	01446 710991
John	07791 138002
Lynne	01446 749000
Mike	07510 695768
Pat	07743 560915
Rebecca	01446 749000
Ruth	07800 969157

Valeways Free Guided Walks April - June 2018

	Start	Day & Time	Date	Leader
Coffee Shop Strollers 	Barry , Bridge Café car park, Cold Knap	Wednesdays 10:30am	4, 18 April 2, 16, 30 May 13, 27 June	Mike
Coffee Shop Strollers 	Cowbridge , Physic Garden Fountain	Wednesdays 2:30pm	4, 18 April 2, 16, 30 May 13, 27 June	Rebecca
Coffee Shop Strollers 	Cosmeston , outside Visitor Centre	Wednesdays 10:30am	11, 25 April 9, 23 May 6, 20 June	Babs
Coffee Shop Strollers 	Llantwit Major Town Hall car park	Wednesdays 2:30pm	11, 25 April 9, 23 May 6, 20 June	Alan
Crwydro 	Coffee Cove Ynys Y Barri 	Mawrth/Tues 10:00yb	3 Ebrill/April 1 Mai/May 5 Mehefin/June	Ruth
Living with Cancer Strollers 	Cosmeston , Information Centre	Thursdays 10:30am	5 April 3 May 7 June	Lynne

April	Time	Name of Walk	Grade	Start	Leaders
08 Sun	2:00pm	Most Southerly Point in Wales		Fontygary Leisure Park CF62 3ZT	Dave
09 Mon	11:00am	Woods and Valleys		Barry , Travelodge, Port Rd. CF62 3BA Upper car park	Babs & Jan
15 Sun	2:00pm	St. Peter's Church Revisited		Penarth , cliff top car park CF64 5BP	Pat
22 Sun	2:00pm	Round of Golf and Glacier Walk		Dinas Powys , St. Peter's Church, Mill Rd. CF64 4BT	Dave
26 Thurs	10:00am	Lots of History 6 – 7 miles		St Hilary , Bush Inn CF71 7DP	John
May					
14 Mon	11:00am	Spring Lambs and Coastal Views		Dinas Powys Common , opposite Twyncyn CF64 4DT	Babs & Jan
<p>The Ninth Vale of Glamorgan Walking Festival Tuesday 15 – Sunday 20 May 2018 Visit www.valeofglamorganwalkingfestival.org.uk for details of all walks.</p>					
31 Thurs	10:00am	Under the Castle. 7+ miles		Penllyn , The Red Fox CF71 7RQ	John
June					
03 Sun	2:00pm	Coastal Path, Woods and Stream		Nash Point , Marcross, by lighthouse. Car park fee	Dave
11 Mon	11:00am	To the Beach and Back		Llantwit Major , railway station car park CF61 1ST	Babs & Jan
15 Fri	10:00am	Castle-upon-Alun Circular		St Brides Major , Fox and Hounds Inn CF32 0SA	Alan
28 Thurs	10:00am	Along the avenue to where?		Colwinston , Sycamore Tree Pub CF71 7NG	John