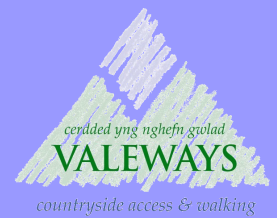




Celebrating Twenty-One Years of Walking in the Vale

VALEWAYS

Yn dathlu un mlynedd a'r hugain o gerdded yn y Fro



Newsletter Autumn 2018

*It's the circle of life
And it moves us all
Through despair and hope
Through faith and love
Till we find our place
On the path unwinding
In the circle
The circle of life*

Greetings! As we bid a fond farewell to the wonderful Summer, we welcome the changing of the seasons and witness once again the 'Circle of Life' – or more appropriately, after the summer we've had, the '**cycle** of life'! Accustomed as we were to the bright blue summer **Sky** it was certainly upstaged by the yellow jersey of **le Tour de France** winner, Geraint Thomas. Who can forget seeing him on the podium in Paris draped in the Welsh flag and then the Welsh homecoming at the Senedd building and at Cardiff Castle? There is no doubt that the colour of our Summer was yellow!



This photograph of a rape field is included in a montage of the changing seasons entitled 'What Valeways means to me' by Anne Phillips and is featured in our 'valeways@railways' exhibition (see below)

Eagerly awaiting your presence is a number of walks featured in the Autumn Walks Programme – enough to please everyone! The **stage** is set for Christmas but let's get Halloween out of the way first! (31 October) and there's plenty more for us to see before the Festive Season – Visit 'Cliffs, Valley and College' with Alan (12 October), join Rebecca as she 'reveals' Merthyr Dyfan (14 October) or appreciate the Somerset views with Jan and Babs (21 November). Whatever you do 'Let's Avoid Cowbridge' on 25 October (**on your bike John!**) Congratulations also to the 'Crwydro', (formerly 'Hoffi Coffi, Hoffi Cerdded') group, who will be celebrating its 10 birthday with a walk in Ogmere on Sunday 28 October. The walk will be led by the '**King of the Mountain**' (or should that be Queen?) Penblwydd Hapus Ruth a llongyfarchiadau!

Well done also to Dave and Alan for including the word '**circular**' in their walks – Dave's 'Circular Coastal Path' is on 11 November, followed by Alan's 'City Circular' on 16 November - bang on the theme although they didn't know it!

Rain was forecast for our third Friends event at Dyffryn Gardens on Saturday 8 September but apart from threatening clouds and one small shower the weather behaved itself – thanks Derek! Following a welcome cup of tea and an inspiring address by Chairman Phil Gibbins over 20 walkers were all **pumped up** to face whatever the ‘Haunted Fields Walk’ had to offer. Led by Valeways President, Derek Brockway and ably supported by Marian Eynon the **tour** took us through the Wenvoe countryside, **punctured** with visits to two ancient burial sites on the way. Visiting the megalithic burial chamber at Tinkinswood, walkers marvelled at the site of the seven metre, forty ton limestone capstone, possibly the largest in Britain resting on the small upright stones. Supported by his **‘domestique’** Derek led his group through fields, along paths and over stiles until they reached the other significant burial chamber in the Vale, at St Lythans. Hold on to your **saddles** - apparently legend has it that each Midsummer's Eve, the capstone spins around three times and all the stones go to the nearby river to bathe. Nobody stayed to find out but **sprinted** back across the **finishing line** at Dyffryn where a super array of refreshments was the order of the day. The consensus was that all went homeward, happy, **tyred** but refreshed and waiting expectantly for the next walk!



Dyffryn House - “The Price of Coal”
 a painting by Paul Baker exhibited
 at ‘valeways@railways’ exhibition



Derek and Friends taking advantage of the support vehicle

A stroll around Cosmeston Country Park continues to be a favourite with many Valeways walkers. Please see Cosmeston Coffee Shop Strollers and ‘Living with Cancer’ Strollers as well as ‘Countryside and Coast’ walk (8 October) on our current walks programme. Groups normally meet at the park’s Information Centre. The outdoor learning area, with its new board walk and dipping pond, now under construction will be an additional attraction. As part of the development, a new sculpture has also been installed. The wooden sculpture, carved out of a 12 foot piece of oak includes many of the inhabitants of Cosmeston including squirrels, mallards, grebes and of course a majestic swan. The work is by Chris Wood of Wood Art Works (remember Derwen the Dragon in Porthkerry Park?) The only **spanner** in the works is the closure of the path while the work is in progress. (No-one really minds but it’s the only way we could get an item from a bicycle repair kit into the sentence!)



When you visit Cosmeston, let us know of other animals you have spotted on the sculpture

Volunteer Co-ordinator's Report

Where has the summer gone? Suddenly Autumn seems to be upon us with conkers and hazelnuts on the paths but still plenty of blackberries to enjoy.



'Reminders of Autumn' by Liz Dimond, exhibited at 'valeways@railways' exhibition

Thanks to everyone who helped on our stall at the Vale Show this year. It was good to hear from so many people that they receive our walk programme and know our routes. I recently met a couple from Pontyclun who said they enjoyed walking in the Vale because the footpaths were so well maintained and way marked, so thanks go to all our walk and clear volunteers for all their hard work.

I have been over the moon to get back out walking further and further and now leading walks again. Always on the lookout for the unusual we spotted a Handkerchief Tree in flower in September. That's what I love about getting out and about with Valeways – there is always something new to see or discover!

Look forward to seeing you all walking through the Autumn leaves.

Rebecca Exley Volunteer Co-ordinator



Rebecca also included this photo she took of Sylvia Tapp, accompanied by Glen Stevens fulfilling one of Sylvia's lifelong ambitions – to walk across the Newport Transporter Bridge! Well done both for rising to the challenge! Far less challenging is linking it to our theme. Needless to say, the Transporter Bridge, designed by Frenchman Ferdinand Arnodin forms part of the **National Cycle Network** where Route 4 crosses the River Usk before joining Route 47. Moreover, the top of the bridge should be an excellent vantage point to view the newly named '**Geraint Thomas** National Velodrome of Wales' at nearby Lliswerry.

Glen and Sylvia on top of the world! Congratulations from us-k!

Date for your diary

Valeways Annual General Meeting 2017-18 will be held on **Tuesday 13th November 2018** at Forest Lodge, Porthkerry Country Park, 3:00—4:00pm. If you wish to attend please R.S.V.P. by **Monday 5th November** to :-

info@valeways.org.uk or Telephone 01446 749000

If you haven't managed to make it to Travellers Gallery at Barry Station yet, the art exhibition 'valeways@railways' ends on 19 October. Make the most of this opportunity to see the work of Valeways walkers and supporters exhibited at the gallery. Many thanks to all artists who submitted their work and supported Valeways. In a Private View on 13 September Phil Gibbins **spoke** of the undisputed artistic talent on show – a veritable **tour de force**! The Private View was an opportunity for the artists, families and friends to meet socially and we appreciated the attendance of The Barry Town Mayor, Cllr Janice Charles and the Vale of Glamorgan Mayor Cllr Leighton Rowlands complete with their respective Mayoral **chains**.



Cllr Leighton Rowlands, Mayor of the Vale and Barry Town Mayor, Cllr Janice Charles signing the visitors' book – in tandem!

Comments written in the visitors' book reflected the impression made by the work on the travelling public –

"Excellent display!"

"Valeways walkers are so talented and they look after the environment too!"

"What a wealth of talent"

"There isn't a painting I didn't enjoy!"



Cllr. Leighton Rowlands, supported by his 'pelaton'

The Travellers Gallery Winter Open Exhibition leaflet features Babs' watercolour 'Winter Woollies' exhibited at 'valeways@railways' on its cover. Congratulations to Babs!



'Winter Woollies', a watercolour by Barbara Williams

Barry Station also became an excellent starting point for one of our late Summer walks – 'Valeways Art Trail', led by Marion Eynon. Apart from enabling walkers to view the exhibition this new walk provided the opportunity to learn some fascinating historical facts about Barry. The walk took us past the renovated Pumphouse and as far as the Docks Office. Walkers were not only able to marvel at the imposing exterior of the Dock's Office building but also witness the splendour of the interior, reflecting the wealth generated by the export of coal through Barry Docks. A walk along Dock No 1 (now The Waterfront) led back to our **feeding station**, to a welcome cup of tea and a final look at the exhibition.

For all who missed this walk, a similar walk called 'Ramble into Barry's Maritime Past' (11 October) is included in the current Walks Programme.

Newsreader and television presenter Huw Edwards recently visited Barry to film a documentary on the war memorials in the town. Accompanied by Dr Jonathan Hicks, he visited some of the town's war memorials including the Hall of Memory at the Memorial Hall and the Commonwealth War Graves Commission headstones at Merthyr Dyfan Cemetery. The programme is due for transmission on BBC1 in November as part of the ongoing remembrance of the end of the First World War.



Look out for the Merchant Navy memorial on the Waterfront, dedicated 'in memory of all the seafarers who sailed from Barry never to return.'

More news ... Does the story of the lime washing of Saint Curig Church, Porthkerry in the last Newsletter **ring any bells** with anyone? We are very pleased to announce that three Valeways volunteers **raleighed** round to take part in this year's activity. Equipped with all the proper **gear**, Phil Bond, Cen Williams and newcomer Huw Allaway (welcome Huw) worked diligently without a **brake** (well almost) until the job was completed for another year! We thank them for displaying their artistic prowess and for flying the Valeways flag but don't expect to see their work in the 'valeways@railways' Art Exhibition!

Rebecca has already mentioned our presence in the annual Vale of Glamorgan Show which took place on Wednesday 8 August. Apart from a big downpour at lunch time the sun shone on us and visitors to the Valeways stall showed a lot of interest in our regular walks programme and the 'Friends' scheme. It was also an opportunity to meet with regulars and old friends of Valeways as well as to encourage new walkers to join our 'Walk and Clear' groups and/or our organised walks programme – watch this space!

There were notably fewer exhibitors this year and this meant that the Valeways stand was quite out on its own. That however, did not deter the young 'treasure hunters' from discovering a **route** to our stall. The Treasure Hunt on a map of the Vale was a great success, with some persistent youngsters insisting on several goes! Everything seems to have gone **wheely** well.



Reference was also made in the last Newsletter to the unmarked graves of some of Barry's women, the most famous of which is the artist Margaret Lindsay Williams. Thanks to Friends of Merthyr Dyfan Cemetery for erecting a small plaque on the burial place of the artist. Many of you would have seen reference to four of Margaret Lindsay Williams' damaged paintings being found in Dyffryn House recently. The National Trust set up an appeal for funds to restore the paintings.

The presence of *Lanterne Rouge* in *Le Tour de France* gives us the opportunity to thank some more unsung heroes of Valeways! *Lanterne Rouge* is the name given to the last cyclist to complete the gruelling race and is derived from the red light of the lantern on the last carriage of a train. Each Valeways walk has a Walk Leader but also has a Back Marker ensuring that the **'team'** stays together and that we never have anybody straying off the designated path, falling behind too much or getting lost somewhere **en route**! So a very big 'Thank You' to all our Back Markers! This year's recipient of **Lanterne Rouge** was the American cyclist, Lawson Craddock but the previous holder was Cardiff born and Geraint Thomas' Sky colleague, Luke Rowe.

... and finally

