




Park and Seaside Walk

Limpert Bay to Barry Island Walk (7 miles / 11 km)

Plus optional Porthkerry Circular Walk (3.5 miles / 5.5 km)



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. Whichever direction you are walking look for  at regular points along the way.

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 Iolo 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.

This linear route* provides walkers with breathtaking views of the South Wales coast from start to finish. From quiet coves to the bustling beaches of Barry, this trail offers walkers the opportunity to experience the Vale of Glamorgan's diverse coastline.



It also takes in many of the Vale's historic landmarks, such as the remains of the Roman Villa near the Knap, and the more modern, albeit Victorian, railway viaduct seen from Porthkerry Country Park.



Fans of the sitcom Gavin and Stacey will be thrilled that the walk ends at Barry Island. What better way to finish than to visit the slot machines where Nessa worked and enjoy a cup of tea or ice cream (depending on the weather) at Marco's?

*It is advisable to have two cars; one at the beginning of the route and one at the end.

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 / Llywbrau  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

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

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



Wheelchair access on
certain areas of the walk

visitthevale.com



Getting there Travelling from the east, to reach the car park, turn left at the Esso garage on B4265. After the bridge, turn right into the village of Gileston, following the road towards the beach.

Terrain Mainly flat with some short steep sections and a steep flight of steps.

Distance 7 miles from Limpert Bay, 3.5 miles for the optional shorter route around Porthkerry Park.

Map OS Explorer 151 Cardiff and Bridgend.

Parking Free parking at Limpert Bay (Gileston), Rhoose and Porthkerry Park (charged at weekends) and large car park (charged) at The Knap and Barry Island.

Public Transport Circular bus from Barry to Bridgend. Train stations at Rhoose and Barry. For up to date travel information visit www.traveline-cymru.info

Refreshments & Toilets Cafes and refreshments at the Knap, Porthkerry Park and Barry Island.

WALK A *Grid ref: ST020663 Postcode: CF62 AHX* **Limpert Bay (Gileston) to Barry Island Coastal Walk (7 miles)**

Start at Limpert Bay car park.

From the car park, join the sea wall on your left. Continue either alongside, or on the wall (1), for some distance before reaching a bridge across the Afon Ddaw River. This part of the walk isn't the most picturesque, but if you continue, you will soon be rewarded when you join a grass path which leads past disused lime works and the beautiful ponds of **The Leys (2)**.

*Here you can try a brief diversion to one of the Vale's most ancient and characterful pubs, **The Blue Anchor (3)**.*

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

*As you approach the end of the sea wall, a footpath to your left leads inland. An easy 20 minute walk along this path takes you to the pub. Follow the footpath, keeping straight ahead into a wooded area after crossing a narrow road. When you reach the end of the footpath, cross the stile and bear right to walk under a stone railway bridge into Well Road. Walk to the top of Well Road to meet the main road through East Aberthaw village where you will find **The Blue Anchor pub** opposite.*

At the end of the sea wall, follow the shore alongside the tidal ponds, before climbing steps up the cliff (4). Turn right at the top into a large holiday park; keep right, following the hedge down to **Ffont-y-Gari Bay**. Climb straight back up to join the field edge and a path along the striking cliffs (5) towards **Rhoose Point**. The cliff top path continues past Dams Bay, before bearing inland around the edge of a small disused quarry. Turn left along a tarmac road through **Porthkerry Caravan Park (6)**. Follow the road between the caravans to a way-marker directing you to the right, past the sign for **The Bulwarks (7)**.

TIP  The Bulwarks marks the site of a large Iron Age settlement.

Bear right across the open ground to re-enter the woods and drop down towards the beach below Porthkerry and its magnificent viaduct (8).

You can walk along the beach to the Knap, but this route continues up the **Golden Stairs (9)** which are across a small stream directly ahead into the woods. At the top of the stairs, continue on the path towards the right which leads to a cliff top green. Walk alongside the hedge where you will see fine views over Barry (10) and down the steps to the remains of a Roman Villa and the Knap car park.

Follow the promenade to its end, bearing left around to **Cold Knap Point** beach. Here you will see a small

Watch Tower (11) before you continue up the steps ahead, into Cold Knap Way. Go to the end of this road and turn right onto The Parade and continue to the roundabout by The Ship Inn.

Turn right towards **Barry Island Beach** across the causeway which leads to another roundabout. Here, go right, passing the many shops, cafes and arcades, heading towards Whitmore Bay, where the famous Marco's Café is clearly visible. Here you can enjoy a relaxing drink, with plenty of amusement for the whole family (12 & 13).

OPTIONAL WALK (B)

Grid ref: ST098666 Postcode: CF62 6YY

Porthkerry Circular Walk (3.5 miles)

Start at The Knap terrace car park.

This short route provides walkers with the opportunity to view some of Barry's finest parks and historical sights.

Walk along the sea front to the end of the promenade. Keeping the sea on your right, go past the Lifeguard Station to the beach and Watch Tower. Turn left at the roundabout next to the Watch Tower and proceed along Lakeside into the Knap Gardens, with its lake in the shape of a Welsh Harp. At the end of the gardens, go under the railway bridge and cross the road into Romilly Park. Follow the path to pass the tennis courts on your right and proceed up the hill, to exit the park onto the main road. Continue uphill to Park Road junction and turn left. Follow this road as it swings right in the direction of Porthkerry Park and pass Barry Castle (14) on your right. Enter Porthkerry Park and follow the park road walking under the railway arch. Carry straight on until you see the impressive viaduct. Bear left towards the beach and Wales Coast Path to pick up the original route.

PLACES OF INTEREST

Aberthaw Lime Works and the ponds of the Leys

This derelict structure opened in 1888 and operated until 1926. Although unidentifiable today, this is the site of an old harbour used since Roman times for exporting and trade with the other side of the channel.

Rhose Point The most southerly point on the mainland of Wales, marked with a Standing Stone and Stone Circle.

The Blue Anchor Pub Named after the blue 'marl' that coated the anchors of vessels at Aberthaw port, the pub was built in 1380. Visitors can search for the remains of a secret tunnel used to transport contraband between Aberthaw Bay and the pub.

Porthkerry Country Park An area of some 220 acres, landscaped in the 1840s by the Romilly family. It contains a range of walks and cycle trails, play areas, a putting green, barbecue facilities and café.

Railway Viaduct Opening in 1897, this late Victorian viaduct, 110 ft. high with 20 arches carries the Vale railway line over the valley.

Golden Stairs Reputed to have a pirate's treasure of gold coins buried there, but nothing has ever been found... yet.

Roman Villa Thought to have been built at the end of the 3rd Century AD, it was associated with the nearby Roman harbour and possibly used as a guesthouse for visiting dignitaries.

Barry Island Named after St Baruc, now home of the BBC TV comedy show 'Gavin and Stacey', where fans will love seeing the real life 'slots' where Nessa worked and Marco's café.

Romilly Park An attractive park containing woodland, lawns, children's playground and tennis courts. In 1920, the National Eisteddfod of Wales held its annual festival here, bringing people from all over to the area.

Barry Castle Passed to the Du Barri family after the Norman conquest of Glamorgan in the 11th Century.



KEY					
	Parking		Refreshments		Shopping
	Views		Cafes		Accommodation
	Castle		Toilets		Wales Coast Path
	Pubs		Wheelchair access		Vale Trail
	Train Station		Caravan Park		



Most Southerly point of mainland Wales at Rhoose Point



The Knap lake



VALE OF GLAMORGAN

OTHER VALE TRAILS FOR YOU TO EXPLORE

COASTAL WALKS

- 1 Ogmore By Sea Walk
St. Brides Major
- 2 Coast and Lighthouse Walk
Llantwit Major / Nash Point
- 3 Celtic Crosses and Coast Walk
Llantwit Major
- 4 Park and Seaside Walk
St. Athan / Rhoose / Barry
- 5 Coast and Pier Walk
Barry / Sully / Penarth

INLAND WALKS

- 6 Salmon Leaps Walk
Dinas Powys
- 7 Haunted Field Walk
St Nicholas
- 8 Magical Forest Walk
Peterston-Super-Ely
- 9 Iolo Morganwg Heritage Walk
Cowbridge
- 10 Ewenny & Spring Flowers Walk
Llandow / Ewenny

LINKS FOR FURTHER INFORMATION

blueanchoraberthaw.com (The Blue Anchor Pub)

valeways.org.uk

coflein.gov.uk (Cold Knap Roman Building)

castlesuncovered.com/wales/barrycastle

valeofglamorganramblers.co.uk

perfectpitchcamping.co.uk

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

Images courtesy of Tregamma Design