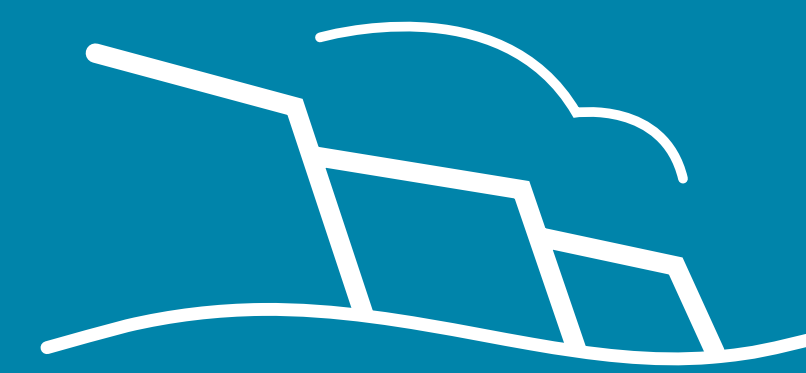


Park and Seaside Walk

Taith Parc a Glan y Môr

VALE OF GLAMORGAN
COAST • COUNTRYSIDE • CULTURE



ARFORDIR • CEFN GWLAD • DIWYLLIANT
BRO MORGANNWG

Limpert Bay (Gileston) to Barry Island Walk (7 miles / 11 km) Plus optional Porthkerry Circular Walk (3.5 miles / 5.5 km)

Taith Bae Limpert (Silstwn) i Ynys Y Barri (7 miles / 11 km) Yn ogystal â Thaith Gylchol ddewisol Porthceri (3.5 milltir / 5.5 km)

Approximate walk time / Brasman amser cerdded: 3.5 hours / awr



This linear route* provides walkers with breathtaking views of the South Wales coast from start to finish. From quiet beach 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 a visit to the slot machines where Nessa worked and enjoy a cup of tea or ice cream (depending on the weather) at Marco's?

Mae'r llwybr llinol * yma yn cynnig golygfeydd syfrdanol o arfordir De Cymru o'i gychwyn i'w ddiwedd. O'r cildraethau tawel, i draethau prysur Y Barri, mae'r llwybr yma yn cynnig cyfle i'r cerddwyr brofi arfordir amrywiol Bro Morgannwg.

Mae hefyd yn cynnwys nifer o gerrig milltir hanesyddol megis Fila Rufeinig ger y Cnap a'r Draphont Rheilffordd Fictoraidd sydd i'w gweld o Barc Gwledig Porthceri.

Bydd dilynwy'r gyfres gomedi Gavin & Stacey wrth eu boddau fod y daith yn diwedd yn Ynys Y Barri. Pa ffordd well i ddiwedd nag ymweld â'r peiriannau hap chwarae lle'r oedd Nessa yn gweithio a chael paned o de neu hufen ia (yn dibynnu ar y tywydd) yn lle Marco?

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

Mae'n bosib y bydd anifeiliaid mewn rhai caeau, felly sicrhewch fod cŵm ar dennyn os gwelwch yn dda a dilynwch reolau cefn gwlad.

800 kcal
Estimated calories: 70kg walking at 3mph
Amcangyfrif caloriau: 70kg yn cerdded ar 3mya

960 kcal
Estimated calories: 83kg walking at 3mph
Amcangyfrif caloriau: 83kg yn cerdded ar 3mya

Family friendly
Addas i deul

Wheelchair access on certain areas of the walk
Mynediad cadair olwyn mewn rhannau o'r daith

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PLACES OF INTEREST

LLEOEDD O DDIDDORDEB

- 1 Aberthaw Lime Works and the ponds of the Leys
- 2 Rhoose Point
- 3 The Blue Anchor Pub
- 4 Porthkerry Country Park
- 5 Railway Viaduct
- 6 Golden Stairs
- 7 Roman Villa
- 8 Barry Island
- 9 Romilly Park
- 10 Barry Castle

- Gweithfeydd Calch Aberddawan a phyllau Leys
Penrhyn Rhws
Tafarn The Blue Anchor
Parc Gwledig Porthceri
Traphont Rheilffordd
Grisiau Aur
Fila Rufeinig
Ynys Y Barri
Parc Romilly
Castell Y Barri

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.

RHEOLAU CEFN GWLAD

- Byddwch yn ddiogel – cynlluniwch ymlaen llaw a dilynwyd unrhyw arwyddion.
- Parchwch giatau ac eiddo a'u gadael fel ag y cawsoch hwy.
- Gwarchodwch blanhigion ac anifeiliaid, ac ewch â'ch sbwriel gartref.
- Rheolwch eich cŵn yn ofalus.
- Ystyriwch bobl eraill.



For further information: / Am ragor o wybodaeth:

www.visitthevale.com

VALE TRAILS LLWYBRAU'R FRO

Our series of 10 Vale Trails will take you on a journey through time, along 60 km of rugged coastline, to historic walled gardens and past 6000 year old burial chambers, not to mention our colourful market towns and historic villages.

Discover the secrets of the Vale on foot – and don't forget to take advantage of some wonderful local hospitality and welcoming places to stay along the way.

Bydd ein cyfres o 10 Llwybr Bro yn eich tywys ar siwrnai trwy amser, ar hyd 60 km o arfordir garw, i erddi muriog hanesyddol a heibio siambrau claddu 6000 o flynyddoedd oed, heb sôn am ein trefi marchnad lliwgar a phentrefi hanesyddol.

Cewch ddarganfod cyfrinachau'r Fro ar eich taith – a pheidwch ag anghofio cymryd mantais o'r croeso gwresog lleol a'r llefydd aros croesawgar ar hyd y ffordd.



More Vale Trail leaflets are available at the Heritage Coast Centre

Mae rhagor o dafenni Llwybrau'r Fro ar gael yng Nghanolfa'r Arfordir Treftadaeth

OTHER VALE TRAILS

- 1 Ogmere By Sea Walk
- 2 Coast & Lighthouse Walk
- 3 Celtic Crosses & Coast Walk
- 4 Park and Seaside Walk
- 5 Coast and Pier Walk
- 6 Salmon Leaps Walk
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- 10 Ewenny & Spring Flowers Walk

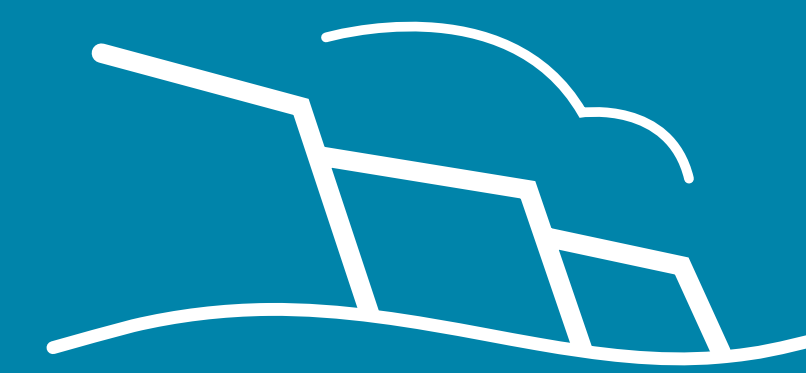
TEITHIAU ERAILL Y FRO

- 1 Taith Aberogwr
- 2 Taith Arfordir a Goleudy
- 3 Taith Arfordir & Chroesau Celtaidd
- 4 Taith Parc a Glan y Môr
- 5 Taith Arfordir a Phier
- 6 Taith Llam yr Eogiaid
- 7 Taith Cae Ysbyrd
- 8 Taith Coedwig Hudol
- 9 Taith Treftadaeth Iolo Morganwg
- 10 Taith Ewenni & Blodau'r Gwanwyn



Coast and Pier Walk Coast and Pier Walk

VALE OF GLAMORGAN
COAST • COUNTRYSIDE • CULTURE



ARFORDIR • CEFN GWLAD • DIWYLLIANT
BRO MORGANNWG

Barry through Sully to Penarth Pier Walk (10 miles / 16 km)

Barry through Sully to Penarth Pier Walk (10 miles / 16 km)

Approximate walk time / Approximate walk time: 5 hours / hours



This linear route offers wonderful insight into the tourism and maritime industries so important to the Vale of Glamorgan. Highlights include Barry Docks. Built in 1884, by 1913 it was the largest coal exporting port in Britain. It was built thanks to the vision of David Davies, mine owner and Wales' first millionaire, whose statue is another landmark on this trail.

The secluded beach of Jackson's Bay has long been known as one of Barry's best-kept secrets. No longer. From its golden sands, walkers can enjoy sea views across to Devon and the islands of Flat Holm and Steep Holm. The walk finishes at Penarth Pier. Named Pier of the Year in 2014, its restored Art Deco Pier Pavilion houses a gallery, cinema, café and restaurant, and is a symbol of the energy and spirit of the town.

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

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580 kcal
Estimated calories: 70kg walking at 3mph
Estimated calories: 83kg walking at 3mph

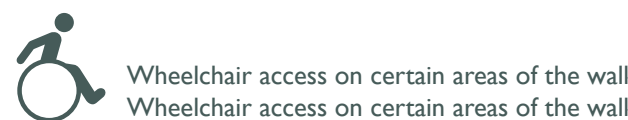
680 kcal
Estimated calories: 83kg walking at 3mph
Estimated calories: 96kg walking at 3mph



Family friendly
Family friendly



Suitable for dog walking
Suitable for dog walking



Wheelchair access on certain areas of the walk
Wheelchair access on certain areas of the walk



PLACES OF INTEREST

- Barry Island** The island was linked to the mainland at the end of the 19th century, due to the Barry Docks. Once home to a Butlins resort, it is now famous as a filming location for Gavin and Stacey.
- Barry Docks** Barry was the largest coal exporting port in Britain, possibly even the world. The development of Barry port was due to industrialist David Davies and opened for trade in 1889.
- Sully Island** Located just offshore, opposite the Captains Wife pub. You can access the island on foot at low tide. During the 13th century, it was the base for a Norman pirate, 'The Night Hawk'.
- Lavernock Point** Lavernock Fort gun battery was built in the 1860s by the Royal Commission to protect the access channel to Cardiff and Bristol shipyards during the short-lived war between Britain and France.
- St Lawrence Church: Marconi Plaque** In 1897 Guglielmo Marconi sent and received the first ever radio transmission over open sea between Lavernock Point and Flat Holm Island.
- Penarth Pier** Built in 1894, the Pier was recently restored, winning Pier of the Year in 2014. Inside the Pavilion is a community cinema, events and exhibition space, a café, bar and restaurant.
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Images courtesy of Visit Wales and Darren Writts

Lluniau gan Visit Wales a Darren Writts

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.

Llawer o ddiolch i Valeways a Chwydwyr Bro Morgannwg am eu cyfraniad gwerthfawr i Vale Trails a'u cefnogaeth barhaus i'r teithiau a'r taflenni yma.