



Celtic Crosses and Coast Walk

Llantwit Major and Surrounding Area Walk
(3 miles / 5 km) plus 2 mile / 3.2 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. 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.

The perfect route for those who enjoy a bit of history with their walk. The town of Llantwit Major has been a settlement for over 3000 years. In that time it has gathered an impressive collection of historical tales and legends involving saints, pirates, and royalty. Walkers can visit the locations of many of these tales during this short and informative trail.

Highlights include St. Illtud's Church, thought to be the first centre of learning in Britain and home to one of the most impressive collections of Celtic stones in the country. It is rumoured that St. Patrick, a former pupil of the monastic school who later became a priest of the monastery, was kidnapped from here by Irish pirates.

This is a short route, so please take the time to stroll around one of the Vale's most intriguing towns once you have finished your walk.

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.

creative 
RURAL COMMUNITIES



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

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

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

 Family
friendly

visitthevale.com



Getting there From Cardiff A4232 follow signs to Cardiff Airport and then Llantwit Major.

Terrain Route includes steps and stiles. Mostly good tracks and accessible fields. Be prepared for some areas of overgrowth in summer and seasonal crops.

Distance 3 miles.

Map OS Explorer 151 Cardiff and Bridgend.

Parking Town Hall car park, Llantwit Major.

Public Transport Trains and buses to Llantwit Major. For up to date travel information visit www.traveline-cymru.info

Refreshments & Toilets Various pubs and cafés at Llantwit Major and toilets at Town Hall car park. Café and toilets at Llantwit Major beach.

THE WALK 3 miles Grid ref:SS967687 Postcode: CF61 1SD

Start at Llantwit Major Town Hall car park.

On leaving the Town Hall car park, go back onto the main road then turn sharp left in front of the **Town Hall (1)** to proceed down Burial Lane. You will pass **St. Illtud's Church (2)** on the right and then reach a flight of stone steps leading to Hill Head. At the top of the steps turn left past the row of white cottages (Hill Head cottages). *A slight detour right will take you to the Gatehouse (3) over to your right and in the field behind is a Dovecote (4).* Continue downhill along a track to reach a stone stile on the right. Once over this, bear left and stick to the field edge to a corner stile. Continue downhill, down a flight of stairs with Flanders Farm to your right. You will emerge

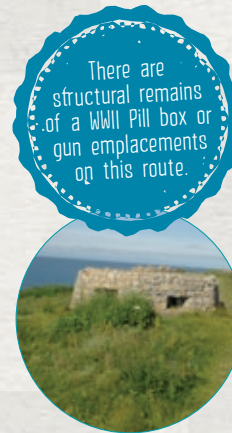
onto Flanders Road. Turn right and follow this road past the right turn of Colhugh Park Road to reach a gateway. Here the road becomes a track.

From here, follow the track for about one mile to reach the coast. Along the way you will pass Bramble Cottage on the left **(5)**. After walking gently uphill, go through a gate and past some barns on the left. As the path follows the top of the steep western side of the Colhugh Valley **(6)**, bear left as opposed to continuing through the gate ahead. Continue following to go through two gates and eventually you will reach the remains of a bench on the right. Immediately beyond the bench, go through another gate and continue along the path through more gates, to the coastal cliff. Walkers should now reach a dedicated metal bench **(7)**.

TIP You might like to visit the beach. Bear left at this point to do so.

On the main route, the path then swings right, roughly parallel with the cliff edge. Seaward, on a clear day you will see great views of Exmoor **(8)**. As you proceed along this track, ignore any paths leading off to the right, but heed all warning notices, for this coastline is prone to cliff falls. After about 1/2 mile you will pass a WWI pillbox on your left and then a stone stile on your right.

*Here you have the option to visit the beautiful Tresillian Bay **(9)** before continuing back on the main route. If you wish to do this then continue ahead to descend into Tresillian Bay.*



*Cross its pebbled storm beach, to return via steps on its far side to the cliff top **(10)**. Keep on the cliff top path to reach, after approximately another 0.5 mile, a junction with a path coming in from the right. For those wanting to explore this area further, continue straight ahead to King George Field **(11)** and eventually reach the beachside grounds of Atlantic College, at St. Donat's Castle. Otherwise, retrace your footsteps back to the WWI pillbox.*

TIP At point 11 you can join our Coast and Lighthouse Walk, no 2 in the coastal walk series.

On the main route, turn **inland** at the stone stile just after the pillbox **(12)**. Walk inland for 0.25 mile to reach an 8 step high stile on the right. Climb it and head for the ruins 'Sheepplays' **(13)**. Go round this via a stile and, following the one waymarker in this area, through a tied gate (this does not correspond with definitive footpath map).

Maintain direction, making for the left of a large cluster of trees. Continue straight ahead but bearing slightly left across the large prairie-like field **(14)** to eventually cross a stone stile in the field boundary. Keep straight ahead through fields crossing a series of stone stiles to emerge onto a grassy track. Cross the next stone stile immediately ahead to your right. As you cross this, you will again be in the field with the Dovecote and back on the town's edge near The Gatehouse. From here, retrace your steps back to the Town Hall car park.

PLACES OF INTEREST

St. Illtud's Church, Llantwit Major

Founded in 500 AD by the Welsh monk Illtud the church is believed to be Britain's first centre of learning. Alumni are said to include future patron saints St. David and St. Patrick. The Galilee chapel at the western side of the church has been reconstructed and is now home to one of the finest collections of 9th and 10th Century Celtic stones in Wales. A kiosk in the church provides more information on the area's fascinating history.

The Gatehouse, Tewkesbury Abbey Grange

This 14th Century house belonged to the grange of Tewkesbury Abbey before being sold to Sir Edward Stradling and later the Earl of Plymouth.

Glamorgan Heritage Coast

The Glamorgan Heritage Coast is a particularly special 14 mile / 22.5 km stretch of coastline awarded Heritage Coast status in 1972. Extending from Aberthaw to Porthcawl it features dramatic cliffs, amazing rock formations and is rich in wildlife.

Dovecote

This 13th Century Dovecote is a Grade II listed building, built for the monks at St. Illtud's monastery. It provided the grange with doves and pigeons that were used as a source of food in the winter, while their feathers were also used for pillows and quilts.

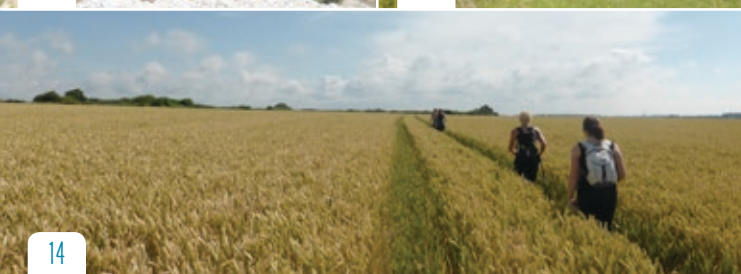
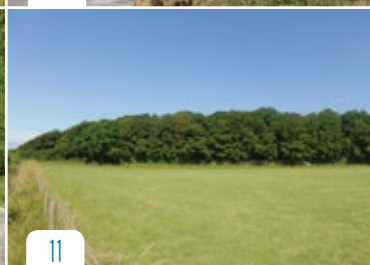
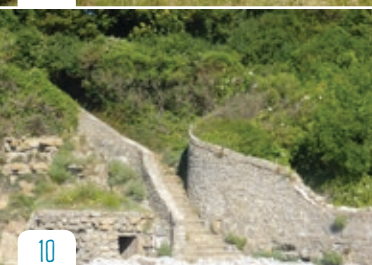
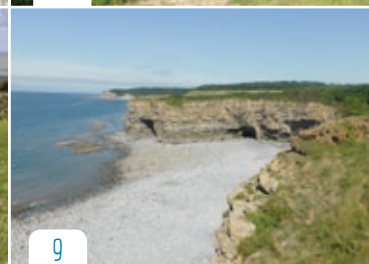
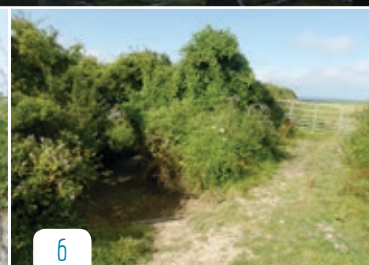
Tresillian Bay

The bay takes its name from Prince Sillian who is rumoured to have kept court there in the 3rd and 4th centuries. There are many legends surrounding Tresillian Bay, one of which is that it is thought that the bay contains many hidden passages and tunnels which smugglers and pirates once used.

Llantwit Major Town Hall

The historic town hall was built by Jasper Tudor, an uncle of King Henry VII. It became a guildhall and court of justice for the Lordships of Glamorgan. Cells can still be seen below the floors of the lower rooms. It is a fitting venue for meetings of the Llantwit Major History Society.





The coast near Llantwit Major



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

trinityhouse.co.uk Tel 07850 047721
(for Nash Point lighthouse visiting times)
ploughandharrow.org Tel 01656 890209
stdonats.com (St. Donats arts centre)
theshoesmarcross.co.uk (The Horseshoe Inn)
valeways.org.uk 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