



Coast and Pier Walk

Sully to Penarth Pier Walk
(5 miles / 8 km)



5

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 offers wonderful insight into the tourism and maritime industries so important to the Vale of Glamorgan. On the way, discover the site of the first ever radio transmission over open sea, at Lavernock Point. Explore the remains of the fascinating gun battery nearby and look out for an abundance of wildlife along the coast and in the meadows behind. Early autumn is the perfect time to enjoy a walk (and some foraging!) as much of the latter part of the route is lined with berry rich hedgerows.

The walk ends at Penarth, where the vision of wealthy Victorian and Edwardian landowners earned the town the reputation of "The Garden by the Sea" due to its splendid parks and open spaces which still link the seafront and town centre. The town's recently restored iconic pier is a symbol of the energy and spirit of the town.

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 / Llywybrau  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

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

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



Family
friendly



Wheelchair access on
certain areas of the walk

visitthevale.com



Getting there

From the east, take the A4055 towards Barry, then travel south on B4267 towards Sully. At the next roundabout (before entering Sully) turn right onto Hayes Road. Take the second turning on the left, to follow a track (with height restriction) to reach the coast and car park.

Terrain

Fairly level terrain on well marked paths with minimal stiles or obstacles. Quiet lanes and promenade.

Distance

5 miles / 8 km

Map

OS Explorer 151 Cardiff and Bridgend.

Parking

Free car park off Hayes Road, Sully. Roadside near Promenade at Penarth or free car parks at Cliff Parade Penarth and Penarth Railway station.

Public Transport

Regular buses between Penarth and Sully. Alight at Minehead Avenue, Sully and walk south along Burnham Avenue to reach the coast path. For up to date travel information visit www.traveline-cymru.info

Refreshments & Toilets

Shops, cafes and bars at Sully and at Penarth. Toilets at Penarth Pier, the Esplanade, and cliff top car park, Penarth.

TIP

Since the route is linear why not take the regular bus from Penarth to Sully and walk back to your start point? Otherwise, it's advisable to take 2 cars and leave one at each end of the walk.

THE WALK *Grid ref: ST149679* Sully to Penarth Pier Walk (5 miles)

Start at Hayes Road carpark, Sully.

From the car park, turn left along the coast path, which eventually becomes a pebble track along the beach (1). After approximately 600 metres walk through a car park which shortly rejoins the coast path and runs alongside playing fields (2). Follow the path in front of Sully Sailing Club. Note the viewpoint marker on your left just past the club house. On a clear day, you can see across the channel to Hinkley Point and Watchet. Follow the coast path as it runs in front of a row of large houses. At the end of the houses, go through a kissing gate, keeping the hedge to your right to the end of another playing field to reach a second gate. Here, turn right onto the road towards Sully Island and the Captain's Wife pub (3).



Walk past the pub and continue alongside the sea wall. At the end of the car park join the path leading on to the road, with the coast on your right (4). Proceed on the road for 0.75 miles, ignoring a set of old steps and a gap in the safety barrier on the right. Continue walking alongside fencing until you reach a kissing gate on the right, just past the entrance to a caravan park (5). Turn right through the kissing gate, following the path through the field with the hedge on your right.



The path bends around to the left, then right, into a second field. Keep right on the path that leads to a

For almost the whole of this walk, you can enjoy unrivalled views across the estuary.

footbridge (6) on the south side of the second field. Cross the footbridge and continue on the path into woods.

On leaving the woods, walk 30 metres towards the headland, passing a prominent derelict gun battery on your right. Turn left on the coast path which leads to Lavernock Point with its fine nature reserve where wildlife interest is combined with historic remains in a dramatic and picturesque coastal setting. Continue along the headland path that leads to a kissing gate. Keep to the path on the right of the field (7) to go through the kissing gate that joins the road past the entrance to Marconi Holiday Village. Head right, following the road back down towards the coast.

On your left you will pass St Lawrence Church (8) which has a plaque dedicated to Guglielmo Marconi and George Kemp.

Proceed straight on to the path that runs alongside the house ahead of you, leading through a kissing gate to a footpath bearing left, with fine views of Penarth Pier and Cardiff Bay (9). Continue on the path for just over a mile until you reach a gate through to the Penarth headland path. Follow the path, past the park and café on your left and proceed downhill along the Esplanade leading to Penarth Pier (10).

Transmitted in morse code the first ever radio messages over sea read:

'Are you ready?'

Followed by,
'Can you hear me?'

The reply received was,
'Yes, loud and clear'.

The morse recording slip for the first message is now on display in the National Museum of Wales.

KEY

-  Parking
-  Church
-  Pub
-  Refreshments
-  Accommodation
-  Toilets
-  Wheelchair access area
-  Viewpoint
-  Nature reserve
-  Country park
-  Caravan park
-  Wales Coast Path
-  Vale Trail



PLACES OF INTEREST

Sully Island Located just offshore, opposite the Captain's Wife pub, you can access the island on foot at low tide. According to legend, it was the base for a Norman pirate, The Night Hawk, in the 13th Century.

Lavernock Point gun battery Built in the 1860's by the Royal Commission to protect the access channel to Cardiff and Bristol shipyards during the short-lived war between France and Britain. The extensive remains have now been listed as an Ancient Monument, and include the gun emplacements, director-rangefinder observation position, crew and officers quarters.

Lavernock Point nature reserve Around 170 different plant species have been recorded here, including cowslip, several orchids and the scarce adder's tongue fern. The area's many butterflies and moths include tortoiseshell, peacock, red admiral and painted lady. Here you can see how our local wildlife changes with the seasons. Look for migrant birds as they stop on their way south to feed on the berry rich hedgerows.

St Lawrence Church: Marconi Plaque The attractive late 18th Century limestone church of St. Lawrence at Lavernock has an interesting link to radio history. In 1897 Guglielmo Marconi sent and received the first ever radio transmission over open sea between Lavernock Point and Flat Holm Island. The small stone hut that Marconi used to contain his experimental radio telegraph equipment still stands on the cliff edge nearby.

Penarth A magnet for holiday makers and day visitors since Victorian times, Penarth owes its development to the massive expansion of the coal industry in the 19th century. The generosity of these landowners earned the town the reputation of "The Garden by the Sea" because of its splendid parks and open spaces which still link the seafront and town centre.

Penarth Pier Built in 1894, the pier was recently restored, winning Pier of the Year in 2014. Inside the pavilion is a community cinema, café, bar and restaurant.



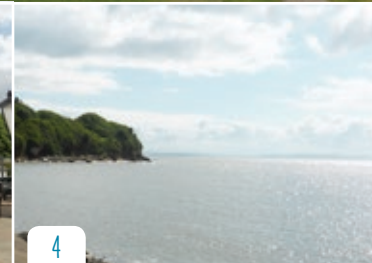
1



2



3



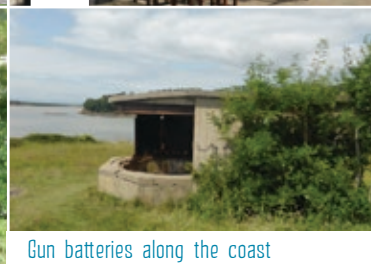
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5



6



Gun batteries along the coast



7



8



9



The Esplanade along Penarth coast



10



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

penarthtowncouncil.gov.uk

welshwildlife.org/lavernock-point-penarth

cofein.gov.uk/lavernock-point-fortified-battery

vintageinn.co.uk/thecaptainswife-penarth

valeways.org.uk

valeofglamorganramblers.co.uk

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