



Blaenau Gwent

Blaenavon

Bridgend

Caerphilly

Cardiff

Merthyr Tydfil

Monmouthshire

Newport

Rhondda Cynon Taf

Vale of Glamorgan



The Glamorgan Heritage Coast

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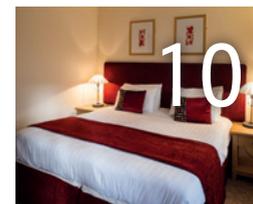
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*Hello... Shwmae.... Bonjour.....
Guten Tag.... Hallo... Dia duit*

Welcome (or Croeso as we prefer to say) to Southern Wales

You may already have an idea what to expect from a trip to Southern Wales.

We are split into ten distinctive areas, each with their own character and charm. The areas of Blaenau Gwent, Blaenavon, Caerphilly, Merthyr and Rhondda Cynon Taf are well known for their history and heritage, whilst nearby Monmouthshire is more rural and famed for its fabulous food and drink. Newport and Cardiff are thriving cities with some world class attractions whilst along Bridgend and the Vale of Glamorgan is a mix of coastal resorts, market towns and fabulous countryside.

We have plenty of castles and museums but we also have a National Park, the start of the Wales Coast Path and an Area of Outstanding Natural Beauty.

We also have some things you may not associate with us. There are the remains of a Roman amphitheatre and barracks, vineyards producing award winning wine and a great big sculpture, soaring 20 metres into the sky and standing guard over the Valleys below.

Each of our areas has its own guide. So have a flick through this one and then take a look at the companion brochures and before long you'll be planning your trip to Southern Wales.



For more information visit our website
www.visitsouthernwales.org



or contact the tourism team:
tel - **+44 (0)1446 704867**
email - **tourism@valeofglamorgan.gov.uk**

To order the brochures for the other areas of Southern Wales please contact
+44 (0)845 6002639 or e-mail
brochure@southernwales.com



Discover The Vale of Glamorgan

Our name may make you think of secluded routes through green hills but that's not the whole picture. The Vale (as it's known locally) is actually a coastal region just west of Cardiff in South Wales, with a 14 mile stretch of Heritage Coast. We're the most southerly point in Wales, along which runs the Wales Coast Path towering above cliffs, golden beaches, remote coves, surf schools, boat cruises and through the Victorian seaside resorts of Penarth and Barry Island.

Inland the Vale is an idyllic mix of rolling hills, country lanes, gentle footpaths, well-kept farms with beautiful cottages and historic churches and castles. The perfect backdrop for outdoor activities, exploring local legends and enjoying great food. Equally good in the sun or rain (come prepared, that's how the Vale is so green), your experience will always be authentic.



Why choose the Vale? Cardiff, the capital city of Wales is right on our doorstep. In under 2 miles you can stroll from Cardiff Bay to Penarth Marina across the Cardiff Bay Barrage and you'd be missing out if you visit Cardiff without popping over to the Vale.

Attractions

Hunting for ideas for a group day out. Browse through the fantastic range of things to do in the Vale of Glamorgan.



Barry Tourist Railway & War Museum

Take a ride on a heritage locomotive and learn about the history of the railways, then visit the Barry at War Museum at the station. Open throughout the year for families, groups and rail enthusiasts, offering a fun and enjoyable trip.



tel: +44 (0)1446 748816
email: john.buxton@cambridgiansrailway.co.uk
web: www.barrytouristrailway.co.uk

Cosmeston Medieval Village

Step back in time and enter a superbly reconstructed 14th century village. Entry to Cosmeston Medieval Village and small museum is free. Guided tours are available daily by a costumed villager in character.



tel: +44 (0)29 2070 1678
email: CosmestonLakes@valeofglamorgan.gov.uk
web: www.visitthevale.com

Cowbridge Physic Garden

Originally part of the Old Hall Gardens laid out in the 18th century, this formal garden features plants traditionally used for healing, cooking and dyeing fabrics.



tel: +44 (0)1446 773264 or 07890 941502
email: rebeccaexley@aol.com
web: www.cowbridgephysicgarden.org.uk

Dyffryn House & Gardens

Edwardian gardens with formal lawns, ponds, arboretum, glasshouse and intimate garden rooms. Parts of Dyffryn House are also open to visitors.



tel: +44 (0)29 2059 3328
email: dyffryn@nationaltrust.org.uk
web: www.nationaltrust.org.uk/dyffryn-gardens

Glyndwr Vineyard

Glyndwr Vineyard is the oldest established and largest vineyard in Wales. Book a tour with a talk, home cooked buffet and wine tasting. Tours and wine-tasting by arrangement.



tel: +44 (0)1446 774564
email: glyndwrvineyard@hotmail.com
web: www.glyndwrvineyard.co.uk

Hendrewennol Fruit Garden

Hendrewennol Fruit Garden is a family run PYO soft fruit farm and a great place to visit. An on-site shop and cafe, children's play area and Maize Maze offers a great day out for all.



tel: +44 (0)1446 781 670
email: shwmae@hendrewennol.com
web: www.hendrewennol.com

Penarth Pier Pavilion

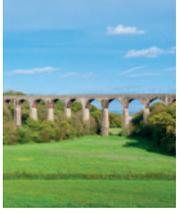
Magnificently restored Art Deco pavilion on Penarth Pier, complete with cinema, café, retail area and gallery. Programme of exhibitions and events.



tel: +44 (0)29 2071 2100
email: info@penarthpierpavilion.co.uk
web: www.penarthpavilion.co.uk

Porthkerry Country Park

Enjoy the great outdoors at Porthkerry Country Park. With 220 acres of woods and meadowland, including nature trails and an onsite café in a sheltered valley leading to a pebble beach and spectacular cliffs, Porthkerry makes for a great day out.



tel: +44 (0)29 2070 1678
email: porthkerry@valeofglamorgan.gov.uk
web: www.visitthevale.com

RNLI Experience Centre

The RNLI Experience at Barry Island offers an innovative, enjoyable and memorable experience to learn more about the work the RNLI carry out to continue to save lives. Please call for opening times prior to visit. Free entry.



tel: +44 (0)1446 734157
email: Nicola_Davies@rnli.org.uk

St Donats Castle & Arts Centre

This 12th century castle opens its doors and gardens to visitors at selected days during the summer, and welcomes group parties by arrangement. The Arts Centre plays host to a variety of arts programmes, live performances and cinema screenings.



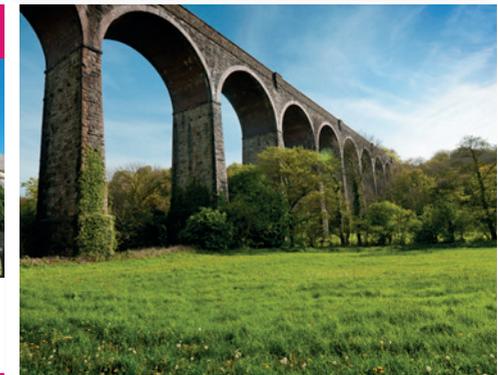
tel: +44 (0)1446 799100
email: enquiries@atlanticcollege.org
web: www.stdonats.com

St Illtud's Church & Galilee Chapel

Until 2013 a ruined 'Galilee Chapel' stood at the western end of St. Illtud's Church. Today the ruin has been transformed into an award winning Visitor Centre.



tel: +44 (0)1446 792439
email: rblm2013@gmail.com
web: www.llanilltud.org.uk



Activities

The Vale of Glamorgan has a great range of activities to suite your group visit. Here's just a taster of what you can experience during your visit.

Amelia Trust

A working farm set in 160 acres of countryside in the beautiful Vale of Glamorgan. A children's park, myriad of woodland walks and lots of farm animals to visit including a donkey sanctuary. Amelia Trust has a visitor centre/ cafe selling refreshments and home-grown produce.



tel: +44 (0)1446 782030
email: general@ameliatrust.org.uk
web: www.ameliatrust.org.uk

Capital Adventure Wales

Wide range of outdoor adventure activities in and around the Vale, including mountain biking, kayaking, canoeing, archery, rollerskiing and bushcraft.



tel: +44 (0)29 2053 1066
email: info@capitaladventurewales.co.uk
web: www.capitaladventurewales.co.uk

Challenge Wales | Wales' Tall Ship

Challenge Wales is a 72-foot yacht that offers groups and individuals aged 12 to 25 the chance to learn life skills through sailing training. No experience is necessary. Booking required.



tel: +44 (0)29 2022 0266
email: reservations@challengewales.org
web: www.challengewales.org

Slade Farm

Discover daily life on the farm. You will meet the animals and see outstanding wildlife. Set in a beautiful 9 acre garden, including stunning views of Dunraven Bay, Slade Farm Gardens are open for tea & cakes, the perfect way to finish your visit.



tel: +44 (0)1656 880799
email: info@sladefarmorganics.com
web: www.sladefarmorganics.com

What's occurin'

Check out what's happening in the Vale all year round at www.visitthevale.com



Smugglers Cove Adventure Golf

Pirate-themed adventure golf course close to the beach. 12 holes of mini golf set among waterfalls and rock gardens. Café for spectators.



tel: +44 (0)1446 742517
email: northvalleyleisure@googlemail.com
web: www.smugglers-cove.co.uk

Southerndown Surf School

Surf lessons with everything supplied. Half-day, weekend, one-to-one instruction for adults and children. Groups welcome by arrangement. Competent surfers can hire wetsuits and equipment.



tel: +44 (0)7964 985404
email: southerndownsurfschool@live.co.uk
web: www.southerndownsurfschool.co.uk

St Brides Riding and Trekking Centre

Horse riding lessons for adults and children aged 4+, complete beginners or experienced riders. Welsh Riding and Trekking Association approved.



tel: +44 (0)1656 880000 / 07980 278661
email: info@valeriding.co.uk
web: www.valeriding.co.uk

Taskforce Paintball

South Wales' premier paintballing centre with 12 zones across 30 acres. Also laser tag, archery and low impact kids paintball for 8 years and above.



tel: +44 (0)29 2059 3900
email: office@taskforcepaintball.co.uk
web: www.taskforcepaintball.co.uk

Vale Golf Breaks

Challenging links and championship parkland courses with breath-taking backdrops provide a real test of your golf.



tel: +44 (0)800 6126295/ 01446 781323
email: hello@valegolfbreaks.com
web: www.valegolfbreaks.com



Accommodation

The area has a wide range of quality accommodation to suit every taste and budget, from hotels, guest houses, bed and breakfast establishments and farmhouses to self catering accommodation such as holiday cottages, caravan and camping sites.



Holiday Inn Express Cardiff Airport

If you are looking for a base from which to explore the exciting coastline, valleys and castles of South Wales, look no further than the Holiday Inn Express Cardiff Airport.



tel: **+44 (0)1446 711117**
email: reservations@hiexcardiffairport.co.uk
web: www.hiexcardiffairport.co.uk

Holm House Hotel

A luxury boutique hotel located in the tranquil setting of the Penarth cliff tops with panoramic views to the Bristol Channel and Somerset. Holm House offers 12 individual luxury bedrooms and combines fine dining, afternoon teas, lounge area, snug, bar and a luxury spa.



tel: **+44 (0)29 2070 6029**
email: reception@holmhousehotel.co.uk
web: www.holmhousehotel.com

The Bear Hotel

Set in a historic coaching inn which dates back to the 12th century, this hotel with stone walls and timber-beamed ceilings is situated in the beautiful market town of Cowbridge, 7.5 miles from Dyffryn Gardens and 13 miles from Cardiff city centre.



tel: **+44 (0)1446 774814**
email: enquiries@bearhotel.com
web: www.bearhotel.com

The Copthorne Hotel

Situated in a beautiful lakeside setting and offers convenient access to Wales, Cardiff city centre, Cardiff International Airport and the Millennium Stadium. The hotel offers a relaxed atmosphere, modern facilities and outstanding service.



tel: **+44 (0)29 2059 9100**
email: reservations.cardiff@millenniumhotels.com
web: www.millenniumhotels.co.uk/copthornecardiff

Llanerch Vineyard

Llanerch Vineyard is situated in the picturesque Vale of Glamorgan yet only 15 minutes from the centre of Cardiff. Bed & breakfast at Llanerch is provided in the main farmhouse or in studio rooms especially created from the old winery buildings.



tel: **+44 (0)1443 222716**
email: info@llanerch-vineyard.co.uk
web: www.llanerch-vineyard.co.uk

Mount Rooms

Accommodation in the heart of Barry. Forty four rooms, all recently refurbished providing high quality in a contemporary style. Barry train station is minutes away and Cardiff airport is a 7 minute drive. Perfectly situated within perfect distance to all local amenities.



tel: **+44 (0)1446 370145**
email: info@themountrooms.co.uk
web: www.themountrooms.co.uk

The Vale Hotel

Nestled away in over 650 acres of beautiful Welsh countryside, the Vale Resort with its 143 bedroom is the perfect destination. We offer first class spa and golf breaks along with magnificent resort facilities for all.



tel: **+44 (0)1443 667800**
email: reservations@vale-hotel.com
web: www.vale-hotel.com

West House Country Hotel

Situated in the historic west side of Llantwit Major the hotel dates back to the 16th century. This intimate, warm and inviting hotel is set in the glorious Vale of Glamorgan countryside and is just a short drive from the dramatic Glamorgan Heritage coastline.



tel: **+44 (0)1446 792406**
email: enq@westhouse-hotel.co.uk
web: www.westhouse-hotel.co.uk

Premier Inn, Barry Island

Less than a 2-minute walk from Barry Waterfront, this contemporary hotel is a 10-minute drive from Cardiff Airport and just 15 minutes to the centre of Cardiff. On-site Brewers Fayre pub/restaurant and free parking.



tel: **+44 (0)871 527 9370**
web: www.premierinn.com/en/hotel/BARISL/barry-island-cardiff-airport



There's so much to do in Southern Wales that we couldn't fit it all into one brochure. Take a look at our website for more ideas for your group visit.

www.visitsouthernwales.org



Refreshment Stops

Take time out from your tour to enjoy a spot of lunch or a refreshing tea or coffee at one of the many cafés, pubs or restaurants throughout the region.

Hendrewennol Fruit Garden



Hendrewennol is a great place to visit for a day out in the Welsh countryside, as well as to pick fruit. Groups are welcome by arrangement.

Bonvilston, CF5 6TS
www.hendrewennol.com

James Sommerin



The restaurant has the luxury of having panoramic views over the Severn Estuary which sets the scene for a very relaxing dining experience.

Penarth, CF64 3AU
www.jamessommerinrestaurant.co.uk

Llanerch Vineyard



Llanerch Vineyard has great pleasure in offering you a choice of dining experiences, in either the Cariad Bistro or the Cariad Restaurant.

Hensol, CF72 8GG
www.llanerch-vineyard.co.uk

Penarth Pier Pavilion



With stunning views over the Severn estuary, our café and restaurant is open for breakfast, lunch and tea from 10am to 5.00pm.

Penarth, CF64 3AU
www.penarthpavilion.co.uk

The Barn at West Farm



A luxurious exclusive venue for private hire situated on the Wales Coast Path overlooking the Glamorgan Heritage Coast. Advance bookings necessary.

Southerndown, CF32 0PY
www.barnatwestfarm.com

The Bear Hotel



We are proud to offer you our extensive quality gastro menu, as well as Chef's daily specials. What you eat is locally-sourced and prepared freshly to order.

Cowbridge, CF71 7AF
www.bearhotel.com

The Fig Tree



Set in a beautifully restored Victorian beach shelter, the award winning fig tree offers affordable traditional and contemporary fresh food.

Penarth, CF64 3AU
www.thefigtreepenarth.co.uk

Whitmore & Jacksons



With stunning views across Whitmore Bay, we offer quality, locally sourced, lovingly prepared dishes. Groups welcomed by arrangement.

Barry Island, CF62 5TJ



Explore The Vale of Glamorgan

1 Day Itinerary

Take a tour around The Vale of Glamorgan and experience some of the best on offer to your groups including a newly restored pier, Victorian Mansion, 12th Century Castle, award winning visitor centre and medieval castles.

Stop 1 – Penarth Pier Pavilion



The newly restored Penarth Pier Pavilion boasts a 70 seater community cinema, arts, events and exhibition space, cafe, bar and restaurant and meeting spaces.

www.penarthpavilion.co.uk

Stop 2 – Dyffryn House & Gardens



Within the gardens, a grand Victorian mansion overlooks the key aspects of the gardens. Parts of the ground and first floors have been restored and are unfurnished.

www.nationaltrust.org.uk/dyffryn-gardens

Stop 3 – St Donats Castle & Art Centre



Come take a sneak peek at this remarkable castle just outside Cardiff, once the home of newspaper magnate, William Randolph Hearst and his Hollywood guests.

www.stdonats.com

Stop 4 – St Illtud Church & Galilee Chapel



Until 2013 a ruined 'Galilee Chapel' stood at the western end of St. Illtud's Church. Today the ruin has been transformed into an award winning Visitor Centre.

www.llanilltud.org.uk

Stop 5 – Slade Farm Organics, Safari and Garden Tours



Discover daily life on the farm. You will meet the animals and see outstanding wildlife. Set in a beautiful 9 acre garden, including stunning views of Dunraven Bay, Slade Farm Gardens are open for tea & cakes, the perfect way to finish your visit.

www.sladefarmorganics.com

Explore the Region - 2 Day Itinerary

With so much to do it can be challenging to know where to start. We've put together a sample two day itinerary for you, giving you the opportunity to visit some of the very best attractions in the region.

Day 1



Stop 1 – Llancaich Fawr Manor, Caerphilly

Llancaich Fawr Manor near Caerphilly is a 17th century manor house. Take a tour of the house and meet the servants who will tell you tales of what life was like for them back in 1645.
www.llancaichfawr.co.uk



Stop 2 – Cyfarthfa Park & Museum, Merthyr

Imposing 1824 castle housing a museum with a collection of fine art and social history items.
www.visitmerthyr.co.uk/attractions/cyfarthfa-park-museum.aspx



Stop 3 – Guardian Mining Memorial, Six Bells

Towering above the village of Six Bells is the Guardian Mining Memorial. Commemorating the 1960 Six Bells mining disaster, the monument was unveiled in 2010.
www.guardianwales.info



Stop 4 – Blaenavon World Heritage Centre, Blaenavon

The Centre features an interactive Victorian school room, film and multi-media displays which not only provide visitors with a unique insight into the significance of Blaenavon's Industrial Landscape, but also introduces them to the area's many attractions.
www.visitblaenavon.co.uk



Stop 5 – Shire Hall, Monmouthshire

Built in 1724, the elegant building has a remarkable past. Once a centre of commerce and governance for the town, it also served as a courthouse.
www.shirehallmonmouth.org.uk

Day 2



Stop 1 – Tredegar House, Newport

Set in 90 acres of beautiful parkland on the outskirts of Newport is this 17th century house. Now in the care of the National Trust, visitors can hear about the house's history and it's eccentric former owners and view the art collection.
www.nationaltrust.org.uk/tredegar-house



Stop 2 – Wales Millennium Centre, Cardiff

As part of a visit to the Centre, behind the scenes tours are offered where you can discover the secrets of the landmark building and find out what lies beneath the inscription. Special deals are available for groups and there is ample coach parking nearby.
www.wmc.org

Day 2 (Continued)



Stop 3 – Dyffryn Gardens, The Vale of Glamorgan

Covering more than 55 acres, Dyffryn Gardens feature a stunning collection of intimate garden rooms including a rose garden, Pompeian garden and an extensive Arboretum featuring trees from all over the world.
www.nationaltrust.org.uk/dyffryn-gardens



Stop 4 – McArthurGlen Designer Outlet, Bridgend

Situated right on junction 36 of the M4 Motorway, the undercover mall has over 90 shops selling high street and designer brand names at discounted prices.
www.bridgenddesigneroutlet.com



Stop 5 – The Royal Mint Visitor Experience, Rhondda Cynon Taf

Take a look behind the scenes at Britain's oldest manufacturing organisation. See for yourself the people and processes that put the pounds and pennies in your pockets.
www.royalmint.com/en/the-royal-mint-experience

What's on in Southern Wales

Time your visit right and not only will you stay in some great accommodation, get to sample some great food and visit some top attractions, you'll also get to enjoy some fabulous events.

We've highlighted some of the most popular ones here, but there are hundreds more going on throughout the year.

For a full list of events in the region, please visit www.visitsouthernwales.org



RHS Flower Show Cardiff



Nos Galan Road Races, Mountain Ash



Steelhouse Festival, Blaenau Gwent



Isle of Fire, Vale of Glamorgan



Merthyr Rising



Abergavenny Food Festival



The Big Splash, Newport



The Big Cheese, Caerphilly



Porthcawl Elvis Festival



Blaenavon World Heritage Day, Blaenavon

Coach Parking

Find out where to drop off your passengers, park your coach or get further information about our main towns.

The Vale of Glamorgan

There are coach drop-off and pick-up points near most of the main attractions, with longterm parking available close to the main towns.

Coach Parking

Nell's Point Car Park, Barry Island	–	CF62 5TR (designated bays)
Cliff Parade Car Park, Penarth	–	CF64 5BP (designated bays)
Cymlau Car Park, Southerndown	–	CF32 0RP (non designated)
Brig-y-Don Car Park, Ogmore-By-Sea	–	CF32 0PR (non designated)
Rivermouth Car Park, Ogmore-By-Sea	–	CF32 0QU (non designated)

For further information please contact the tourism team:

Tel **+44 (0)1446 704867**

Email **tourism@valeofglamorgan.gov.uk**



Tour Guides

Make sure you get the most out of your visit to the region by hiring the services of a tour guide. Members of The Wales Official Tour Guide Association are the only guides officially recognised to be able to guide in Wales. They can provide highly trained, professional and experienced Blue Badge Guides, who will help bring your journey to life.

There are dozens of guides, each with their own specialisms, interests and language skills. Blue Badge Guides can take you all over the region, whilst Green Badge Guides offer a more specialist and localised expertise.



To find a guide to suit your needs please visit **www.walesbestguides.com**



Vale Ambassadors

For first-hand knowledge about what to see and where to go, get in touch with one of our Vale Ambassadors. There are 50 such volunteers who are eager to share their enthusiasm for the local area and their specialist knowledge. They can be contacted by email or telephone before you visit the Vale, and some are available to greet you during your trip.



For further information on our Ambassadors:

see **www.visitthevale.com**

Email **tourism@valeofglamorgan.gov.uk**

Or call **+44 (0)1446 704867**



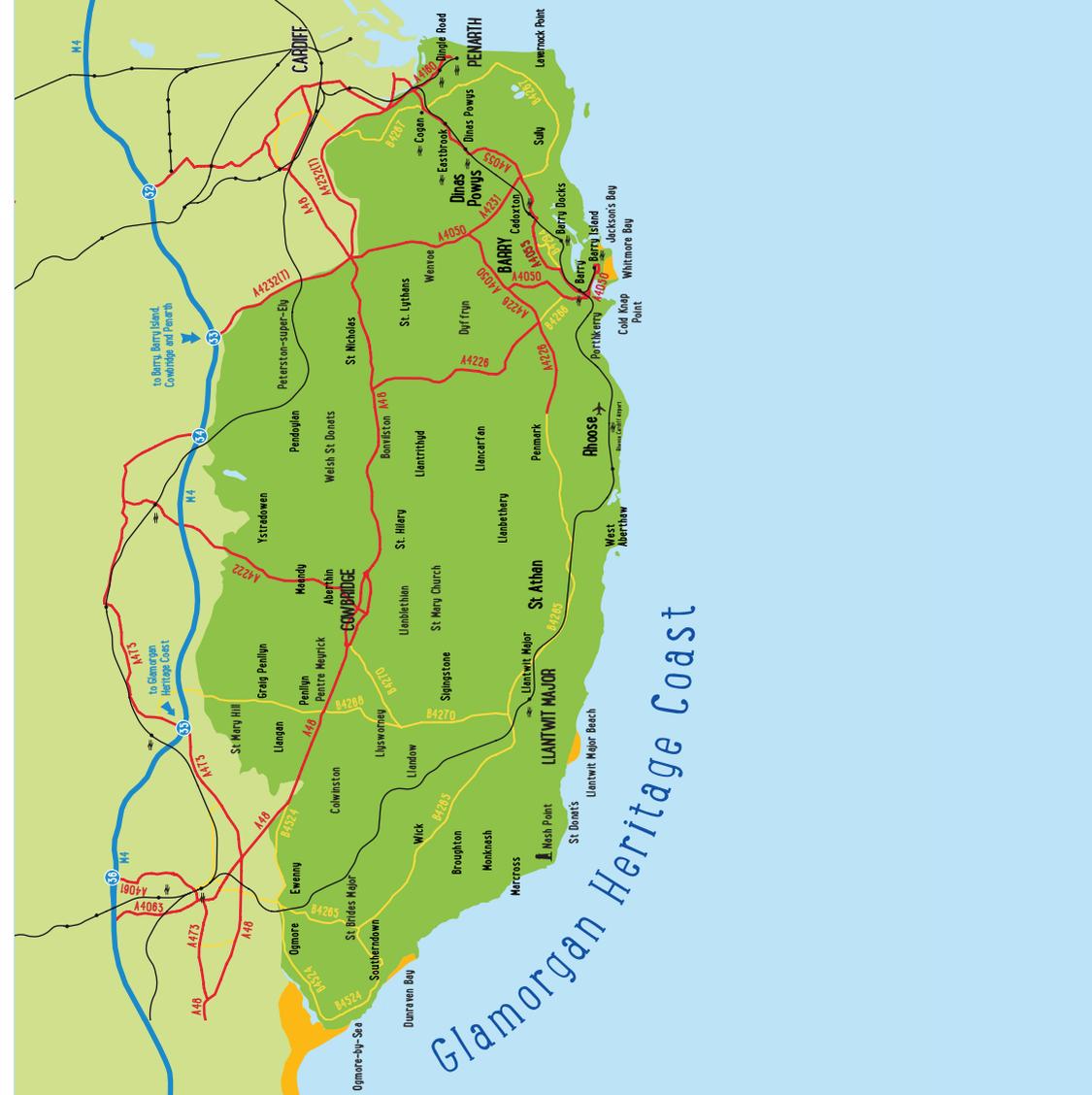
Maps and Travel Information

Easy to get to

We're a different country with our own language and culture, yet we're surprisingly easy to get to. We're only around two hours down the M4 from London whilst Birmingham and the West Midlands are only an hour or so from our borders.

So in next to no time you could be here, immersing yourself in our culture and traditions and who knows maybe even trying to get your tongue around our language. Croeso - or welcome in English.

We're not very big, but we certainly fit a lot in – and getting around the region couldn't be easier. A comprehensive road system links all the major towns, while many towns and villages are well served by the local train network which connects with the mainline stations.



Whilst every effort has been made to ensure the accuracy of this publication, Southern Wales Tourism cannot accept responsibility for any errors, inaccuracies or omissions, or for any matter in any way connected with or arising out of the publication of the information contained within this brochure. The brochure may not be reproduced in part or in whole without the prior consent of the publisher.

This publication is available in Welsh.

www.visitthevale.com

[@visitthevale](https://twitter.com/visitthevale)

[visitthevale](https://www.facebook.com/visitthevale)

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Map © Collins Bartholomew Ltd

Design: Mediadesign



Food Tours

Away from the coast, the geology of this region has produced a rolling, fertile landscape with a mild climate, affectionately known as the 'Garden of Cardiff'. It's not your average garden, though - the Vale's harvest is an absolute feast. Perhaps as you'd expect we have an excellent range of organic meat, eggs, milk, honey and preserves, and places to pick your own fruit and veg. Almost as abundant are pies, breads, cakes, confectionary, coffee and ice cream. We're experts in producing wines and ales, ciders and perries. And last but not least, you'll find delicious Glamorgan sausages - a local vegetarian recipe using cheese, leeks and breadcrumbs, from a time when meat was scarce.



Food Adventures

Food Adventure: **unique food and drink tours, classes and experiences.**

Discover some of Wales' finest food and drink producers, restaurants and hidden gems. We've used all our foodie knowledge, contacts and passion to organise some very special days that you can only experience with Food Adventure. Join us on a Food Adventure and discover exceptional places, faces, plates and spaces.

tel: +44 (0)7542 689 608

email: info@foodadventure.co.uk

web: www.foodadventure.co.uk



Loving Welsh Food

Enjoy a Welsh Food tour, meet local producers and sample their produce, from ice cream and jam to Welsh cakes and wine.

I love cooking, all kinds of cuisine and I'm very proud of the fabulous food and drink we have here in Wales. I've been lucky enough to travel abroad with my work as a Broadcaster and Welsh Food Promoter and found that not many people know a lot about Welsh food and drink. Hopefully "Loving Welsh Food" can help change that! I offer food & drink tours for groups and individuals and also offer tours and workshops in French and Italian.

tel: +44 (0)7810 335 137

email: sian@lovingwelshfood.uk

web: www.lovingwelshfood.uk