



Salmon Leaps Walk

Dinas Powys, Michaelston-le-Pit
and surrounding area (5 miles / 8 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.

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.

Salmon leaps is a delightful, refreshing walk that includes a glacial valley, wooded ravine and, if you're lucky, the occasional leaping salmon.

It starts in the middle of Dinas Powys, which despite its name ('dinas' is Welsh for 'city') is best described as a large village, and a charming one at that.

The square, known as the Twyn, is evidence of its 19th Century expansion when the growth of the coal industry, and railways built to support it, brought people and wealth to the region. Salmon Leaps trail also gives walkers an opportunity to explore the ancient history of Dinas Powys, with a visit to Cwm George Iron Age fort.

The route follows a 'figure of eight' allowing walkers to take a shorter 3 mile option.

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

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

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

 Family
friendly

 Suitable for
dog walking

visitthevale.com



Getting there From Cardiff, follow the A4232, coming off at Penarth, on the A4055. Continue on this road to Dinas Powys, turning left at the traffic lights after the Texaco garage. Proceed up the hill which leads to the Square.

Terrain Reasonably gentle terrain. Walking is almost totally on well defined tracks, though there are some light climbs and descents.

Distance 5 miles.

Map OS Explorer 151 Cardiff and Bridgend.

Parking Road side, near the Village Square.

Public Transport Train and bus to Dinas Powys. For up to date travel information visit www.traveline-cymru.info

Refreshments & Toilets None on actual route (though good picnic sites), but pubs and refreshments in Dinas Powys.

THE WALK *Grid ref: ST153712 Postcode: CF64 4DE* (5 miles)

Start at the Village Square (the Twyn), Dinas Powys.

From the Village Square, walk up Highwalls Road, to the left of the bus stop, passing Ebenezer Church (1). Continue right after the church, along Highwalls Road leading to Dinas Powys Golf Club.



Walk along the side of the clubhouse buildings (2) and then right again along a clearly marked path (keep your dogs on a lead at this point). Follow the grass track around the edge of the golf course with the

hedges and trees on your right. Continue on this track downhill through the trees. Go through two kissing gates and turn left, to a third kissing gate, leading to **Cwm George (3)**.

Enjoy the stunning trail, lined with tall beech and sycamore trees (4), adorned in spring by a sea of wild garlic flowers. Keep an eye out towards the end of the valley, near the wooden bench, for the steep limestone cliff on your left and the site of the Dinas Powys Iron Age Fort on your right. This is one of the best preserved sites in Wales, and potentially one of the most important in Europe. Its defensive banks are still well defined, making this wooded hilltop a short diversion worth exploring if you have an interest in archaeology.

TIP Take a quick detour off the track to see the Iron Age Hill Fort.

Keep to the main path until the woodland ends then follow the path with the fields on the right until you see a notice board and kissing gate (5). Continue along the same path across open ground, enjoying views across fields and scenic countryside, to come out on the road near **Michaelston-le-Pit (6)***. *(You can shorten the walk here by turning right and then following the instructions from point 11, just past the thatched cottage).* Turn left to continue on route, and walk uphill, passing a thatched cottage on the right, to reach a kissing gate on the left. Cross the stile and take the path down to **Wrinstone Brook (7)**.

The beautiful cascades to the left are 'The Salmon Leaps' (8). Walk alongside the cascades and onwards through a pleasant stretch of woodland and its wide

range of ground flora. The woodland path will lead you to a kissing gate that brings you out into an open field (9). Continue on in the same direction. Leave the field close to **Wrinstone Farm**, and turn right. Immediately turn right again, almost back on yourself, up a stony track and enjoy tantalising glimpses of the Somerset coast behind you.

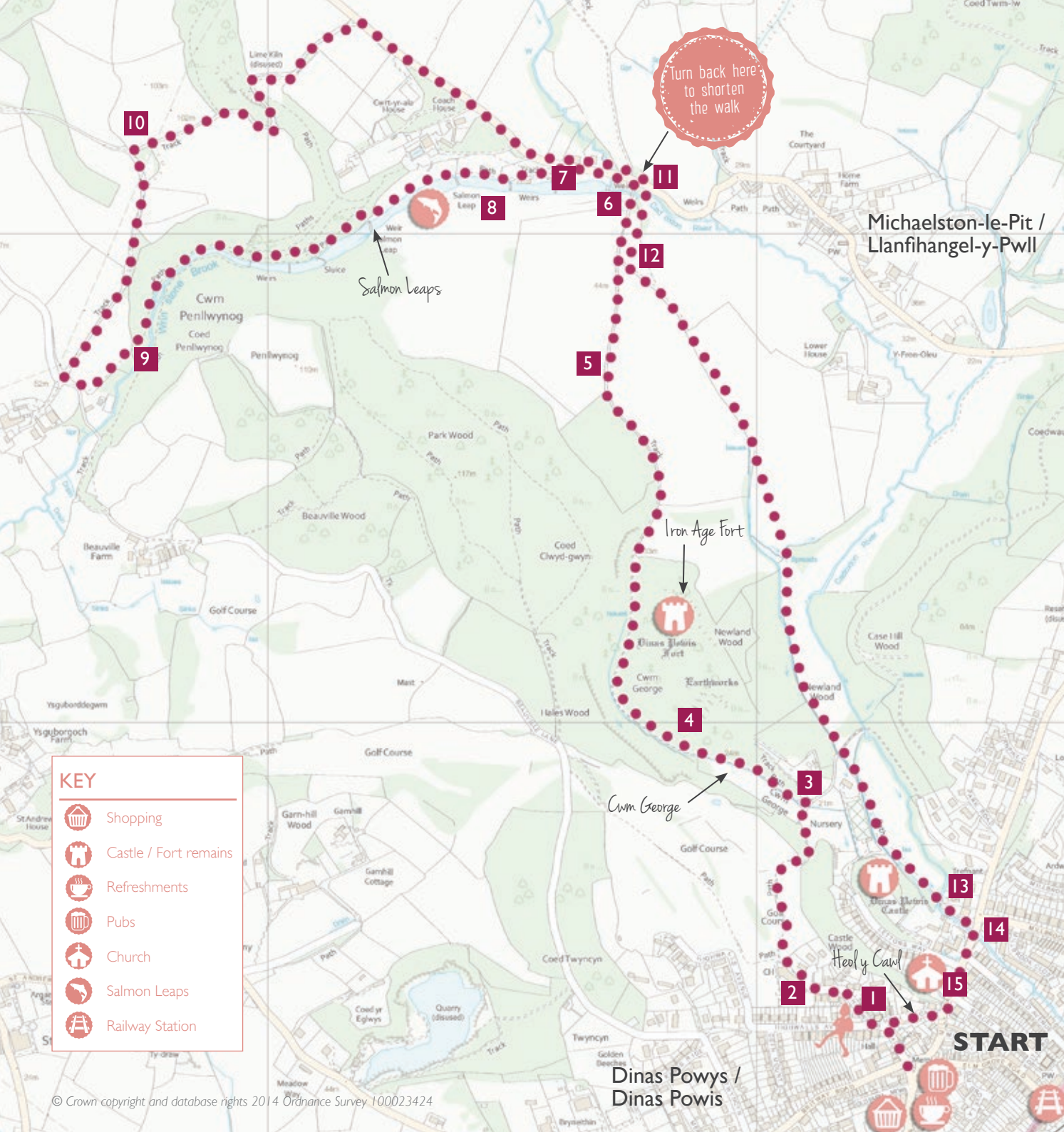
Turn right at a metal gate as the hill levels off (10) onto a track that at first climbs and then winds down through the woods to rejoin the lane from Michaelston-le-Pit village. Turn right and continue along the lane, passing the entrance to Cwrt yr Ala House. Continue past the thatched cottage, now on your left.

As the road levels off, take a right hand turn over a stile and cross the river using the small bridge (11). Head up the stone path, turning left at the first kissing gate on the left (12).

Cross the stile next to a gate and walk through the field to a kissing gate. There are gorgeous views to your left as you walk along this field stretch. Stay on the grass path ahead, passing **Cadoxton River** on your left. Go through the gap in the fence, keeping to the path through the field to another kissing gate (13). Here you will cross over a gravel track and continue on the narrow footpath (14), through two more kissing gates, until you reach the main road.

Turn right and follow the road as it passes St Peter's Church (15). Turn right again into Heol y Cawl (Broth Street). Walk up through this historic lane. Turn left at the top, leading back to the Village Square.





POINTS OF INTEREST

Cwm George

Melt waters from the last Ice Age created this natural haven. An extensive network of footpaths allows access throughout the site.

Heol y Cawl (Broth Lane)

One of the oldest streets in Dinas Powys. These 18th Century cottages evoke a bygone era.

Iron Age Fort

Cwm George is also home to an early medieval fort occupying the site of an open Iron Age Settlement. The area was extensively excavated in 1954 and 1959 and more recently. The finds included Roman and medieval materials as well as Iron Age pottery, suggesting it was continuously occupied for many centuries.

Salmon Leaps

The Salmon Leaps are a series of cascades created by weirs on the lower reaches of Wrinstone Brook. Visit during the autumn to catch a glimpse of the salmon in action.

Michaelston-le-Pit

The village name translates to Llangfihangel-y-Pwll in Welsh, which means the Church of St. Michael in the Pit. In the heart of the village you will find a telephone box library created by the local community.



KEY

-  Shopping
-  Castle / Fort remains
-  Refreshments
-  Pubs
-  Church
-  Salmon Leaps
-  Railway Station



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

valeways.org.uk
valeofglamorganramblers.co.uk
woodlandtrust.org.uk (Cwm George and Case Hill)
coflein.gov.uk (Dinas Powys Fort)
dinaspowys.org (Dinas Powys Community Council)
sabrain.com/star (The Star Pub)
thecrossinn Dinas Powys.co.uk
 The Three Horseshoes pub 02920 514 848



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