

Walks Around St Hilary

– North West Circular –

10.8 miles – 4 hours – Strenuous – 5 pub stops

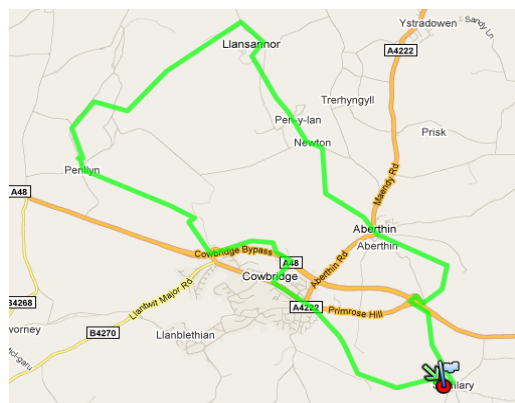
Overview	Compared to the other walks, this is a strenuous walk. It provides lots of lovely views as it tracks the rim of the land around Penllyn Moors. In total there is about 1,500 feet of ascent. In return, you will see a secret filming location of Doctor Who, find a hidden well and walk through castle grounds. There's no risk of getting too tired, as there are 5 pub stops along the route!
Distance	10.8 miles
Time	4.0 hours (brisk pace without stops)
Route	St Hilary – Aberthin – Llansannor – Penllyn – Cowbridge – St Hilary
Pub stops	Start and Finish (Bush Inn), Aberthin (Hare & Hounds and Farmers), Craig Penllyn (Barley Mow), Penllyn (Red Fox), Cowbridge (several)
Terrain	Over St Hilary Down and Stalling Down to start, then fields with stiles, a woodland walk up to Penllyn, a hidden country mansion and some secret back ways through Cowbridge before climbing back up to St Hilary. Good tracks and paths. Newton Farm can be muddy. Pen-y-lan can be overgrown. Three main ascents and descents.

NW

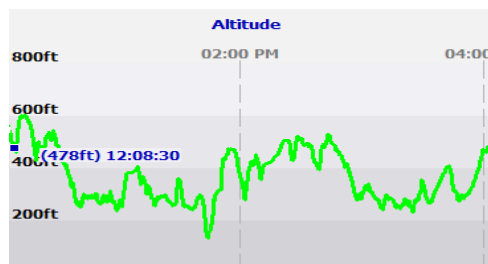
Map
Explorer 151
1: 25,000

Start and finish
grid reference:
ST 016733

A map is highly
recommended for
this walk

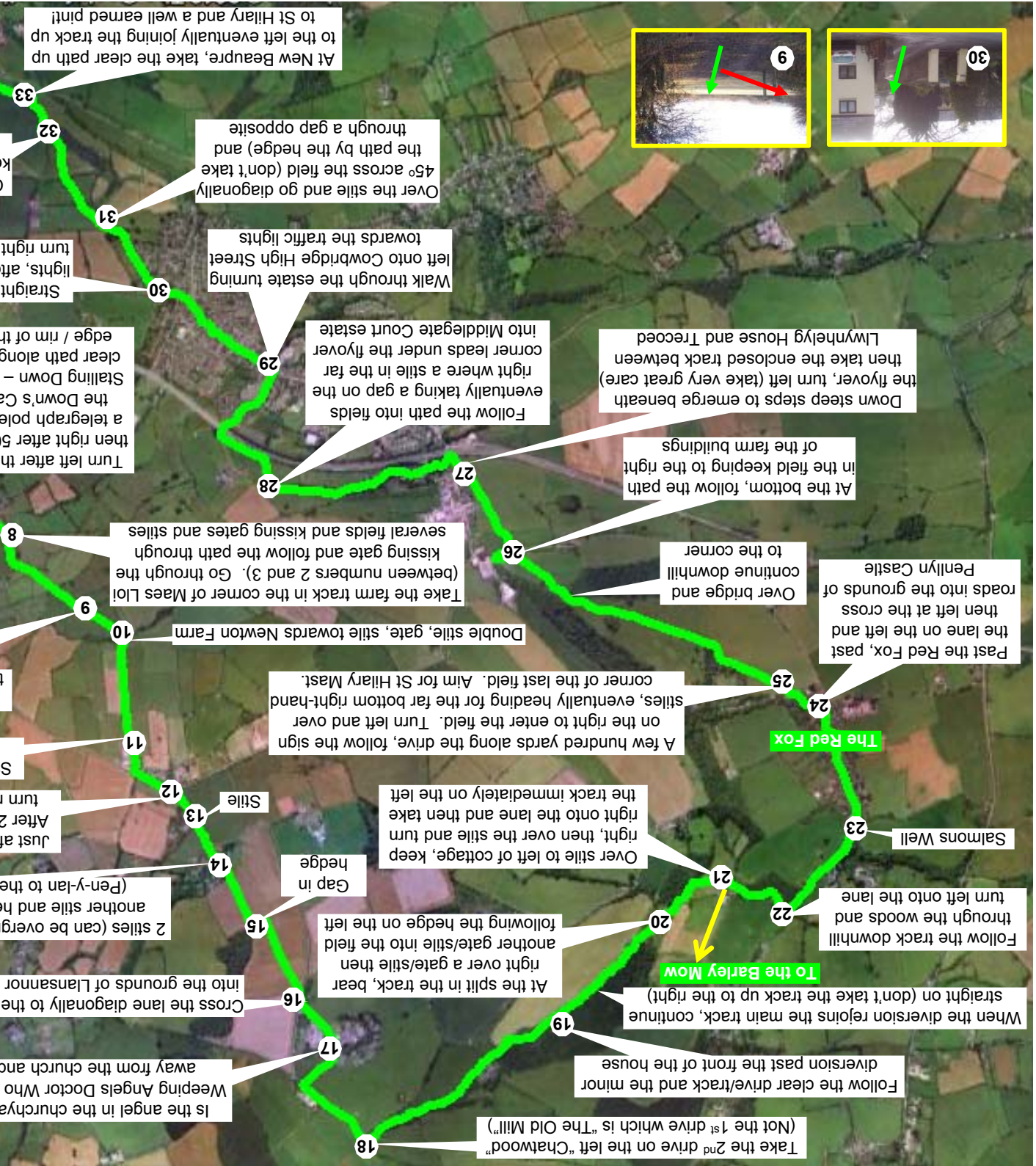


**Height Gain and
Altitude**



Start and finish: 420 feet
Highest point: 600 feet
Lowest point: 130 feet

About 470 feet between highest and
lowest points
About 1,500 feet height gain in total



Take the 2nd drive on the left "Chatwood"
(Not the 1st drive which is "The Old Mill")

Follow the clear drive/track and the minor
diversion past the front of the house

When the diversion rejoins the main track, continue
straight on (don't take the track up to the right)

Follow the track downhill
through the woods and
turn left onto the lane

Salmons Well

Past the Red Fox, past
the lane on the left and
then left at the cross
roads into the grounds of
Penllyn Castle

Over bridge and
continue downhill
to the corner

At the bottom, follow the path
in the field keeping to the right
of the farm buildings

Down steep steps to emerge beneath
the flyover, turn left (take very great care)
then take the enclosed track between
Llynhelyg House and Trecoed

Follow the path into fields
eventually taking a gap on the
right where a stile in the far
corner leads under the flyover
into Middlegate Court estate

Walk through the estate turning
left onto Cowbridge High Street
towards the traffic lights

Over the stile and go diagonally
45° across the field (don't take
the path by the hedge) and
through a gap opposite

At New Beaupre, take the clear path up
to the left eventually joining the track up
to St Hillary and a well earned pint!

To the Barley Mow

The Red Fox

Over stile to left of cottage, keep
right, then over the stile and turn
right onto the lane and then take
the track immediately on the left

A few hundred yards along the drive, follow the sign
on the right to enter the field. Turn left and over
stiles, eventually heading for the far bottom right-hand
corner of the last field. Aim for St Hillary Mast.

Double stile, gate, stile towards Newton Farm

Take the farm track in the corner of Maes Llo!
(between numbers 2 and 3). Go through the
kissing gate and follow the path through
several fields and kissing gates and stiles

Turn left after the
then right after 50
a telegraph pole
the Down's Ca
Stalling Down -
clear path along
edge / rim of the

Straight
lights, after
turn right

Walk through the estate turning
left onto Cowbridge High Street
towards the traffic lights

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is the angel in the churchyard
Weeping Angels Doctor Who
away from the church and

Cross the lane diagonally to the
into the grounds of Lansannor

2 stiles (can be over
another stile and h
(Pen-y-lan to the

Just at
After 2
turn n

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Circular and Other Walks in and around St Hilary

This is one in a series of walking guides based on and around St Hilary

The Walks

Circular Walks

West – 6.4 miles
Aberthin / Cowbridge / Llanblethian

South East – 9.1 miles
Llantrithyd / Llancarfan / Treguff

North West – 10.8 miles
Llansannor / Penllyn / Cowbridge

South West – 7.7 miles
Llanblethian / Signystone / Llandough

North East – 8.6 miles
Llantrithyd / Hensol / Stalling Down

North – 3.8 miles
St Hilary Down / Stalling Down

Routes between St Hilary and Cowbridge

via New Beaupre

via Roman Road

via The Downs

via Llanblethian

Points of Interest

Old Beaupre Castle

Coed Hills Rural Art Space

The Clump

Disclaimer: you undertake these walks at your own risk

Web site: All these walks are available as a download from the St Hilary website:
www.sthilary.org.uk ⇒ local walks and maps

The best map for all the walks is the Ordnance Survey's Explorer 151

Boots are advisable. Most walks involve stiles. The ground can be soft / muddy when wet. Long trousers are recommended at all times of year, as some stiles can be overgrown. Secateurs are very occasionally useful to cut back the occasional bramble.

Take great care when crossing roads and on the lanes

