

SUMMARY

A countryside and coastal walk south west of Cardiff. Cosmeston Country Park. contains two lakes created by flooding disused quarries and they attract large flocks of waterfowl which include impressive numbers of mute swans, mallards and diving birds such as the great crested grebe. Situated within the country park is a reconstructed 14th century medieval village which surrounds the remains of a medieval dovecote. (Website: www.valeofglamorgan.gov.uk). The walk includes the heritage coast with views across to Flat Holm and Steep Holm as well as the chance to visit Sully Island (but only if the tide is right).



Cosmeston Medieval Village



Sully Island and in the distance Steep Holm

Getting there from Cardiff Central:

By bus: Cardiff Bus service to Cosmeston Country Park.

By car: Car parking available at Cosmeston Country Park

Please ensure you are fit enough and suitably equipped for the walk you undertake.

Maps: OS Explorer 151 Cardiff & Bridgend)

Start Point: Grid Ref ST 179692 - Cosmeston Lakes Country Park car park.

Distance: 8 km / 5m.

Time: 2 hr 30 min (without stops).

Facilities: Refreshments are usually available at cafes at Cosmeston and Swanbridge and inns at Sully and Swanbridge. The are public conveniences available at Cosmeston Country Park

Difficulty: A level, easy walk, but farm gateways will be very muddy after rain, boots definitely required.

cardiff walks

A series of walks in and around Cardiff created by Ramblers Cymru Cardiff Group

Cosmeston & Sully Circuit



Wildfowl at Cosmeston Lakes



All information correct at time of publication January 2012

Cardiff Ramblers are the local group of Ramblers Cymru

The Cardiff Group organises walks in the south Wales area and beyond, mainly on Wednesdays (3 different distances), weekends and Thursday evenings (in summer). We also organise coach trips, weekends away, footpath maintenance and campaigns and the occasional social event.

There is no charge for non-members to join our walks - but we will expect you to be a member if you take part regularly.

You can learn more about us at: www.cardifframblers.org.uk

The Ramblers Association is a registered charity (England and Wales no. 1093577; Scotland no. SC039799) and a company limited by guarantee, registered in England & Wales (no. 4458492). Registered office: 2nd floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW.

COSMESTON & SULLY CIRCUIT

A: Go from Cosmeston car park to the nearest lake-side. Turn left and take boardwalk passing behind café. After the end of the boardwalk follow the path along the lake side straight ahead until you get to a wide cross track just before the second lake.

B: Turn left, following track for 100 metres, and then go through the second kissing gate on your right with a public footpath sign (opposite the medieval village).

C: Bear slightly left and uphill, keeping just to the right of some hedges. Then go through gateway ahead at field corner. Keep to the left edge of field as it curves to the right and then to the left. There are views on the right over woods and Cosmeston lakes. Look out for partly hidden stile on the left about 100 metres before fence at end of field. Go over stile to left then immediately turn and go over second stile which brings you into corner of next field.

D: Now head diagonally left uphill towards some small hillocks on skyline. Pass to the right of these. Two gates are now ahead. Go through the one on the right. Then keeping to left field edge, walk to the right of the barns and leave farm at stile in corner of field, near farmhouse. Walk down farm entrance drive to road.

E: Cross to road opposite (Cog Road), signposted "Sully ¾ -Barry 3". Walk along this road for about 500 metres to Sully. There is no

footpath, so take care, especially on bends. Continue on this road (Cog Road), through the village for about 750 metres, ignoring side turns. Look out for Sully Inn on the left then turn left past the church.

F: Walk past the bus shelter and, 50 metres beyond it (opposite the end of the old school), cross the road and take the signed footpath at the kissing gate.

G: Take this path to sea front.

H: Go left in front of houses on coastal path past old boat slipway. *(The attractive view ahead now shows three islands; from the left, Flat Holm, Sully Island*

and Steep Holm.) Keep to the coast path for about 1 km as, on the landward side, you pass houses, sports-field, boatyard and more houses. A large sportsfield is ahead. Keep to the perimeter path of this, above the beach.

I: **[If the tide is high or you wish to avoid a beach section]** Keep to sports field path, pass to the left of caravan park and join road where fence ends. Go right and then down road to cafes, the Captain's Wife Pub and Swanbridge car park. **[For the sure-footed]** Just before the fenced caravan park look out for a gap in the hedge on your right and take a steep path down the bank on to the beach. Turn left and walk for 200 metres over fairly flat, but broken and in parts slippery, rock and then go up stone steps to cafes, the Captain's Wife Pub and Swanbridge car park. *(It is possible to walk over to Sully Island from here at low tide. But check tide times carefully, the island is usually only accessible for about 2 hours either side of low water and the incoming tide is very dangerous.)*

J: Walk east across car park keeping to coast until you reach a small gateway which takes you onto coastal road. Follow this road for about 1.5 kms to the B4267 Penarth-Sully road. Cross this road to track opposite, there are Cosmeston Park notices on gate. Walk on and the recreated medieval village soon appears on the right. Take the metalled (concrete) lane on right, signed to the village, and then, unless you want to visit the village, go left at village entrance, over bridge and boardwalk to regain car park.

