

Vale of Glamorgan Walking Festival 2021



Walk Name: Autumn Visit to Nature Reserve

Charge: £3 per adult

Walk Details:



Starting at Cosmeston Visitor Centre, leave the park and make the short walk to The Lavernock Nature Reserve. Historically, Lavernock has been an important site for the observation of bird migration. In autumn, large flocks of Swallow, Redwing, Fieldfare and finches can be seen. Breeding birds include Whitethroat, Lesser Whitethroat, Bullfinch and Chiffchaff. Sparrowhawk, Green Woodpecker and Long-tailed Tit can be seen throughout the year.

OVERVIEW

Distance / terrain: 5 miles paved road and grassy fields generally level.

Date: Saturday 11th September 2021

Timing: **Start:** 14.00 **Return approx.:** 16.30

Leader: Marion Eynon

Hospitality: Visitor Centre Cafe

JOINING

Meet at: Outside Cosmeston Visitor Centre

Map ref: OS Explorer 151 Grid Ref. ST 1750 6931

Bring: Strong Shoes or boots, suitable clothing and a drink

Restrictions: No dogs, no unaccompanied children

TRAVEL

Driving and Parking: B4267 from Cardiff and Barry. Parking charges apply in park

Public Transport: Regular bus service from Cardiff or Barry