

Vale of Glamorgan Walking Festival 2019



Name of Walk: STEPPING BACK IN TIME – Unearthing the Early Medieval Secrets of the Vale

Walk Details: Over the past two years, Canterbury and Exeter Universities have been undertaking a significant archaeological research project in the Vale of Glamorgan. Its focus has been an investigation of changes in landscape and land use from the end of the Roman Period to the arrival of the Normans. On this walk, Dr. Andy Seaman who heads the project will take us on a journey back in time to unearth the Early Medieval secrets of the Vale of Glamorgan, while Angharad Wynne will share some local tales along the way. We'll explore monastic graveyards, castles and hillforts and unearth the story being pieced together by this fascinating archaeological project.

Hospitality: None – please bring your own packed lunch and snacks.

OVERVIEW

Distance / terrain: 5 miles over a variety of uneven grassland, gravel paths, woodland tracks and country lanes. There will be some steep inclines over uneven ground, particularly as we access Dinas Powys Hillfort, and later through some farmland with styles etc. Regular stops for talks and tales at points of interest.

Date: Wednesday 22nd May 2019

Timing: Start: 11:00am **Return approx:** by 5:00pm

Leaders: Dr Andy Seaman & Angharad Wynne ☎ 07786 256722

JOINING

Meet at: Outside St Dochdwy's Church, Llandough Hill, Llandough, Penarth, CF64 2NA (the walk will end here too)

Map ref: OS Explorer 151 Grid Ref. ST 16762 73275

Bring: Stout walking shoes, appropriate clothes and layers for the weather, packed lunch and snacks, plenty of water, sit pads for lunch and to listen to short talks and tales along the way.

Restrictions: Sorry no dogs

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TRAVEL & PARKING

Travel Directions:

- Along the A4232 dual carriageway heading from the M4 or Culverhouse Cross towards Cardiff Bay, take the Lecwith B4267 exit.
- At the roundabout take the 4th exit onto Leckwith Road / B4267
- Turn left onto Llandough Hill. Destination will be on the right.

Public Transport:

At the bottom of Llandough Hill there is a bus stop (Llandough Hill). It is served by the 92, 92B, 93, 94 and 94B buses on the Cardiff to Barry route. For further details visit www.traveline.cymru

Parking: Roadside parking in the vicinity. There is a church car park, but we will not know if we have permission to park there until nearer the date. Please check the Valeways website for updates.

Parking fee: If we are able to park as it's not in use by the church that day, it may be possible that a small donation will be required.