

Vale of Glamorgan Walking Festival 2020



Name of Walk: Michaelston Le Pit and Iron Age Caerau Hillfort

Charge: £3 per adult

Walk Details: The Iron Age Caerau hillfort is possibly the oldest man-made site in Cardiff. The massive bank and ditch defences surrounded a densely populated settlement over 2,000 years ago. Recent discovery of a causeway has dated the site back to the Neolithic or early Stone Age. The site also encompasses a medieval castle ringwork and an abandoned church with a poignant tale to tell. Walk includes farmed countryside and some woodland. Good views over Dinas Powys Woods, and across Cardiff from the hillfort. Don't be surprised by the two-note boom of rheas as we cross The Lawns.

Hospitality: None on walk. Choice of pubs or good coffee shop at the end of the walk.

OVERVIEW

Distance / terrain: Eight Miles, farmland, tracks and country lanes.

Date: Wednesday 20th May

Timing: Start: 10:00 **Return approx:** 15:00

Leader: Geraint Thomas

JOINING

Meet at: Dinas Powys Village Square, Station Road, Dinas Powys. CF64 4DE

Map ref: ST 15326 71299

Bring: Drinks and sandwiches. We will have one coffee stop and one lunch break. Walking stick recommended.

Restrictions: Walkers should be aware that there will be some tricky stiles, and mud if conditions are wet before the walk. Fields may contain farmstock.

TRAVEL & PARKING

Travel Directions: From M4, J33. Take the A4232 for 6.3 miles and leave at exit for Cardiff athletics stadium, Leckwith. At roundabout take the fourth exit onto B4267, Leckwith Road, signposted Dinas Powys. Road goes under A4232, across Leckwith Bridge, and up Leckwith Hill. Stay on B4267 for 1.39 miles. After passing houses on the right (set behind a green), pass a lay-by on the left, and as the road bends left take the fork to the right - Pen Y Turnpike Road. Stay on Pen Y Turnpike Road to reach Dinas Powys. Go down Pen Y Turnpike Hill, at the bottom continue ahead (Mill Road) to go uphill to the Village Square.

There is limited on road parking around the Village Square, otherwise continue ahead to pass The Star Inn and then turn right into Mount Road and park on left beside Dinas Powys Common. Return to Village Square to meet up.

Public Transport:

By train: Trains run frequently from Cardiff General and Barry Railway Stations to Dinas Powys. If coming from Cardiff leave Dinas Powys Station via the sub-way and Station Road. Turn right along Station Road to reach Dinas Powys Village Square.

By bus: The number 95 bus regularly runs between Cardiff and Barry through Dinas Powys. Get off at the Dinas Powys Railway Station Stop, and follow directions for By train above.

Free Parking: Recommend: Mount Road, Dinas Powys