



Magical Forest Walk

Hensol, Pendoylan and surrounding area
(7 miles / 11 km)

Plus optional short forest walks



WALKING IN THE VALE

Walking in the Vale of Glamorgan combines a fascinating 60 km stretch of the Wales Coast Path with the picturesque, historic beauty of inland Vale. Along its rugged coastline walkers can discover the last manned lighthouse in Wales (automated as recently as 1998), a college unlike any other at St Donats and 16th century walled gardens at Dunraven Bay, plus the seaside bustle of Barry and Penarth.

Inland, walkers will find the historic market towns of Cowbridge and Llantwit Major, as well as idyllic villages such as St. Nicholas and St. Brides Major, where the story of the Vale is told through monuments such as Tinkinswood burial chamber and local characters like Iolo Morganwg, one of the architects of the Welsh nation. Our series of 5 coastal and 5 inland Vale Trails will help you get to the very heart of this fascinating area

This circular walk typifies the best of inland Vale of Glamorgan: rich and colourful landscape, large areas of native forest, pretty villages, and a series of impressive views of the coast, nearby towns and city.

Highlights include the mixed deciduous and conifer forest which gives the walk its name, home to the beautiful and pure Pysgodlyn lake. Historic Pendoylan village provides a welcome spot for some refreshments before heading uphill to take in the best of the views, including part of the Cardiff city skyline in the distance.

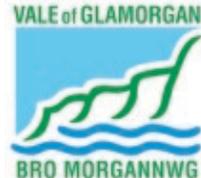
THE COUNTRYSIDE CODE

- Be safe – plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals, and take your litter home.
- Keep dogs under close control.
- Consider other people.

Footpaths / Llwybrau Bridleway / Llwybr ceffyl

Restricted Byway / Cilffordd gyfyngedig Byway / Cilffordd

Many thanks to Valeways and to Vale of Glamorgan Ramblers for their valuable contribution to Vale Trails and their continued support for these walks and leaflets.



Cronfa Amaethyddol Ewrop ar gyfer Datblygu Gwledig: Ewrop yn Buddsoddi mewn Ardaloedd Gwledig
The European Agricultural Fund for Rural Development: Europe Investing in Rural Areas



Llywodraeth Cymru
Welsh Government

THE ROUTE

 **800 kcal**
Estimated calories:
70kg walking at 3mph

 **960 kcal**
Estimated calories:
83kg walking at 3mph

 Family
friendly

 Parts of route are
suitable for dog walking

visitthevale.com



Getting there From Cardiff take A48 west. After Bonvilston take right turn signed Welsh St Donats. At the village turn right onto Heol Mynydd. Continue straight on to reach Forestry Commission car park on your right.

Terrain Undulates with a few uphill sections, with many stiles and some boggy areas (even in Summer).

Distance Hensol Forest / Pendoylan 7 miles.

Map OS Explorer 151 Cardiff and Bridgend.

Parking Large free car park at Hensol Forest.

Public Transport Very limited bus service. For up to date travel information visit www.traveline-cymru.info

Refreshments & Toilets Pub at Pendoylan and refreshments at Vale of Glamorgan Resort and Hendrewennol.

THE WALK *Grid ref: ST031768* (7 miles)

Start at the Forestry Commission Car Park.

Take the left hand track out of the car park into the forest then turn left at the three-way fork, to take the track down to a country lane'. (1). Turn right and follow the lane downhill, enjoying the view of Talygam Manor ahead. As the road bottoms-out take a right turn where you see the way-marker, cross stile to re-enter the wood (2).

At the end of the path cross the stile to your left to enter a field to join the Millennium Heritage Trail. Bear right across the field with a hill to your left and boggy area to the right, through a series of way markers (3) to reach the **Vale Resort Golf Course**. Hug the lake (4) and course perimeter to cross a stile to leave the course.

There is a possibility of livestock in some fields. Please keep dogs on a lead and follow the countryside code.

Turn left, passing the entrance to the Coed Llwyn Rhyddid heronry on the right, then the entrance to **Ty Deg Cymru** (5). Curve right to reach the Farm drive and then a country lane. Turn right.

TIP



It is possible to visit the Vale Resort by curving left instead of right and crossing the stile on the left past the buggy store.

Continue up the hill. After passing the entrance to **Llwyn Rhyddid** on the right, enter a field to the left through a gate. Keep to the left of the field and cross in to another via a gap. Cross this field, passing under transmission lines, to reach a stile at the top right hand corner to reach a minor road (6). Turn left and follow the road before reaching a stile on the right to enter the 'gallops'. Cross the gap in the gallops and follow their line to exit the field over a stile to enter Tre-Dodridge village.

Turn left to pass the appropriately named **Rose Cottage** (7). Turn right at the main road, then a quick left at the entrance of **Hillcrest House**. Climb the stile at the top, cross one field then enter another through a kissing gate. Continue up the hill to cross another stile at the top before turning to admire an excellent view of the vale. Turn right, cross another stile, bear left across the field aiming to the right of a clump of trees (8). Pass through a broad gap and continue downhill. Cross two stiles to a lane.

Turn right to enter the historic village of **Pendoylan**. It contains 13 listed buildings in a compact area, including the delightful Church Row cottages built in the early 19th century. On the opposite side of the road to the church (9) and cottages follow a track up a short hill to enter a field at the top. Go straight ahead for the first stage of this



steady climb (the view will be worth it) (10). Continue into the second field and head straight on to the top right corner. Enter a the third field, bear left through a gap in hedge ahead and walk to the clearly visible wide gates at the top into the last field of this section (11). Walk straight up the field past the telegraph pole then cross a stile to the right of the white house to emerge onto a road. Turn left and continue to a junction. Follow the lane straight ahead of you downhill past **Warren Mill Farm**. Just beyond its natural mill pond (12) take a right turn along a track. Follow it uphill to **Warren Farm**, keeping first the cottages, then the farm to your left. Enter the field through a kissing gate. Walk straight ahead over the rise in the field to a way marker and a gate in the boundary fence opposite. The path leads straight on through woodland (13) before emerging on to another road opposite a house.

TIP



Stop on your journey to pick-your-own strawberries at Hendrewennol Fruit Farm.

Turn right and follow the road with **Hendrewennol PYO** soft fruit farm (14) on the left. As the road turns to the left go straight ahead past a gate and head back into the forest via a track (15). Take the main path bearing right to reach Pysgodlyn Lake on your left (16). Skirt around the right hand side of the lake, hugging the bank until the footpath leads gradually away from it, bearing right into the woods (17). Return to the road and cross directly on to another forestry track (18). Follow the track, cross the next road and return to a broad forest track back to Hensol Forest car park.

NOTE

There are fantastic views when you look back from this climb.

PLACES OF INTEREST

Hensol Forest

Hensol Forest dates back to around 1600, ample time for this mixed wood forest to grow into an intricate and interesting area of woodland that lends itself to easy walking, cycling and horseriding. Parts are also suitable for wheelchair users. Species on display include native oak, birch, rowan and ash in addition to conifers. The forest has also been used as a location for the popular TV series Dr Who.

Coed Llwyn Rhyddid Heronry

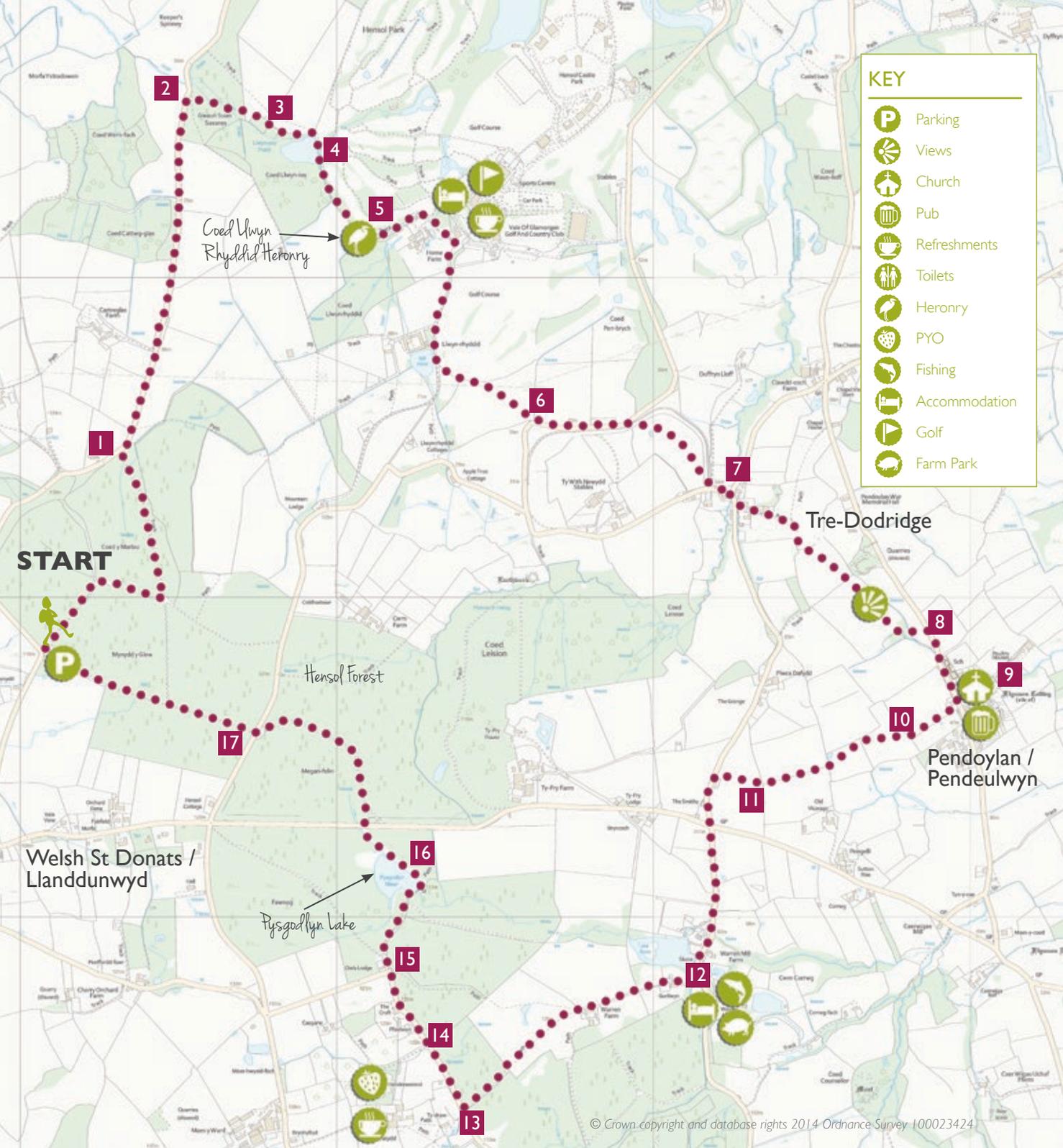
Bought in 1990 this is one of the most important heronries in Wales. As herons are easily disturbed, access to the wood is only available through organised group viewing days during the breeding season (mid January to August). Visit in July to watch the chicks fledge. Adult herons will often arrive at the end of January and stay until late August.

Pendoylan Village

A small, pretty village, that has 13 listed buildings in its midst, including Church Row, a row of cottages for whom the word 'quaint' may well have been invented. The church dedicated to St. Cadoc boasts a rich history. Its Norman tower served as a refuge for the local population in the turbulent past, while the army of the Black Prince apparently cut their arrows from two ancient yew trees in the churchyard.

Pysgodlyn Lake

A Site of Special Scientific Interest, Pysgodlyn Lake supports several species of dragonfly and damselfly as well as the extremely rare medicinal leech.



KEY

- Parking
- Views
- Church
- Pub
- Refreshments
- Toilets
- Heronry
- PYO
- Fishing
- Accommodation
- Golf
- Farm Park



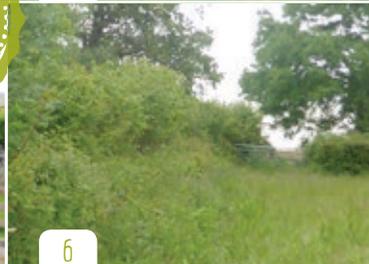
Start of walk at the car park

1

2

3

NOTE
These forest paths are perfect for a leisurely bike ride.



4

Vale Resort Golf Course

5

6



9

The Red Lion pub at Pendoylan

10

11



15

16

17

18



VALE OF GLAMORGAN

OTHER VALE TRAILS FOR YOU TO EXPLORE

- | COASTAL WALKS | INLAND WALKS |
|--|---|
| 1 Ogmore By Sea Walk
St Brides Major | 6 Salmon Leaps Walk
Dinas Powys |
| 2 Coast and Lighthouse Walk
Llantwit Major / Nash Point | 7 Haunted Field Walk
St Nicholas |
| 3 Celtic Crosses & Coast Walk
Llantwit Major | 8 Magical Forest Walk
Peterston-Super-Ely |
| 4 Park and Seaside Walk
St Athan / Rhose / Barry | 9 Iolo Morganwg Heritage Walk
Cowbridge |
| 5 Coast and Pier Walk
Barry / Sully / Penarth | 10 Ewenny & Spring Flowers Walk
Llandow / Ewenny |

LINKS FOR FURTHER INFORMATION

- valeways.org.uk
- valeofglamorganramblers.co.uk
- welshwildlife.org/coed-llwyn-rhyddid-hensol
- theredlionatpendoylan.co.uk
- hendrewennol.co.uk
- warrenmillfarm.co.uk
- vale-hotel.com

For more information on Vale Trails, or for a full list of accommodation, attractions and activities nearby visitthevale.com

Images courtesy of Tregamma Design

Images courtesy of Visit Wales and Tregamma Design