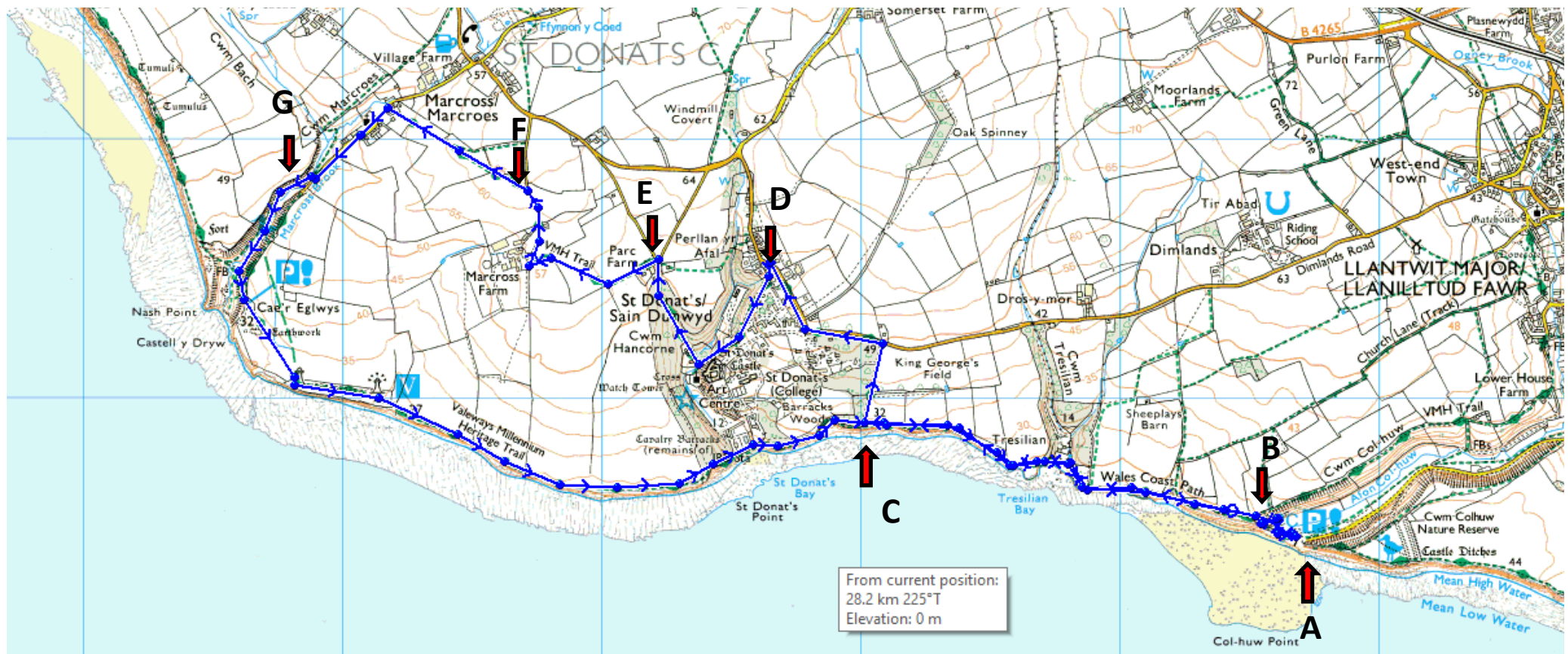


Llantwit Major Beach Walk—7.25 miles easy— 4:30hrs—well signposted



A Carpark free –toilets near lifeguard station—follow concrete steps behind lifeguard building

B At top of steps turn left— *** this can be missed easily on the return leg—follow Wales Cost Path signs

C **Do not** go through the gate - turn right and pass the playing fields up to the road

D At end of wall sharp left through gates—private entrance to Atlantic College but footpath to St Donat's Church . Turn right just before church. (Good spot for coffee break.)

E Watch for sneaky small zig zag in path before reaching farm. Take left fork in road and then immediately turn left. Farm track goes leads through hedge on left. (Original path overgrown on left) Keep hedge on your right . Pass through it after 100m and then go diagonally across field.

F After following lane for about 200m take footpath on left. Keep to the right of the field and go through open gate into next field. Keep to right hand edge of the field. go through narrow lane to reach road and turn left

G just before road starts to rise up go through gap and across a safe but rickety looking bridge. Follow path through woods over some

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'upmarket' stepping stones. When you reach a grassy area there is a wide gravel track going back up

Go past the light house . Follow the coast path back across the 'promenade' at Atlantic College and retrace follow the coast path back.