

St Hilary West

St Hilary – St Hilary Down – Stalling Down – Aberthin – Cowbridge – Llanblethian – New Beaupre – St Hilary

7 miles-11km / 2.5-3.5 hours / 500 feet-150m ascent

A few stiles and gates

All on good paths and tracks, minimal road walking

Overview

Great views over the Vale, followed by peaceful meadow lands, unseen parts of Cowbridge and Llanblethian then a peek at St Quentin's Castle – finishing with a gorgeous walk through the Vale back to the Bush Inn – and a well earned pint

Route information

Start/Finish	The Bush Inn, St Hilary / Grid reference ST 016 733
3 pub stops	The Bush / Farmers & Hare and Hounds, Aberthin / Loads in Cowbridge
Distance	7 miles / 11 km
Time	2.5-3.5 hours
Highest point	420 feet / 130m
Lowest point	70 feet / 20m
Total ascent	500 feet/150m
Map	OS Explorer 151 1:25,000



Notes

- This map can be downloaded as a pdf file from www.sthilary.org.uk/walks/west - on your laptop/PC or smartphone
- Details of all the routes from St Hilary and advice are on the website www.sthilary.org.uk/walks
- There can be bramble/nettles on some stiles, so secateurs are useful
- An OS map or the OS app is highly recommended – don't just rely on this guide
- Email info@sthilary.org.uk if there are any errors in the instructions or problems on the route
- Disclaimer: you undertake these walks at your own risk – take great care when crossing roads and on the lanes

Directions: part 1 – St Hilary to Cowbridge 6km)

1. Facing the main entrance of the Bush, turn to the right (ie out of the village), passing the church on the right and Church Crescent on the left
2. After about 300m - at the crossroads after Church Crescent and immediately after Little Hall Cottage (on your right), turn left up the track to The Clump
3. At The Clump continue straight on down to the A48, crossing the Roman Road – with The Clump on the left and the two transmitter towers on the right
4. Turn left at the A48, past the Mughal Emperor, over the slip road to Cowbridge to cross the A48 by the bridge – take care when crossing
5. Turn left after the garage, then right after 50m by a telegraph pole opposite the bungalow, emerging onto Stalling Down – follow the clear path that curves in an anti clockwise direction around the right edge / rim of Stalling Down
6. Just after the stone obelisk take the good diagonal path on the right which descends to Aberthin, turn left onto the lane at the bottom
7. In the centre of Aberthin, cross the main road opposite The Farmers (take great care), turn right and after 40m turn left by the side of the bus shelter into Maes Lloi
8. Take the farm track in the corner of Maes Lloi (between house numbers 2 and 3) – go through the kissing gate and follow the path through several fields and kissing gates and stiles
9. In the last field take the clear path to the left, then turn sharp left through a kissing gate to follow the path into Cowbridge [technically the right of way is straight on, then left at the apex of the field – but everybody uses this shortcut]
10. Follow the clearly marked path through several fields, over foot bridges, raised walkways and stiles and gates – some stretches could be a bit boggy
11. In this field the next stile is difficult to spot – it's 30m to the left of the metal gate opposite
12. Join the raised walkway which passes behind the school, taking the lower path on the right as you approach the bypass flyover, passing the allotments
13. Under the fly-over, turn immediately right and follow the path behind houses, over a footbridge into and through the town hall car park
14. Walk through the car park to the front of the town hall, crossing the High Street using the zebra pedestrian crossing

Directions: part 2 – Cowbridge to St Hilary (5km)

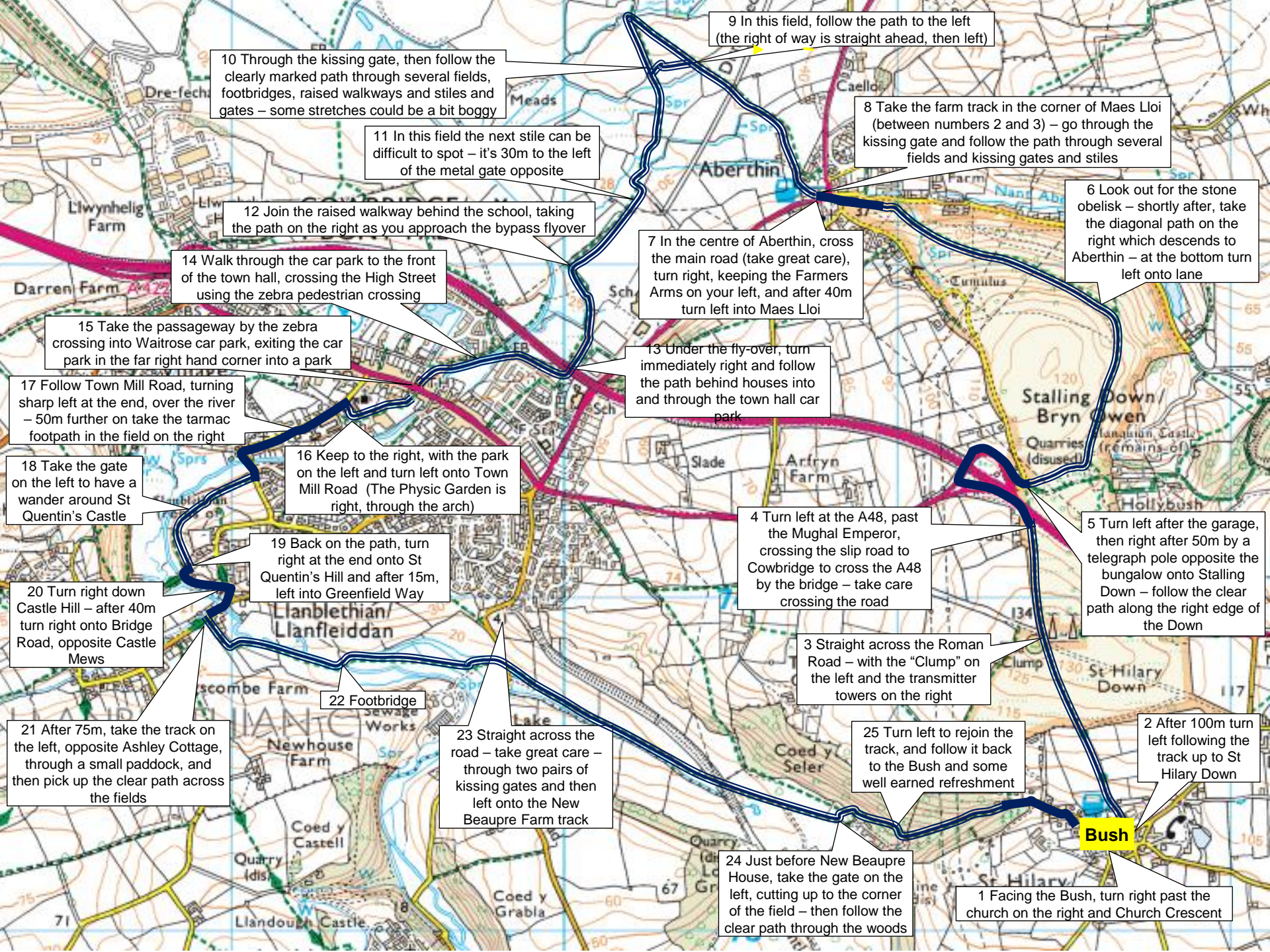
15. Take the passageway by the zebra crossing into Waitrose car park passing the row of shops on the right, exiting the car park in the far right hand corner on a path that leads into a playground
16. Keep to the right, with the playground on your left, exiting onto Town Mill Road – turn left
(The Physic Garden is to the right, through the arch)
17. Follow Town Mill Road, turning sharp left at the end, over the river – 50m further on take the tarmac footpath in the field on the right
18. Take the gate on the left to have a wander around St Quentin's Castle
19. Turn left back onto the path - at the end go immediately right onto St Quentin's Hill and after 15m, left into Greenfield Way
20. At the end of Greenfield Way, turn right down Castle Hill – after 40m turn right again onto Bridge Road, opposite Castle Mews
21. After 75m, take the track to the left, opposite Ashley Cottage, through a small paddock, and then pick up the clear path across the fields keeping to the stream on the left
22. Over a footbridge, then turn right keeping the stream on your right – head for the double gate, go through and left onto the track (the waterworks entrance will be on the right)
23. Straight across the road – take great care – through two pairs of kissing gates in the corner of the field and then left onto the New Beaupre Farm track
24. After 1.2km, just before New Beaupre House, take the gate on the left and then up to the corner of the field, through a kissing gate and follow the clear path through the woods which runs parallel to the lane/track
25. At the end, drop down to the right and turn left to rejoin the track, and follow it back to the Bush and **a well earned pint at The Bush!**

Path 

Lane 

There are three versions of the map on the following pages:

- The first has directions
- The second is less messy with just the numeric reference to these directions
- The third is a simplified version based on the standard OS view



9 In this field, follow the path to the left (the right of way is straight ahead, then left)

8 Take the farm track in the corner of Maes Lloi (between numbers 2 and 3) – go through the kissing gate and follow the path through several fields and kissing gates and stiles

6 Look out for the stone obelisk – shortly after, take the diagonal path on the right which descends to Aberthyn – at the bottom turn left onto lane

7 In the centre of Aberthyn, cross the main road (take great care), turn right, keeping the Farmers Arms on your left, and after 40m turn left into Maes Lloi

13 Under the fly-over, turn immediately right and follow the path behind houses into and through the town hall car park

5 Turn left after the garage, then right after 50m by a telegraph pole opposite the bungalow onto Stalling Down – follow the clear path along the right edge of the Down

4 Turn left at the A48, past the Mughal Emperor, crossing the slip road to Cowbridge to cross the A48 by the bridge – take care crossing the road

3 Straight across the Roman Road – with the “Clump” on the left and the transmitter towers on the right

25 Turn left to rejoin the track, and follow it back to the Bush and some well earned refreshment

2 After 100m turn left following the track up to St Hilary Down

1 Facing the Bush, turn right past the church on the right and Church Crescent

24 Just before New Beaupre House, take the gate on the left, cutting up to the corner of the field – then follow the clear path through the woods

23 Straight across the road – take great care – through two pairs of kissing gates and then left onto the New Beaupre Farm track

22 Footbridge

19 Back on the path, turn right at the end onto St Quentin's Hill and after 15m, left into Greenfield Way

16 Keep to the right, with the park on the left and turn left onto Town Mill Road (The Physic Garden is right, through the arch)

17 Follow Town Mill Road, turning sharp left at the end, over the river – 50m further on take the tarmac footpath in the field on the right

15 Take the passageway by the zebra crossing into Waitrose car park, exiting the car park in the far right hand corner into a park

14 Walk through the car park to the front of the town hall, crossing the High Street using the zebra pedestrian crossing

12 Join the raised walkway behind the school, taking the path on the right as you approach the bypass flyover

11 In this field the next stile can be difficult to spot – it's 30m to the left of the metal gate opposite

10 Through the kissing gate, then follow the clearly marked path through several fields, footbridges, raised walkways and stiles and gates – some stretches could be a bit boggy

