

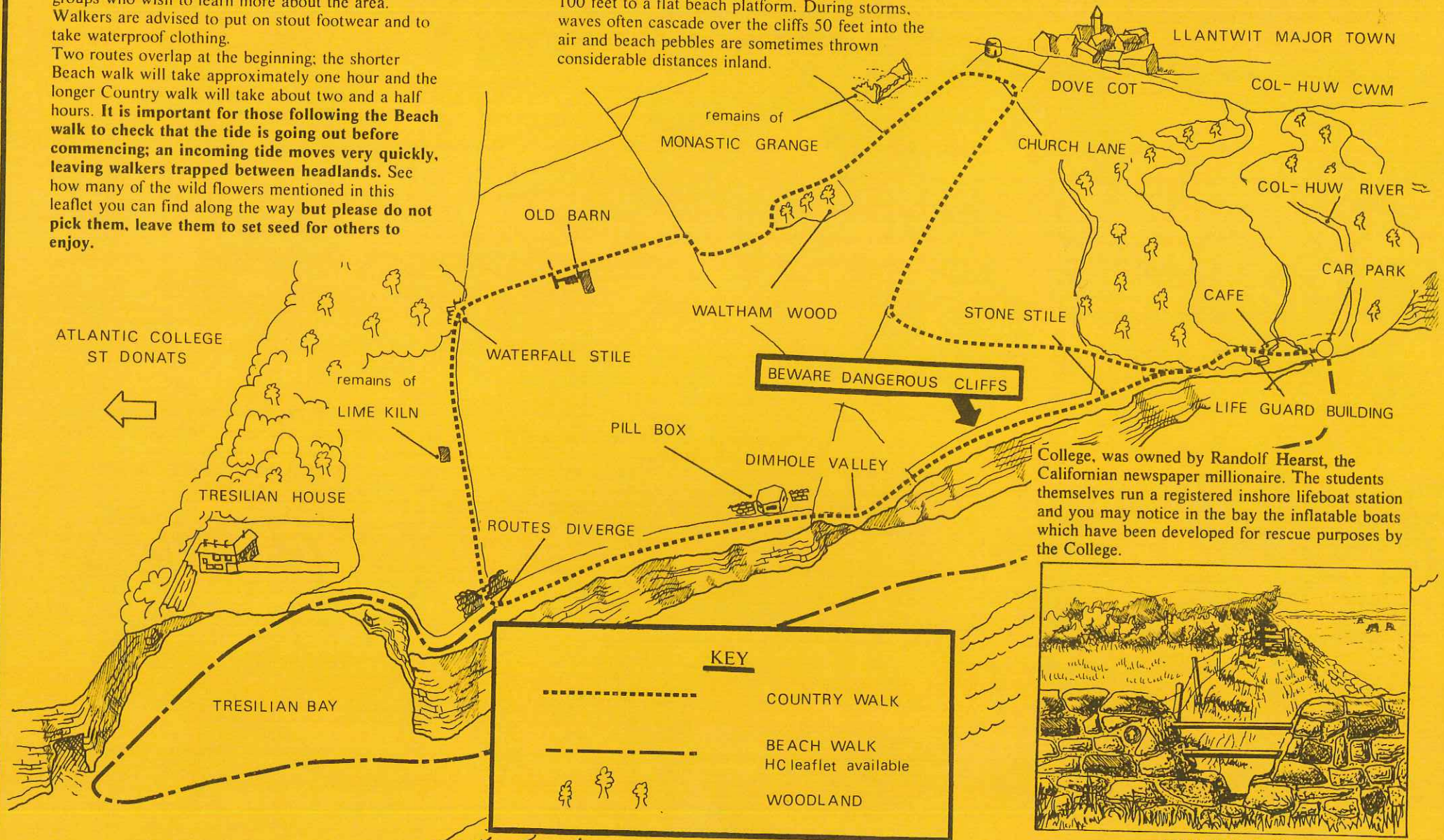
COUNTRY WALK

This forms part of a series of five walks from Col-huw Beach, Llantwit Major, designed to explore different aspects of the surrounding countryside. In general these walks are suitable for families and small groups who wish to learn more about the area. Walkers are advised to put on stout footwear and to take waterproof clothing.

Two routes overlap at the beginning; the shorter Beach walk will take approximately one hour and the longer Country walk will take about two and a half hours. **It is important for those following the Beach walk to check that the tide is going out before commencing; an incoming tide moves very quickly, leaving walkers trapped between headlands.** See how many of the wild flowers mentioned in this leaflet you can find along the way **but please do not pick them, leave them to set seed for others to enjoy.**

From the car park at the sea front, walk westerly between the cafe and lifeguard building and up the side of the valley, or "cwm", to join the coastal footpath. Near the stile, panoramic views of the coastline will reveal the exposed character of the Heritage Coast; the dominant cliffs fall steeply over 100 feet to a flat beach platform. During storms, waves often cascade over the cliffs 50 feet into the air and beach pebbles are sometimes thrown considerable distances inland.

In the distance, the sea wall at Atlantic College, St. Donats, is usually visible; this protects the outdoor activities area of the College which attracts students from all over the world. The castle itself at St. Donats was famous in medieval times and, before the



College, was owned by Randolph Hearst, the Californian newspaper millionaire. The students themselves run a registered inshore lifeboat station and you may notice in the bay the inflatable boats which have been developed for rescue purposes by the College.

(CONTINUED ON BACK COVER)