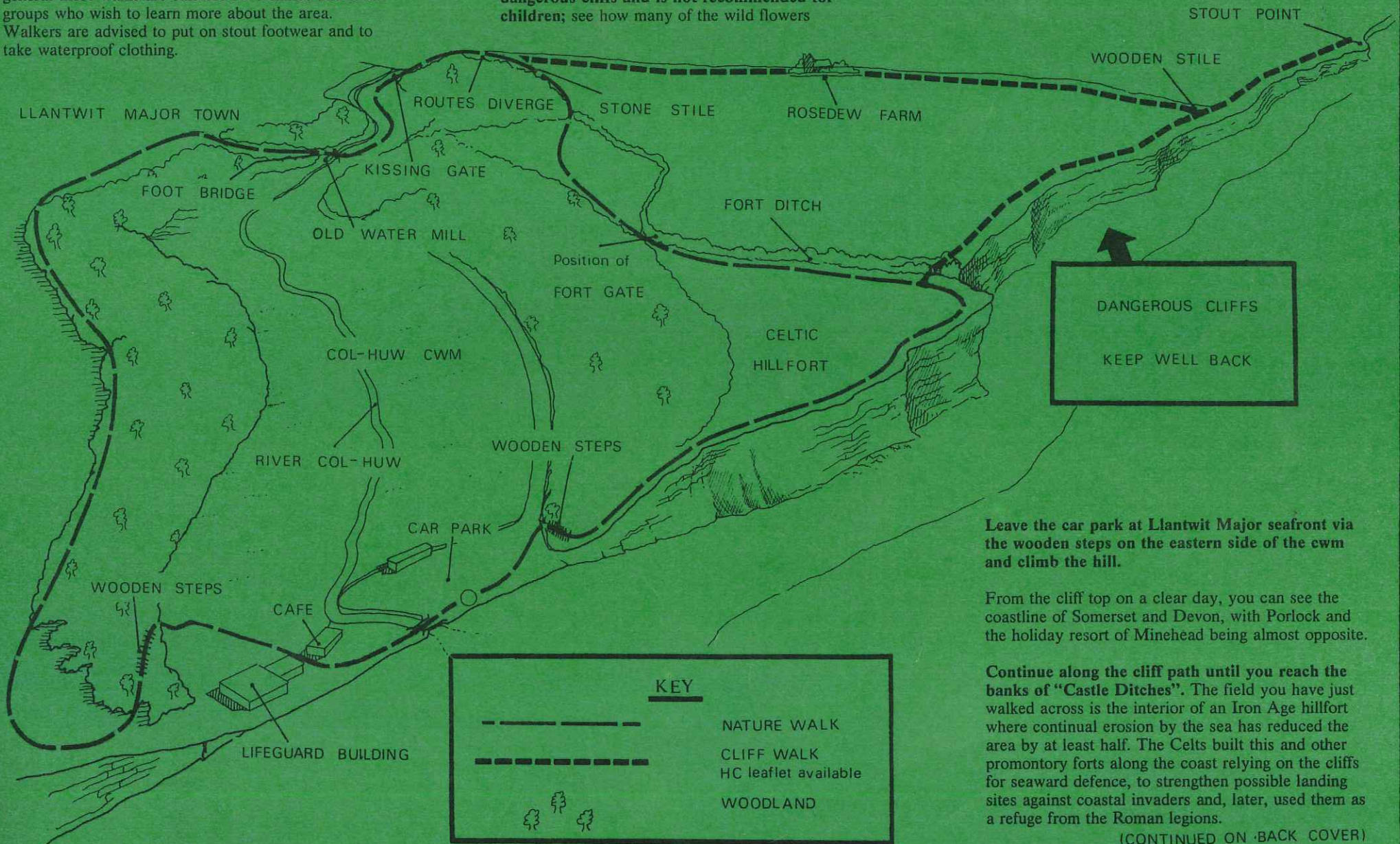


NATURE WALK

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 Nature walk will take a family group about three quarters to one hour and the longer Cliff Walk will take about one and a half to two hours. **However, the Cliff walk from Stout Point runs alongside very dangerous cliffs and is not recommended for children; 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.



(CONTINUED ON BACK COVER)