

Cowbridge Circular

4.7 miles/ 7.6 km – 2 hours – Easy – 2 pub stops
Good paths, tracks and roads

Overview

A circular walk to Cowbridge from St Hilary using lesser known tracks and paths. First down to New Beaupre woods, then across fields to the pretty village of Llanblethian. You can visit St Quentin's Castle and the Physic Garden and have a pit stop in Cowbridge before returning to St Hilary by St Hilary Down (and avoiding the main road!)

Route information

Start/finish The Bush Inn, St Hilary / grid reference ST 016 733
Distance 4.7 miles / 7.6 km
2 pub/cafe stops: [The Bush](#) / lots of choice in Cowbridge
Highest point: 360 feet / 110m
Lowest point: 70 feet / 20m
Total ascent: 375 feet / 115m
Map: OS Explorer 151 1:25,000 or the OS app



Notes

- This map can be downloaded as a pdf file from www.sthilary.org.uk/walks/cowbridge - 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 en route
- Disclaimer: you undertake these walks at your own risk - take great care when crossing roads and on the lanes

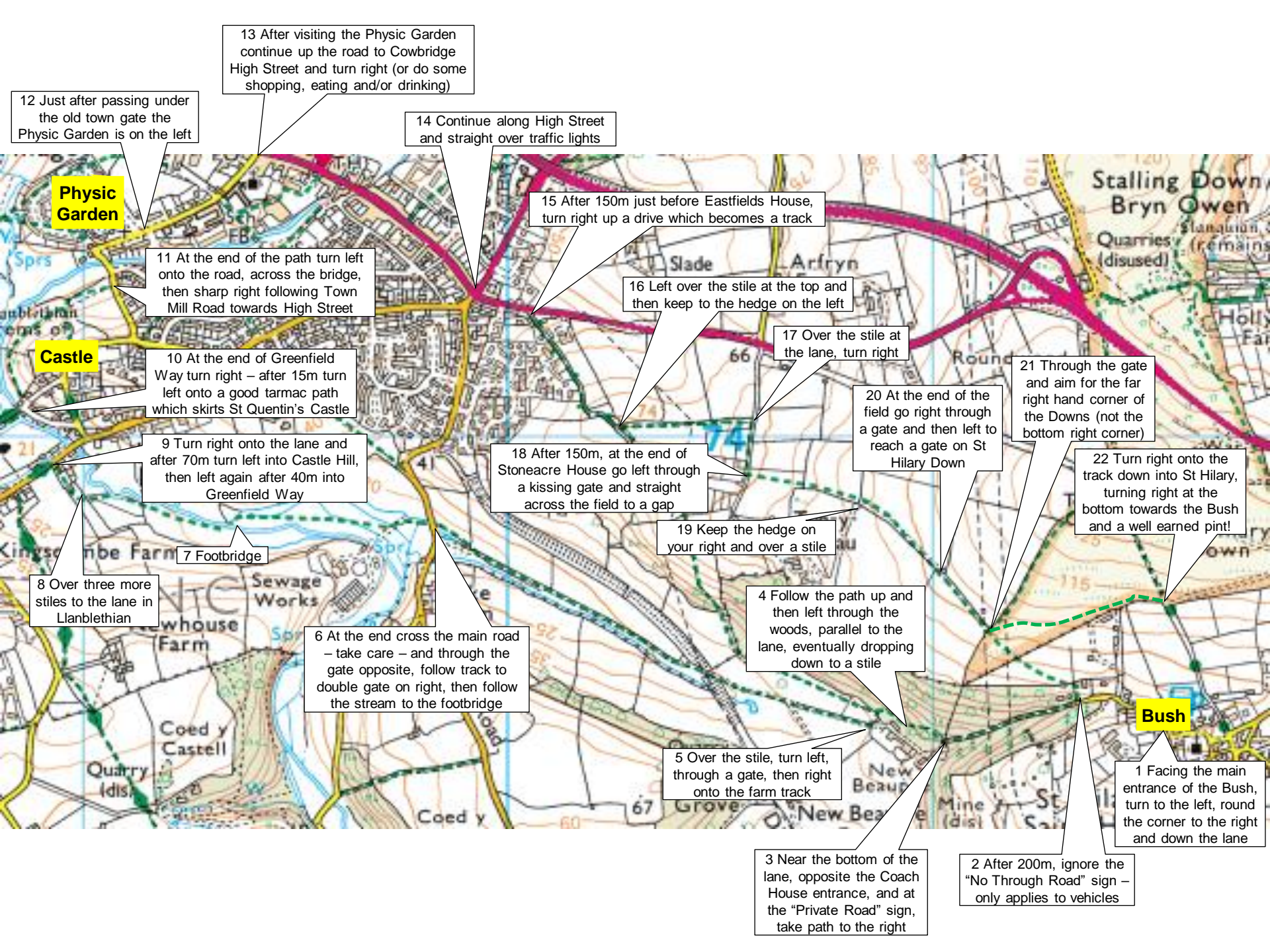
Directions:

Part 1 – St Hilary to Cowbridge (2.9 miles / 4.7 km 1 hour 15 minutes)

1. As you face the main entrance of the Bush turn to your left downhill, out of the village
2. Follow the lane downhill passing the derestricted speed sign(!) Note:
The “No Through Road” sign only applies to vehicles
3. Near the bottom of the lane, opposite the Coach House entrance, and at the “Private Road” sign, take path to the right
4. Follow the path up and then left through the woods, parallel to the lane, eventually dropping down to a stile
5. Over the stile, turn left, through a gate, then turn right onto the farm track
6. At the end of the track cross the main road – take care – and through the gate opposite, follow track to double gate on right, then follow the stream on the left to the footbridge
7. Over the footbridge, turn right to follow the path by the stream which is on the right
8. Over three more stiles to the lane in Llanblethian
9. Turn right and after 70m turn left into Castle Hill, then left again after 40m into Greenfield Way
10. At the end of Greenfield Way turn right – after 15m turn left onto a good tarmac path which skirts [St Quentin's Castle](#)
11. At the end of the path turn left onto road, across a bridge, then sharp right following Town Mill Road towards High Street
12. Just after passing under the old town gate/wall, the [Cowbridge Physic Garden](#) is on the left
13. After visiting the Physic Garden continue up the road to Cowbridge High Street and turn right (or do some shopping, eating and/or drinking)

Part 2 – Cowbridge to St Hilary (1.8 miles / 2.9 km 45 minutes)

14. Continue along High Street and straight over traffic lights
15. 150m after the traffic lights and just before Eastfields House, turn right up a drive which becomes a track
16. Left over the stile at the top (do not follow the path straight on – it's a dead end) and keep to the hedge on the left
17. Over the stile at the lane, turn right
18. After 150m, at the end of Stoneacre House, go left through a kissing gate and straight across the field to a gap
19. Keep the hedge on your right and over a stile
20. At the end of the field go right through a gate and then left to reach a gate on St Hilary Down
21. Through the gate and aim for the far right hand corner of the Downs (not the bottom right corner)
22. Turn right onto the track down into St Hilary, turning right at the bottom towards the Bush and a well earned pint!



12 Just after passing under the old town gate the Physic Garden is on the left

13 After visiting the Physic Garden continue up the road to Cowbridge High Street and turn right (or do some shopping, eating and/or drinking)

14 Continue along High Street and straight over traffic lights

15 After 150m just before Eastfields House, turn right up a drive which becomes a track

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17 Over the stile at the lane, turn right

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22 Turn right onto the track down into St Hilary, turning right at the bottom towards the Bush and a well earned pint!

11 At the end of the path turn left onto the road, across the bridge, then sharp right following Town Mill Road towards High Street

10 At the end of Greenfield Way turn right – after 15m turn left onto a good tarmac path which skirts St Quentin’s Castle

9 Turn right onto the lane and after 70m turn left into Castle Hill, then left again after 40m into Greenfield Way

18 After 150m, at the end of Stoneacre House go left through a kissing gate and straight across the field to a gap

20 At the end of the field go right through a gate and then left to reach a gate on St Hilary Down

19 Keep the hedge on your right and over a stile

4 Follow the path up and then left through the woods, parallel to the lane, eventually dropping down to a stile

6 At the end cross the main road – take care – and through the gate opposite, follow track to double gate on right, then follow the stream to the footbridge

5 Over the stile, turn left, through a gate, then right onto the farm track

1 Facing the main entrance of the Bush, turn to the left, round the corner to the right and down the lane

Physic Garden

Castle

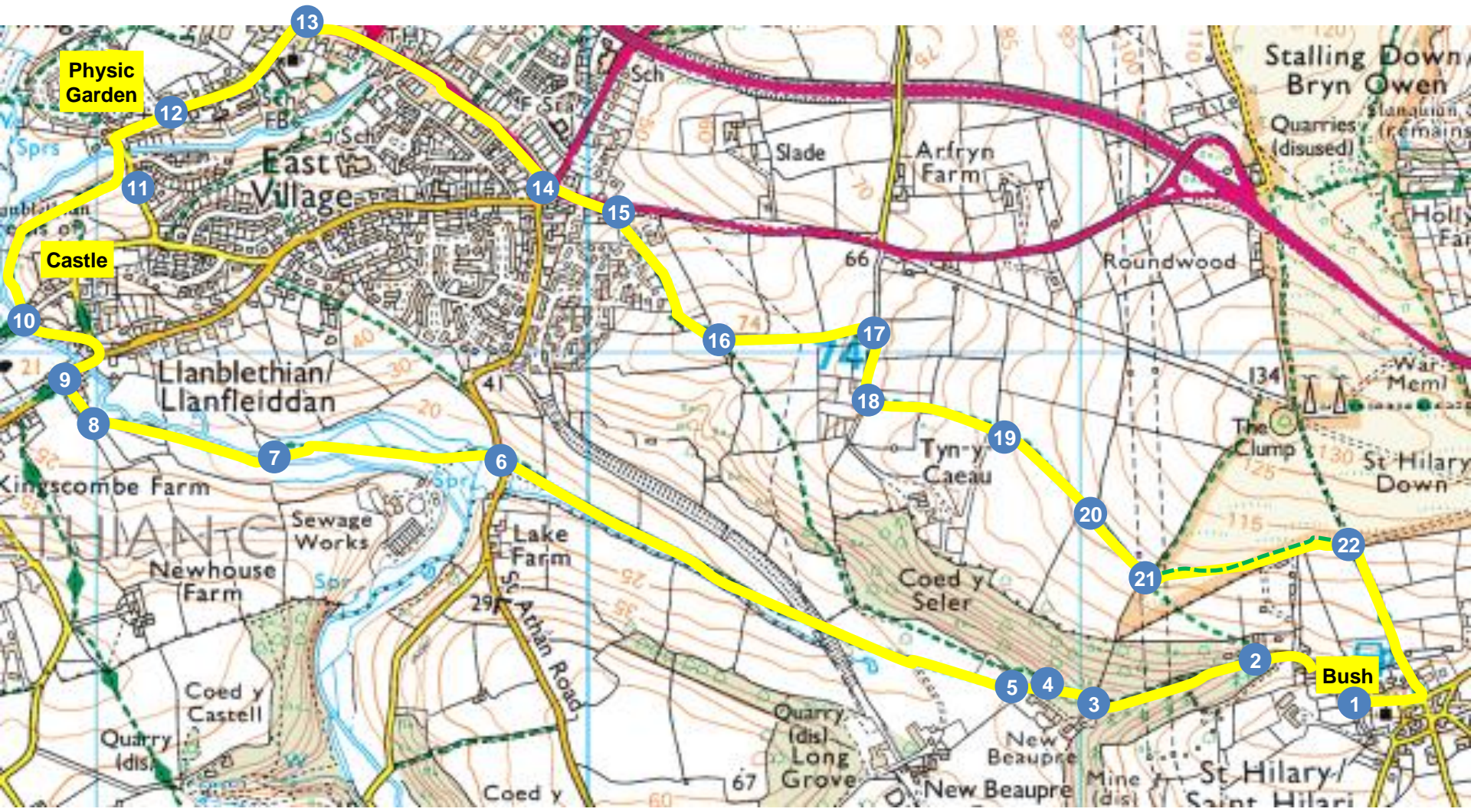
Bush

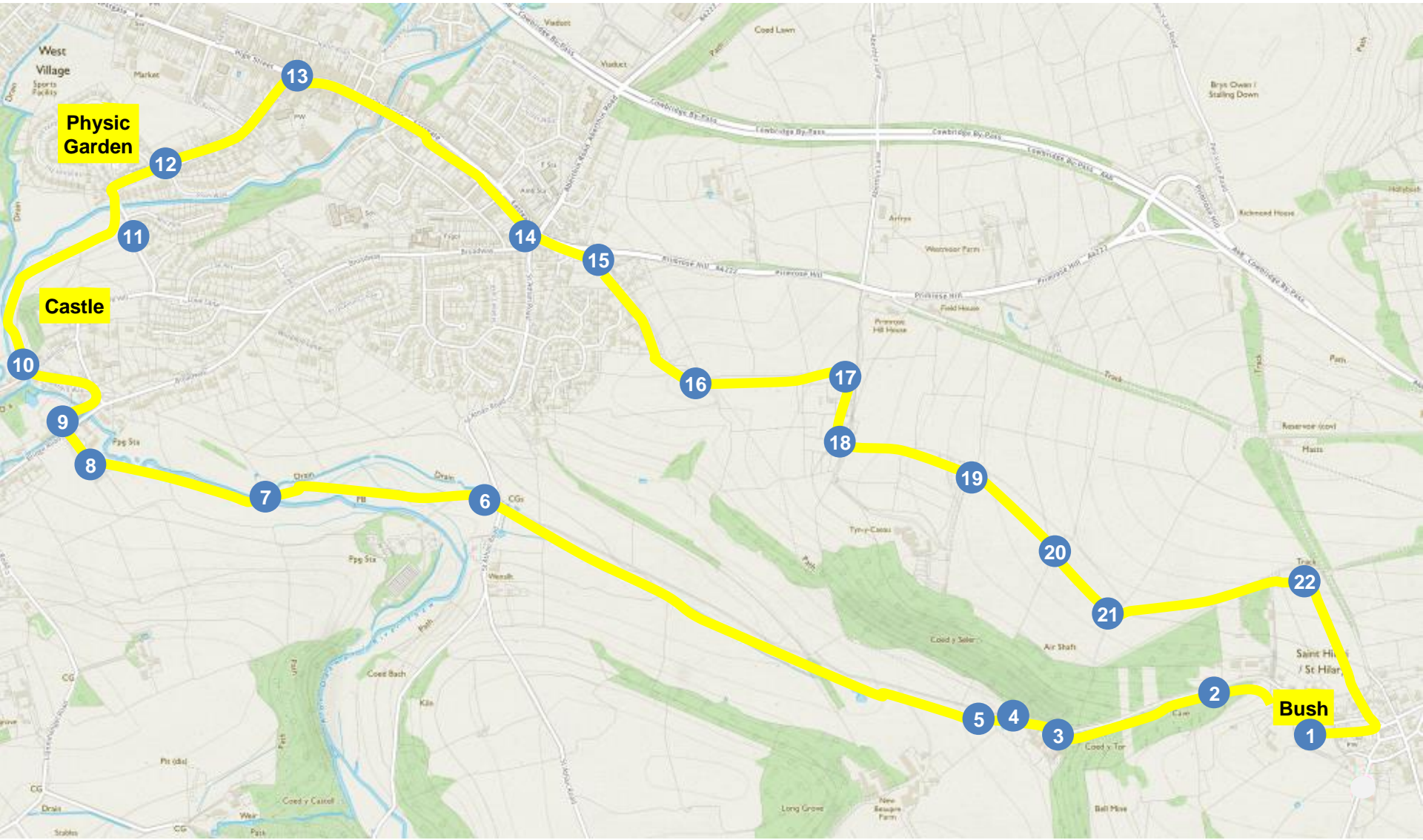
7 Footbridge

8 Over three more stiles to the lane in Llanblethian

3 Near the bottom of the lane, opposite the Coach House entrance, and at the “Private Road” sign, take path to the right

2 After 200m, ignore the “No Through Road” sign – only applies to vehicles





Physic Garden

Castle

Bush

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