

# St Hilary North West

St Hilary – The Downs – Aberthin – Llansannor – Penllyn – Cowbridge – St Hilary

10 miles / 4-5 hours / 1,000 feet ascent

Lots of stiles and gates

Mainly field paths and tracks, minimal road walking



## Overview

Compared to the other walks, this is a strenuous walk.

It provides lots of lovely views as it tracks the rim of the land around Penllyn Moors.

In total there is about 1,000 feet of ascent. In return, you will see a secret filming

location of Doctor Who, find a hidden well and walk through castle grounds.

There's no risk of getting too tired, as there are 5 pub stops along the route!

## Route information

Start/Finish: The Bush Inn, St Hilary / Grid reference ST 016733

Pub stops: Plenty! Hare and the Farmers, Aberthin / Red Fox, Penllyn / Barley Mow, Graig Penllyn / Lots in Cowbridge / The Bush  
+ the café at the Forage Farm Shop on the Penllyn Estate

Distance: 10 miles

Time: 4-5 hours – or all day if you stop for lunch

Highest point: 435 feet / 130m

Lowest point: 80 feet / 25m

Total ascent: 1,000 feet/ 300m

Map: OS Explorer 151 1:25,000

## Notes

- This map can be downloaded as a pdf file from [www.sthilary.org.uk/walks/northwest](http://www.sthilary.org.uk/walks/northwest) - 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](http://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](mailto: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 Llansannor

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 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 50 yards, by a telegraph pole opposite the bungalow, emerging onto Stalling Down – follow the clear path that curves left 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 40 yards turn left by the side of the bus shelter into Maes Lloi  
[Note: steps 8 to 11 below – the path near Newton Farm can be very muddy – if the ground is wet, an alternative route from Aberthin is to follow the main road (ie do not turn into Maes Lloi) and take the first lane on the left after about 600m, follow this lane bearing left at a junction after 500m until reaching the front entrance of Newton Farm in a further 500m]
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 ignore the clear path to the left, and take the faint track diagonally to the right across the field to the far corner
10. Go over a double stile, a gate, and then a stile towards Newton Farm
11. Over a stone stile then a gate through Newton Farm yard (this where it can be very muddy), turning left onto the lane
12. Just after the left hand bend, take the tarmac track to the right – after 25ms go through the stile in the hedge on the left and turn right for the stile in the top right hand corner of the field
13. Over another stile
14. Over two stiles (they can be overgrown), cross lane, over a stile then another stile, heading straight on and downhill towards Llansannor (Pen-y-lan to the right is worth a 5 minute detour)
15. Through a gap in hedge, continuing in a straight line
16. Cross the lane diagonally to the right and then bear left into Court Drive into the grounds of Llansannor Court – a Doctor Who Christmas special film location

## Directions: part 2 – Llansannor to Cowbridge and St Hilary

17. Is the angel in the churchyard the inspiration for the Weeping Angels Doctor Who episode?  
Pass the church on the right, then take the path on the left to the kissing gate in the far left hand corner of the field and turn left onto the lane (or just walk up the drive and turn left onto the lane)
18. Take the 2<sup>nd</sup> drive on the left “Chatwood” after about 200m (not the 1<sup>st</sup> drive which is “The Old Mill”)
19. Follow the clear drive/track and the minor diversion past the front of the house - when the diversion rejoins the main track, continue straight on (don’t take the track up to the right)
20. After a further 500m, at the split in the track, bear right over a gate/stile then another gate/stile into the field following the hedge on the left
21. Over the stile to left of cottage, keep right, then over the stile and turn right onto the lane and then take the track immediately on the left
22. Follow the track downhill through the woods and turn left onto the lane (if you turn right, you’ll end up at the Barley Mow!)
23. Salmon’s Well on the right is interesting
24. Past (or into!) the Red Fox, past the lane on the left and then left at the cross roads into the grounds of Penllyn Castle
25. A few hundred metres along the drive, follow the sign on the right to enter the field – turn left and over stiles, eventually heading for the far bottom right-hand corner of the last field – aim for St Hilary Mast.
26. Over a footbridge and continue downhill to the corner
27. At the bottom, follow the track keeping to the right of the farm buildings and then the path to the right of the hedge
28. Pass in between the Forage Farm Shop (right) and the holiday cottages and then down steep steps to emerge beneath the flyover, turn left then take the enclosed track between Llwynhelyg House and Trecoed parallel with the A48
29. Follow the path into fields eventually taking a gap on the right where a stile in the far corner leads under the flyover into Middlegate Court
30. Walk through the estate turning left onto Cowbridge High Street towards the traffic lights
31. Straight over traffic lights, after 100m turn right up a drive which becomes a track
32. Left over the stile at the top and then diagonally right 45° across the field (don’t take the path by the hedge) and through a gap opposite
33. Over several stiles keeping to the wood on the left
34. At New Beaupre, take the clear path up to the left eventually joining the track up to St Hilary and a well earned pint in the Bush!

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

Path	
Lane / road	



18 Take the 2nd drive on the left "Chatwood" (Not the 1st drive which is "The Old Mill")

19 Follow the clear drive/track and the minor diversion past the front of the house When the diversion rejoins the main track, continue straight on (don't take the track up to the right)

22 Follow the track downhill through the woods and turn left onto the lane

**Barley Mow**

20 At the split in the track, bear right over a gate/stile then another gate/stile into the field following the hedge on the left

21 Over stile to left of cottage, keep right, then over the stile and turn right onto the lane and then take the track immediately on the left

15 Gap in hedge

16 Cross the lane diagonally to the right to take Court Drive on the left into the grounds of Llansannor Court – a Doctor Who film location

14 Two stiles (can be overgrown here), cross lane, stile then over another stile and head straight on towards Llansannor (Pen-y-lan to the right is worth a 5 minute detour)

12 Just after the left hand bend, take the tarmac track to the right. After 25 yards go through the stile in the hedge on the left and turn right for the stile in the top right hand corner of the field

11 Stone stile, then a gate through Newton Farm yard, turning left onto the lane

9 In the last field ignore the clear path to the left, and take the faint track diagonally across the field to the far corner

10 Double stile, gate, stile towards Newton Farm

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

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

**2 pubs**

26 Over bridge and continue downhill to the corner

27 At the bottom, follow the path in the field keeping to the right of the farm buildings

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

6 Just after the stone obelisk take the diagonal path on the right which descends to Aberthin

28 Pass in between the Forage Farm Shop (right) and the holiday cottages and then down steep steps to emerge beneath the flyover, turn left then take the enclosed track between Llwynhelyg House and Trecoed

29 Follow the path into fields eventually taking a gap on the right where a stile in the far corner leads under the flyover into Middlegate Court estate

**Pubs**

30 Walk through the estate turning left onto Cowbridge High Street towards the traffic lights

31 Straight over traffic lights, after 100 yards turn right up the track

3 Straight across the Roman Road

4 Turn left at the A48, past the Mughal Emperor, over the slip road to Cowbridge to cross the A48 by the bridge

32 Over the stile and go diagonally right 45° across the field (don't take the path by the hedge) and through a gap opposite

33 Over several stiles keeping to the left of the wood

**The Bush**

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

34 At New Beaupre, take the clear path up to the left eventually joining the track up to St Hilary and a well earned pint!

1 Turn left out of the Bush, past the church and Church Crescent

17 Is the angel in the churchyard the inspiration for the Weeping Angels Doctor Who episode? Pass the church on the right, then take the path on the left to the kissing gate in the far left hand corner of the field









