



Dunraven Bay to Nash Point, Vale of Glamorgan

Marvel at the geologically fascinating stretch of the Glamorgan Heritage Coast, packed with steep cliffs, rugged rock formations and fabulous fossils.

"There is no shortage of wonderful views along this section of the Glamorgan Heritage Coast, stretching as far as the North Devon coast. It's also a firm favourite with geologists where the sea bed shows off its features and fossils. Nash Point Lighthouse is also well worth a visit, being a working lighthouse."

TRICIA COTTNAM, WALES COAST PATH OFFICER

Start and Finish:

Dunraven Bay Heritage Centre to Nash Point.

Distance:

7 miles/7km.

Along the way...

Learn more about the area's wildlife, history and geology by calling into the Glamorgan Heritage Coast Centre in Dunraven at the start of the walk, which gives an excellent overview of the entire 23km Glamorgan Heritage Coast which runs between Porthcawl and Aberthaw.

Dunraven Bay is a hit with both surfers and geologists. Before you head off, explore the rock pools and scour the beach for Devil's toenails, the fossil of an extinct oyster from the Triassic period.

From here, the Wales Coast Path heads south-eastwards past the walled garden of the long-lost Dunraven Castle to climb onto open cliffs. There are spectacular views throughout the walk towards Nash Point Lighthouse and across the Bristol Channel to the North Devon coast, while a glance downwards reveals a complex carpet of patterned rock formations at the water's edge.

The walk continues along a grassy limestone plateau for much of its distance, with occasional steep sections where streams have cut deep valleys into the plateau as they tumble down to the beach. Listen out for skylarks and keep your eyes peeled for coughts.

At Nash Point you can get a good look at Nash Point Lighthouse, a 200-year-old working lighthouse with its own visitor centre.

Need to know:

There are car parks at both ends of the walk, with toilets and refreshments available at the Heritage Coast Centre in Dunraven Park and the Heritage Café at Nash Point.

You can also link both ends of the walk up by catching the local 303 bus service from Southerndown (about 1km from Dunraven Bay) and Marcross (about 1.5km from Nash Point).

The New Adventure Travel (NAT) bus services website covering Cardiff, Newport, Swansea and Pontypridd has bus timetables on its website: www.natgroup.co.uk for timetables.