

Rural Vale Parks & Recreation

For an Active Lifestyle

Parks and recreation facilities provide opportunities for physical activity and can help people of all ages lead a more active lifestyle.

Local walks can be accessed via www.visitthevale.com where you will find information on the Wales Coast Path, Vale Tales, Vale of Glamorgan Ramblers and Valeways which includes maps of numerous walks around the Vale of Glamorgan.

Below you will find information on local gardens and parks for you to make the most of in the rural Vale of Glamorgan.

OLD HALL GARDENS, COWBRIDGE



50A High St,
Cowbridge
CF71 7AH

<http://www.oldhallgardens.org/>

PHYSIC GARDENS, COWBRIDGE

The Old School
House,
Colwinston,
Cowbridge,
CF71 7NE



www.cowbridgephysicgarden.org

DUNRAVEN PARK, ST. BRIDE'S MAJOR



Dunraven Castle,
Dunraven Park,
St Brides, CF32 ORP

[www.valeofglamorgan.gov.uk
/en/enjoying/
Coast-and-Countryside/
Heritage-Coast/
Dunraven-Bay.aspx](http://www.valeofglamorgan.gov.uk/en/enjoying/Coast-and-Countryside/Heritage-Coast/Dunraven-Bay.aspx)

RHOOSE POINT, RHOOSE

Rhoose Point,
Rhoose,
Barry
CF62 3NB



[www.valeofglamorgan.gov.uk
/en/enjoying/Parks-and-Gardens/
Rhoose-Point.aspx](http://www.valeofglamorgan.gov.uk/en/enjoying/Parks-and-Gardens/Rhoose-Point.aspx)

USEFUL CONTACT INFORMATION

Leisure Centre

- 01446 403000 / www.leisurecentre.com

Community Centre

- 01446 704813 / valeofglamorgan.gov.uk - Community centres

Sports Club Directory

01446 704793 / valeofglamorgan.gov.uk - Sports Clubs /
Disability Sports Clubs

Wellbeing Walks

<https://www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Wellbeing-Walks-in-the-Vale.aspx>

