Approximate distance: 8 miles
For this walk we’ve included GPS marker points as an option, should you wish to follow them.

The Weatherman Walking maps are intended as a guide to help you walk the route. We recommend using an OS map of the area in conjunction with this guide. Routes and conditions may have changed since this guide was written. The BBC takes no responsibility for any accident or injury that may occur while following the route. Always wear appropriate clothing and footwear and check weather conditions before heading out.
Approximate distance: 8 miles
A walk along the coast from Barry Docks to Rhoose Point calling in at Barry Island and Porthkerry Country Park.

1. Barry Docks train station
51.40222° N, -3.26221° W
From the station, walk down to Barry Docks Offices and the statue of Welsh industrialist and Liberal politician, David Davies.

2. Waterfront walk
51.40008° N, -3.26690° W
Cross the road and turn right along the waterfront. Turn left at the roundabout, up Powell Duffryn Way, along the footpath through waste ground, then up steps to Clive Road and onto Friar’s Rd.

3. St Baruc’s Chapel
51.39225° N, -3.26713° W
Saint Baruc drowned when his boat overturned on a trip back from Flat Holm Island and is buried here. It’s thought that his name may be associated with the name of the town.

4. Jackson’s Bay
51.39255° N, -3.26429° W
Head north east, following the path down past Barry Yacht Club and across the golden sands of Jackson’s Bay.

5. The Promenade
51.38775° N, -3.26544° W
Continue along the concrete footpath above the rocks on the far side of Jackson’s Bay past the Coastguard lookout station around Nell’s Point, and along to Barry Island’s promenade.

6. Barry Island Beach
51.39033° N, -3.27421° W
Barry Island complete with funfair and sandy beach was also the backdrop for the BBC One comedy Gavin & Stacey.
Weatherman Walking - Barry Docks to Rhoose Point

7. Looking towards Friar’s Point
51.38595° N, -3.27939° W
The headland is a Special Site of Scientific Interest and one of the best examples of calcareous, cowslip dominated hay meadows in South-East Wales.

8. Crossing the causeway
51.39223° N, -3.27652° W
Walk along the side of the old harbour, through the car parking area, up steps besides the Harbour Road bridge and across the causeway (A4055). Turn left at The Parade, then left again into Cold Knap Way and down a footpath past an old thatched farmhouse.

9. Watch Tower Bay
51.38876° N, -3.28961° W
The watch tower marked the entrance to this once busy old harbour and was also used as a store for signal rockets.

10. Barry Lido
51.38813° N, -3.29130° W
Derek learned to swim here as a boy but nowadays it’s a landscaped park. Turn left up the steps and along the promenade.

11. Cold Knap
51.38807° N, -3.29291° W
This popular pebble beach has the remains of a large Roman building on the bank behind the Knap car park.

12. Heading towards the Golden Steps
51.39003° N, -3.29596° W
At the car park entrance, turn right and follow a footpath steeply uphill to the grassy cliff top. Head east, parallel to Marine Drive to a footpath leading to the woods.
13. The Golden steps
51.39330° N, -3.30789° W
The woodland walk brings you to the steps which are named after a gold sovereign placed under them by Lord Romilly.

14. Porthkerry Country Park
51.39215° N, -3.31392° W
The park, overlooked by a railway viaduct built in the 1890s to carry coal to Barry Docks, was owned by the Romilly family but became a public park in 1929.

15. Bulwarks Camp
51.38880° N, -3.32164° W
From the bottom of the Golden Steps, head south west for 300 metres along the top of the beach and turn right onto a path up through the woods. The site dates from 2000 B.C. but is now just a grassy field above the woods.

16. Porthkerry Caravan Park
51.38847° N, -3.32365° W
Head west through the middle of the caravan park, turning right at the sign for ‘Lower Quarry’ and follow around as far as a footpath off to the right.

17. Track to Rhoose Point
51.38547° N, -3.33046° W
Join a winding coastal track for around a kilometre, walking up and down steps, to reach an old limestone quarry and lakes.

18. Rhoose Point
51.381991° N, -3.345090° W
This is the most southerly point in mainland Wales and marked with a stone circle and upright four metre obelisk made of North Wales slate.

19. Rhoose train station
51.38526° N, -3.33650° W
Continue along the coastal path for a few hundred metres then turn right uphill along a field boundary to a railway crossing besides Rhoose railway station for trains to Barry and Cardiff.