

# Meet **S t a r t**

Penarth Head  
203 million years  
of Triassic rock  
Red mudstones and  
Siltstones with  
nodules of gypsum

follow 1865  
Taff Valley railway route  
back

Cosmeston  
lake  
Bicycles  
Dog walkers  
Bird feeders

meander on an  
overcast morning  
to  
seven walkers  
with Geraint and Patch

watch clouds,  
refresh.  
Skirt

St Mary's Well Bay  
195 million years of  
Jurassic rock  
ammonites,  
molluscs  
sea urchins

past St Lawrence Church  
into

Lavernock Nature Reserve  
Knapweed, Fleabane  
Devil's Bit Scabious  
Bird's Foot Trefoil  
Rockrose and butterflies

views both  
Flat and Steep

and explore  
the battery

Clover leaf arrangement  
Of 3.7" anti aircraft guns  
40mm Bofors guns  
Gun pits with steel doors  
to lower and fire at  
shipping