

# Welcome | Croeso COWBRIDGE GUIDE

Cowbridge is an ancient 13th century market town based within the Vale of Glamorgan that offers a delightful blend of heritage and modern charm.

Its beautiful historic surroundings and vibrant high street, lined with independent shops, cafés, restaurants and cosy pubs make it a perfect destination for a relaxing and enjoyable day out.

This guide has been produced on behalf of the Traders of Cowbridge and part funded by the Cowbridge with Llanblethian Town Council. Please Scan the QR code for a Welsh Language version and further information.



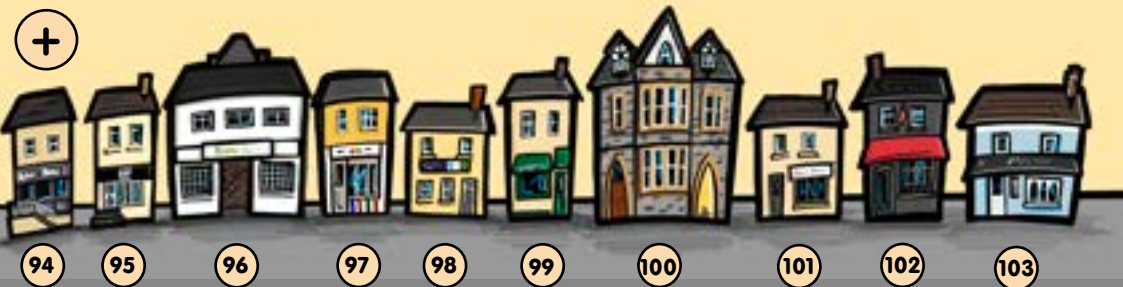
## SHOPPING IN COWBRIDGE

| FOOD, DRINK & HOSPITALITY    |                               |                             |                             |
|------------------------------|-------------------------------|-----------------------------|-----------------------------|
| 1 - Harry's Bar Cowbridge    | 33 - 1 Town Hall Square       | 61 - Cafe Nero              | 79 - Duke of Wellington     |
| 6 - Barbacoa Bar and Tapas   | 36 - Horse & Groom            | 63 - Maple & Bean           | 80 - Lilly's Diner          |
| 8 - The Potting Shed & Hafdy | 38 - Pear Kitchen             | 65 - Costa Coffee           | 83 - Penny Farthing         |
| 9 - The Bear Hotel           | 40d - Toscana Italian         | 67 - Noble Grape            | 85 - Goodness               |
| 14 - Vale of Glamorgan Inn   | 48 - Thai Elephant Restaurant | 69 - Farnham's Fish & Chips | 87 - 96 Degrees Coffee Shop |
| 24 - Ground Bakery           | 50 - Shampan Indian Takeaway  | 70 - I.G.Nicholas Butchers  | 89 - Gateway of India       |
| 26 - Elephant & Bun          | 55 - Filco                    | 72 - Fablas                 | 92 - Hare & Hounds Bakery   |
| 29 - Greggs                  | 60 - Waitrose                 | 77 - Tesco Express          |                             |

| FASHION, BABY & LIFESTYLE RETAIL |                             |                       |                             |
|----------------------------------|-----------------------------|-----------------------|-----------------------------|
| 0 - Bee & Bloom                  | 30 - Amanda Jones Jewellery | 56 - Hope Rescue      | 78 - Tenovus Wales          |
| 13 - Sam Smith Travel            | 31 - Minnie May Closet      | 57 - King Fox         | 81 - Goose Island           |
| 20a - Arthur John & Co           | 32 - E91                    | 58 - Cowbridge Travel | 84 - Cancer Research        |
| 21 - Tallia                      | 43 - Cats Protection        | 64 - Fatface          | 90 - Tiki Suf + Snow        |
| 21 - Willow In White Bridal Co   | 44 - Skogstad               | 67 - JRC Jewellery    | 96 - Bijou Nursery & Creche |
| 22 - No39                        | 45 - Dogs Trust             | 74 - CoCo Plum        | 99 - Gibson and Bond        |
| 27 - Ty Hafan                    | 49 - Squarespots            | 76 - Jon Ian Ltd      | 102 - Bethan Jones Boutique |

| CREATIVE & LOCAL RETAIL       |                              |                           |                         |
|-------------------------------|------------------------------|---------------------------|-------------------------|
| 17 - Cowbridge Bicycle Centre | 18 - Jenny Lambert Art       | 34 - Alchemy of Cowbridge | 80 - Happy Days Vintage |
| 17 - The Old Wool Barn        | 18 - The Cowbridge Craft Hub | 34 - Clay and Craft       | 87 - Kingfisher Gallery |

## FURTHER ALONG THE EAST GATE HIGH STREET



## POINTS OF INTEREST

|                                                                                                                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>9, 35 &amp; 77 - DEFIBRILLATOR LOCATIONS</b><br>Tesco Opening hours)   Town Hall (Opening hours)   The Bear Hotel, outside entrance (24/7)                                                                                                                                                                               |
| <b>35 - TOWN HALL AND MUSEUM</b><br>Grade II listed building (1830) housing Cowbridge Museum, showcasing local history from Roman to Victorian times.<br>Museum: 1st & 3rd Sat, 10am–4pm                                                                                                                                    |
| <b>104 - BEAR FIELDS</b><br>Home of Cowbridge Town FC and venue for sports, festivals and concerts, with outdoor gym equipment and town-centre access.                                                                                                                                                                      |
| <b>105 - LIBRARY</b><br>Free Wi-Fi, public computers, printing, children's area and local history collection.<br>Wheelchair accessible   Disabled toilet. Mon–Fri 10am–5pm (Wed until 7pm)   Sat 10am–4pm                                                                                                                   |
| <b>106 - OLD HALL AND GARDENS</b><br>A Grade II listed building dating from the 16th century which has served as a family home, grammar school and now a Community College with a gallery, pop-up shop and quiet Old Hall Gardens behind. This marks the beginning of the Vale Trail 9 – The Iolo Morgannwg Heritage Trail. |
| <b>107 - PHYSIC GARDEN</b><br>18th-century garden with traditional medicinal, culinary and dye plants in a formal layout. A peaceful retreat near the town centre. Wheelchair accessible   Free entry<br>Daily: Summer 10am–6pm   Winter 10am–4pm (closed Christmas Day)                                                    |
| <b>108 - MEDIEVAL TOWN WALL &amp; SOUTH GATE</b><br>Well-preserved remains of the medieval town wall (c.1300). The South Gate is the only surviving gate, with two intact towers.                                                                                                                                           |
| <b>109 - TWT PARK</b><br>Walkthrough park with play equipment for various ages and rubber safety surfacing. Accessible from three directions; unfenced.                                                                                                                                                                     |
| <b>110 - RIVER THAW</b><br>Scenic river running through Cowbridge with paved riverside paths ideal for walking.                                                                                                                                                                                                             |

## BLUE PLAQUES

A great way to discover Cowbridge's history is to follow the Blue Plaque Trail.

|                   |                          |                            |
|-------------------|--------------------------|----------------------------|
| 6-7 CHURCH STREET | COWBRIDGE GRAMMAR SCHOOL | SPREAD EAGLE INN & ACADEMY |
| THE ANCIENT DRUID | THE DUKE OF WELLINGTON   | THE TOWN HALL              |
| THE BEAR HOTEL    | THE MASON ARMS           | THE TOWN WALLS             |
| CAERCADY HOUSE    | THE OLD HALL             | TY MAWR (GREAT HOUSE)      |
| COSTA COFFEE      | PAVILION CINEMA          | WOOD STOCK HOUSE           |

## HEALTH, BEAUTY & PERSONAL CARE & PET SERVICES

|                                    |                        |                               |                         |
|------------------------------------|------------------------|-------------------------------|-------------------------|
| 2 - Studio Viva Ladies Fitness     | 34 - Xinh Studio       | 46 - Imperial Hearing         | 82 - Marooned Hair      |
| 3 - Marley's Barber Shop           | 40a - Hair by George   | 46 - Y Bont Faen Dental       | 93 - Cowbridge Pharmacy |
| 4 - HOBBS Hairdressing             | 40a - Nook Hair        | 47 - Thryve Clinic            | 94 - Kurd Barbers       |
| 5 - Cowbridge Dental Specialists   | 40a - MJ Nails and Spa | 52 - Eastgate Barbers         | 95 - Beauty Box         |
| 12 - Savers                        | 40a - PH71 Haircrew    | 53 - Paws on the Thaw         | 98 - Bluebird Care      |
| 16 - Robert Lloyd Opticians        | 40c - Blossom Hair     | 59 - Beauty Within Medi - Spa | 98 - Elevate Mobility   |
| 19 - Shape Hair                    | 41 - VADAtelier        | 66 - The Cutting Club         | 98 - Forget Me Not Hub  |
| 28 - Specsavers                    | 42 - Vale Wellness     | 72 - Cowbridge Dental Care    |                         |
| 30 - Cowbridge Podiatry Chiroprody | 44 - Soul & Soma       | 73 - Great House Pharmacy     |                         |

## HOME, GARDEN, GIFTS & STATIONERY

|                             |                             |                              |                         |
|-----------------------------|-----------------------------|------------------------------|-------------------------|
| 15 - Wild and Fabulous      | 51 - The Cowbridge Bookshop | 75 - W G Davies              | 97 - The Pencil Case    |
| 19 - Cocoa & Co             | 54 - Capel Jones            | 78 - Bathrooms of Cowbridge  | 103 - Broad Leaf Timber |
| 20b & 91 - Arthur John & Co | 66 - Cowbridge Mobiles      | 81 - Stwff-Stuff             |                         |
| 40 - West Hampton           | 68 - TG Jones               | 88 - DB Cleaners and Laundry |                         |

## PROFESSIONAL & BUSINESS SERVICES

|                              |                                    |                               |                           |
|------------------------------|------------------------------------|-------------------------------|---------------------------|
| 3 - Swansea Building Society | 22 - Seren Financial Advisors      | 82 - Peter Alan               | 100 - Penllyne Properties |
| 8 - Harris & Birt            | 40 - Bevan & Buckland              | 86 - Creative Communities     | 100 - Vale Wills          |
| 11 - HRT Estate Agents       | 44 - STAS Accountancy              | 88 - JCP Solicitors           | 101 - Browns Printers     |
| 13 - Watts & Morgan          | 71 - Principality Building Society | 88 - Macey Owen Accountants   |                           |
| 22 - Mark Edwards IFA        | 81 - Hopkins Law                   | 100 - FALCO Wealth Management |                           |

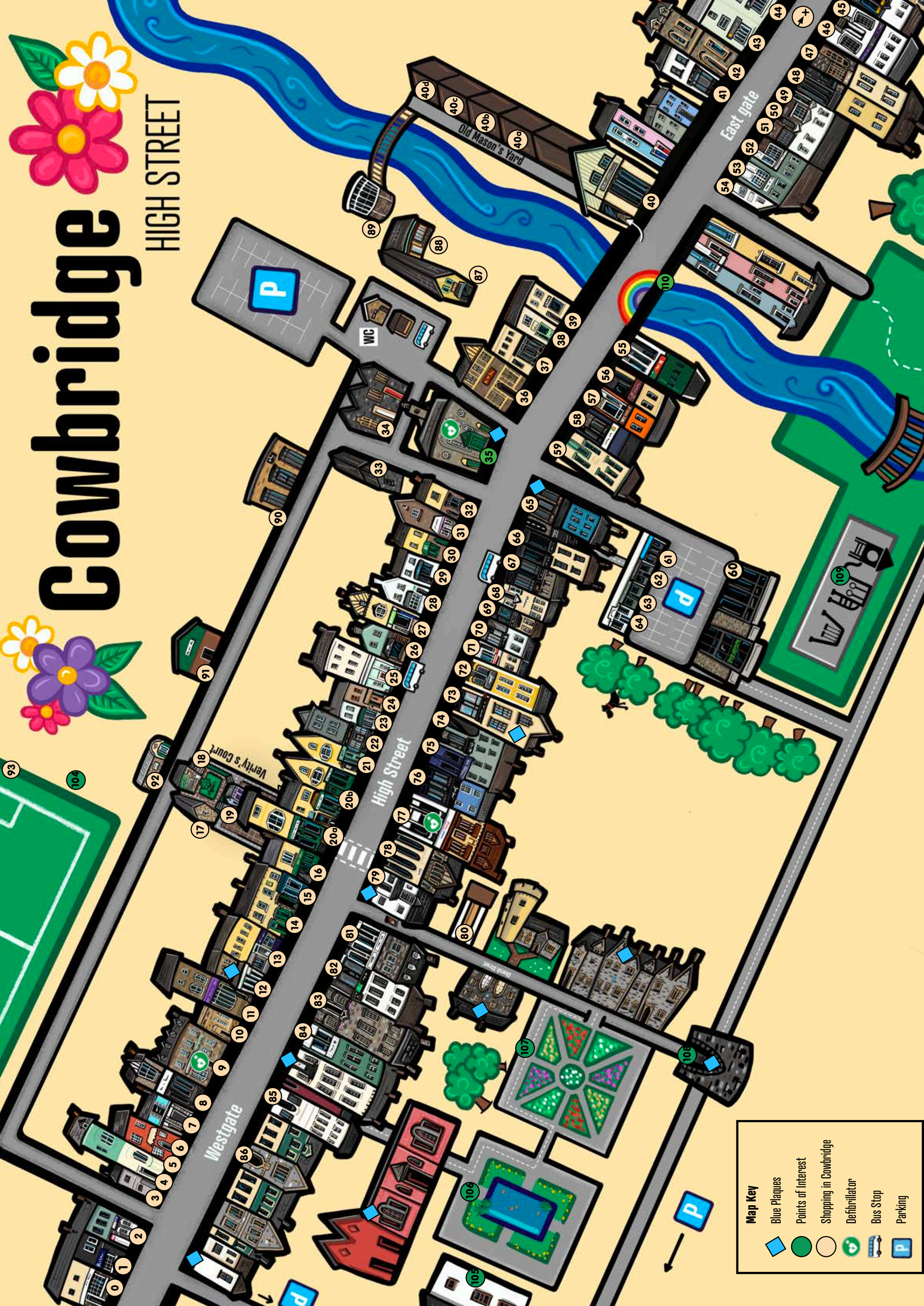


## BY JENNY LAMBERT ART

The design for this map was produced by Jenny Lambert Art.

Jenny Lambert is an acrylic artist whose studio sits in the heart of Cowbridge, created the artwork for this map, bringing her signature style to the town she loves.

Inspired by walks with her black Labrador, Tinker, who makes a playful appearance in each piece - Jenny continues to grow her collection which is on display at her studio alongside a range of gifts. Special commissions and workshops available on request. Find out more: [www.jennylambertart.com](http://www.jennylambertart.com)



# Cowbridge

HIGH STREET

**Map Key**

- Blue Plaques
- Points of Interest
- Shopping in Cowbridge
- Defibrillator
- Bus Stop
- Parking