





Merthyr Valley Group
Current Walks Programme 2023
Part of Glamorgan Area



| Date | Start | Walk | Distance | Difficulty | Leader / Contact |
|--|---|--|-------------------|---|---|
| Mon: 02 Jan 2023 Walk Id: 4204619 | 10:00 am Red Lion Inn, Heolgerrig Grid Ref: SO 031 060 GPS: 51.744300, -3.4045440 w3w: plans.tags.cheeks Nearest Postcode: CF48 1SR | New Year Taster From the Red Lion we take a stroll around Mynydd Gethin to work off the Christmas excesses. | 5 miles / 8.1 km |  | Alan Hancox 07901 576703 Alan_h_ramblers@aol.com |
| Sat: 07 Jan 2023 Walk Id: 4204831 | 10:00 am Talgarth Village Car Park Grid Ref: SO 153 337 GPS: 51.99527, -3.235053 w3w: narrating.mirror.either Nearest Postcode: LD3 0PE | Pwll yr Wrach Nature Reserve We take a circular route from the town walking to Pwll yr Wrach Nature Reserve to view the Witches Pool and waterfalls. Then over fields with a slow long climb to the base of the Dragons Back (407 metres ascent). After the climb and a nice lunch it's an easy downhill back to town. There is a lot of livestock on this walk and dogs will need to be kept on a lead for part of the walk. There a five styles and lots of mud. | 8 miles / 12.9 km |  | Lynne Green 07813 706231 lynette.green@btinternet.com |



Easy Access



Easy



Leisurely






Moderate



Strenuous



Technical

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|--|---|--|---------------------------|---|---|
| Sat: 14 Jan 2023 Walk Id: 4205212 | 10:00 am Goytre Wharf Car Park (£1 daily) Grid Ref: SO 312 064 GPS: 51.75243, -2.99849 w3w: weekday.jumpy.skewing Nearest Postcode: NP7 9EW | Goytre Wharf & Holy Well We take a circular route starting with a walk along the canal towpath. We then turn away from the canal to climb through woods to Little Mountain keeping on the ridge across to Mynydd Garn Wern. We descent to Holy Well and continue until we follow the contours on the side of Pentre Hill, where we join the footpath passing the limekilns to return to the start. | 7.5 miles / 12.1 km |  | John Holloway 07933 795602 johndholly@gmail.com |
| Sat: 28 Jan 2023 Walk Id: 4205658 | 10:00 am Rockfield Road Car Park, Monmouth Grid Ref: SO 501 129 GPS: 51.812947, -2.724518 w3w: annotated.mess.appealed Nearest Postcode: NP225 5AU | The Jingle Street Walk We walk out of Monmouth to follow the Offa's Dyke Path to Great Garrow Wood. After passing through some beautiful woodland our walk takes us through some very scenic countryside back to our start point in Monmouth. | 7.5 miles / 12.km |  | Derek Jones 07901 338989 wderekjones@hotmail.com |
| Sat 04 Feb 2023 Walk Id: 4209001 | 10:00 am Pontypool Leisure Centre (free) Grid Ref: SO 285 006 GPS: 51.699670, -3.035044 w3w: rots.major.truth Nearest Postcode: NP4 8AT | Pontypool Shell Grotto and Folly Tower We walk to the Leisure Centre where we will be met by a Pontypool Park Volunteer. We will then make our way through the park to the Shell Grotto which will be opened for us. We will then make our way to the Folly Tower to which the Volunteer will hopefully give us access before we drop down to the canal and a leisurely return to the start. | 6.5 miles / 10.5 km |  | Paddy Kelly 07762 337368 Paddyk99@aol.com |



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| Sat 11 Feb 2023 Walk Id: 4209040 | 10:00 am Abercynon Railway Station Car Park (free) Grid Ref: ST 081 946 GPS: 51.6431, -3.3288 w3w: grouping.bookmark.area Nearest Postcode: CF45 4RP | Giant's Bite & Pontygwaith We follow the old canal up to the Giant's Bite, then down to Pontygwaith and the Taff Trail back to Abercynon | 7.5 miles / 12.1 km |  | Alan Hancox 07901 576703 Alan_h_ramblers@aol.com |
| Sat: 25 Feb 023 Walk Id: 4210442 | 10:00am Llanfoist Crossing Grid Ref: SO 286 133 GPS: 51.814207, -3.036429 w3w: corkscrew.dragon.sobbed Nearest Postcode: NP7 9LX | Llanfoist Circular We proceed along the canal for 2 miles before crossing onto open ground. We follow a forestry track towards a very old footpath that skirts a beech wood high above the canal and below the Blorenge. This leads to open ground and great views of the Usk valley. | 8 miles / 12.9 km |  | Rob Jones 07949 950018 morfyddjenkins@hotmail.com |
| Sat: 04 Mar 2023 Walk Id: 4211025 | 10:00 am Coed Parc y Van, Van Road, Caerphilly Grid Ref: ST 171 863 GPS: 51.569910, -3.5745506 w3w: meals.bugs.hurry Nearest Postcode: CF83 3DB | Caerphilly Mountain We take a circular route around and over Caerphilly Mountain | 7.5 miles / 12.1 km |  | Peter Cawley 07967 735968 Peter-cawley@sky.com |
| Sat: 11 Mar 2023 Walk Id: 4217055 | 10:00 am Abercynon Sports Centre (Free Parking) Grid Ref: ST 0805495452 GPS: 51.650364, -3.330322 w3w: career.ideal.raven Nearest Postcode: CF45 4UY | Pen y Foel From the free car park we will follow a circular route to the summit of Pen y Foel, if clear we will be afforded stunning views over Abercynon to Pontypridd and even as far as the Bristol Channel. | 5 miles / 8 km |  | Sharon Smith 07896 561161 |



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| Sat: 16 Mar 2023 Walk Id: 4214671 | 10:00 am Elan Valley Visitor Centre (£3) Grid Ref: SN 927 646 GPS: 51.2693218, -3.575506 w3w: pins.mask.haggis Nearest Postcode: LD6 5HP | A Dam Good Walk There is an initial steep climb to the top of the impressive Caban Coch dam. We follow the flat path alongside the reservoir, past Garreg Ddu dam and steadily up to Pen y Garreg dam before crossing to the other side and return on the opposite side of the reservoir | 9.1 miles / 14.7 km |  | Paddy Kelly 07762 337368 Paddyk99@aol.com |
| Sat: 25 Mar 2023 Walk Id: 4215458 | 10:00 am Cwm Clydach Country Park East Car Park Grid Ref: SS 983 927 GPS: 51.624356, -3.469819 w3w: veto.sized.assets Nearest Postcode: CF40 2XX | Chris & Colin Memorial Walk We head upwards around Blean Clydach, Llwynpia Mountain and Mynydd Gelli and back through the Country Park. | 7 miles / 11.3 km |  | Alan Hancox 07901 576703 Alan_h_ramblers@aol.com |
| Sat: 01 Apr 2023 Walk Id: 4219580 | 10:00 am Llanthony Priory Car Park Grid Ref: SO 28900 27831 GPS: 51.944415, -3.0357908 w3w: afflicted.defensive.shelved Nearest Postcode: NP7 7NN | Llanthony & Cwmyoy From the car park we walk behind the Priory and gradually climb on to the ridge, with lovely views of the Black Mountains, towards Gospel Pass. We continue along the ridge heading towards the twelfth century, St Martins Church, Cwmyoy, with its leaning tower. After lunch at the Church we head back to Llanthony across the fields. | 7 miles / 11.3 km |  | Morfydd Jenkins morfyddjenkins@hotmail.com |



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| Sat: 08 Apr 2023 Walk Id: 4221131 | 10:00 am Main Car Park, Dare Valley Country Park Grid Ref: SN 985 026 GPS: 51.71370, -3.47032 w3w: shredder.afford.bulldozer Nearest Postcode: CF44 7PT | Castell Nos and Ancient Cairns From Dare Valley Country Park, we follow the River Dare then climb to Rhos Gwawr and the ancient cemetery. Then we descend into Cwmaman and then another climb up through the woods to cross the Maerdy road before descending to Afon Rhondda Fach, which we follow to Castell Nos and the reservoir of the same name. Then its through the windfarm and back down to the car park via the Darren. | 8.8 miles / 14.2 km |  | John Holloway 07933 795602 johndholly@gmail.com |
| Sat: 15 Apr 2023 Walk Id: 4220669 | 10:00 am St Teilo's Church (suggested donation of £1.00 or £2.00) Grid Ref: SO 398 149 GPS: 51.30171, - 2.8746602 w3w: limit.fully.cascaded Nearest Postcode: NP7 8SU | White Castle From the car park at St Teilo's Church , Llantilio Crosenny we set off across country to meet up with the Three Castles Walk path that will lead us to the White Castle. This significant defensive structure surrounded by a moat, was built after the Norman conquest of England in 1066. Our route continues through undulating countryside, with extensive views of the Black Mountains, to meet up with the Offa's Dyke Path just before the hamlet of Cagle Street. The return section of the route passes over the River Trothy and onwards via farmsteads and agricultural land to our finish at St Teilo's Church. | 7.5 miles / 12.1 km |  | Derek Jones 07901 338989 wderekjones@hotmail.com |



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| Sat: 22 Apr 2023 Walk Id: 4216747 | 10:00 am Mynydd Du Car Park Grid Ref: SO 25248 28466 GPS:51.949644, -3.0890493 w3w: thorax.revise.iterative Nearest Postcode: NP7 7LY | Steam & Stones From the free carpark we will head north on the ascent to the Grwyne Fawr Dam and Reservoir where we will take a break before having a look at one of the smallest bothys in the UK. We will then climb again to the ridge before heading south-east towards Chwarel y Fan, on a clear day we should have panoramic views of Waun Fach, Hay Bluff and Vale of Ewyas before descending through the forest to the start. | 8.5 miles / 13.7 km |  | Paddy Kelly 07762 337368 Paddyk99@aol.com |
| Sat: 29 Apr 2023 Walk Id: 4223195 | 10:00 am Castell Coch Grid Ref:ST 132 826 GPS: 51.53629, -3.25258 w3w: turns.rats.storms Nearest Postcode: CF15 7JS | Wild Garlic, Bluebells & Three Bear Caves From Castell Coch we take a circular route through Fforest Fawr with wild garlic and bluebells. We then visit the Three Bears Caves and climb up to Caerphilly Mountain crossing the peak and descending to the Taff Trail. | 7.5 miles / 12.1 km |  | Lynnette Green 07813 706231 lynnette.green@btinternet.com |
| Sat: 06 May 2023 Walk Id: 4225380 | 10:00 am Beaufort Street Car Park, Crickhowell (£4.00 all day) Grid Ref: SO 21869 18412 GPS: 51.858872, -3.135941 w3w: tones.shrug.releasing Nearest Postcode: NP8 1AD | Crickhowell & Glanusk Estate From the car park, we make our way to the banks of the river Usk which we follow to the Glanusk Bridge. We will then enter the estate, following the permissive path up to the Monmouth and Brecon canal, where a gentle return to town will be made. There will be the option of drink / meal post walk, most likely at The Bear, if people are interested. | 5.5 miles / 8.9 km |  | Paddy Kelly 07762 337368 Paddyk99@aol.com |



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| Sat: 20 May 2023 Walk Id: 4228264 | 10:00 am Cwmcarn forest drive (first car park, £3.00 all day) Grid Ref: ST 22861 93607 GPS: 51.63611, -3.11611 w3w: grunt.managed.safety Nearest Postcode: NP11 7FA | Cwmcarn Circular From the car park we climb steeply up through the forest in 3 sections. This is the only strenuous part of the climb. We then follow forest track before entering a wood and break for lunch at a viewing point. We then continue along the Cambrian way footpath to an iron age hill fort at Twmbarlwm. After a short break we descend along a track, passing the lakes back to the car park. | 7.3 miles / 11.8 km |  | Peter Cawley 07967 735968 Peter-cawley@sky.com |
| Sat: 27 May 2023 Walk Id: 4228655 | 10:00 am The Old Station, Tintern Heights, Brockweir (toilets & tea rooms on site) £5.60 Pay & Display Grid Ref: SO 53709 00664 GPS: 51.702797, -2.6712554 w3w: gamer.sculpting.shrub Nearest Postcode: NP16 7NH | Tintern & Tidenham Tunnel From the Old Station we follow the path to cross the river, passing the 14th Century Monks Hall & the Moravian Church. We then head into woodland and make our way to the Wye Valley Greenway, following the flat path to & through the 1km Tidenham Tunnel before making our way back to the woodland and up to Devils Pulpit for views over the Abbey before returning through fields & woodland | 10.5 miles / 16.9 km |  | Paddy Kelly 07762 337368 Paddyk99@aol.com |
| Sat: 03 Jun 2023 Walk Id: 100136432 | 10:00 am Carreg Cennan castle car park Grid Ref: SN 66649 19331 GPS: 51.856588,-3.9377151 w3w: profile.spine.galloping Nearest Postcode: SA19 6TT | Carreg Cennan Castle Leaving the Car park we immediately join the Heart of Wales Line Trail we then loop round to walk along a section on the bank of the Afon Cennan which we follow into the village of Trapp . Leaving Trapp we ascend towards Pal y Cwrt and take the Beacons Way across the Afon Cennan and climb out of the valley and up to the castle on its east side. There are good views of the castle on most of this walk. | 7.2 miles / 11.5 km |  | John Holloway 07933 795602 johndholly@gmail.com |



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| Sat: 10 Jun 2023 Walk Id: 100136436 | 10:00 am St Cynogs Church car park Grid Ref: SN 94534 08501 GPS: 51.765223, -3.5296904 w3w: regal.colonies.rates Nearest Postcode: CF44 9JR | Penderyn to Sgwd Yr Eira Fall The walk takes us across the Vole with open views down to the Neath valley. It is a circular walk taking in woodland, passing an iron age fort and walking through grass land left by the clearance of the forestry. We will pass the path leading down to the Sgwd Yr Eira fall, where there will be an opportunity for anyone who wishes to go down to. We will then take a leisurely walk back to the village of Penderyn from where we started from with lovely views towards the Beacons. | 7 miles / 11.3 km |  | Morfydd Jenkins morfyddjenkins@hotmail.com |
| Sat: 17 Jun 2023 Walk Id: 100141376 | 10:00 am Cwmtillery Lakes Car Park off Ty Dan y Wal Road Grid Ref: SO 217 061 GPS: 51.748114, -3.133902 w3w: sheet.expel.barstool | Cwmtillery Lakes to Big Pit From the free car park at Cwmtillery Lakes, we make our way over Coity mountain and then drop down to the Big Pit National Coal Museum before returning via a circular route. | 8.5 miles / 13.7 km |  | Paddy Kelly 07762 337368 Paddyk99@aol.com |
| Sat: 24 Jun 2023 Walk Id: 100137637 | 10:00 am Lay-by to south east of Pencelli Grid Ref: SO 09452 24757 GPS: 51.913009, -3.316391 w3w: unable.reconnect.shorten | Bryn Walk From the lay-by we follow a circular route, starting in the direction of Blaennant, before heading up to the Bryn via a less steep ascent. We then head South East towards Tal-y-Bont forest and return through the forest and then part of the Usk Valley Walk. | 7.5 miles / 12.2 km |  | Geoff Evans |



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| Sat: 01 Jul 2023 Walk Id: 100147302 | 10:00 am Lay-by on A40 between Talybont on Usk and Bwlch Grid Ref: SO 129 226 GPS: 51.895917, -3.266460 w3w: nooks.cowboys.dish | Allt yr Esgair & Llangors Lake From the lay-by we follow the right of way up to the Allt where we will pause to take in the spectacular views. We then descend to Pennorth joining the road just on the fringe of the hamlet. We turn right towards Llangors Lake and cross fields before skirting the lake. We will take a few minutes to admire Llangasty Church and adjacent house then head back towards the Allt, retracing our steps briefly. We will stop for lunch with views over to Pen y Fan. The remaining stretch is almost entirely downhill through a pretty woodland area. | 7.3 miles / 11.8 km |  | Geoff Evans |
| Sat: 08 Jul 2023 Walk Id: 100143007 | 10:00 am Owl's Grove car park Grid Ref: SO 04862 16264 GPS: 51.836906, -3.3822132 w3w: outermost.betraying.badge | The Taf Fechan Forest From the car park, we follow a circular route, heading towards Torpantau, turning left following an old railway track towards the Neuadd reservoirs before returning down the other side of valley back to the start. | 6.9 miles / 11.1 km |  | Simon Williams mtwas07@yahoo.co.uk |
| Sat: 15 Jul 2023 Walk Id: 100149864 | 10:00 am Car park behind Brynmwar bus station Grid Ref: SO 19139 11580 GPS: 51.797647, -3.1739571 w3w: adults.cake.pillow | Clydach Gorge Panoramic views over the gorge, walking partially along the old railway line from Brynmawr to Abergavenny. We will walk through a old industrial area which includes taking in the view of the ancient beech trees. These were planted originally to be burnt for charcoal to fire the iron works at Clydach, coke replaced the wood thus these trees survived. The return journey will take us along the recently renovated tram road back to Brynmawr. Finish 2.30pm. | 6.5 miles / 10.4 km |  | Morfydd Jenkins morfyddjenkins@hotmail.com |



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| Sat: 22 Jul 2023 Walk Id: 100151092 | 10:00 am Free car park Taf Bargoed Park. Grid Ref: ST 10234 97623 GPS: 51.670183, -3.2994468 w3w: contrived.pheasants.scatters | Taf Bargoed and Bedlinog From the car park we make a steady climb towards Tirbach and on up past the solar farm. We will then pass the roman practice grounds before crossing Gelligaer Common and skirting the village of Bedlinog before returning to the car park. | 7.2 miles / 11.5 km |  | Lynnette Green 07813 706231 lynnette.green@btinternet.com |
| Sat: 29 Jul 2023 Walk Id: 10151120 | 10:00 am Bannau Brycheiniog National Park Visitors Centre, Libanus Grid Ref: SN97772 26272 GPS: 51.925547, -3.488042 w3w: micro.congested.careful | Fan Frynych Ridge From the car park at the Visitors Centre (£3 fee), we head south west, along tracks and a metalled road. We will then be walking below the long ridge of Fan Frynych to our left. We begin our gradual climb, which will give us good views of the Fforest Fawr section of the National Park, and into Blaen Senni, the source of the river Senni. As the path climbs gently, on a clear day, we will have stunning views of Corn Ddu and Pen y Fan. We then pass a large Cairn before eventually reaching the trig point at 629 m. We now follow the beautifully open and airy ridge downwards, with views towards Brecon and the Central Beacons beyond. Our route passes through farmland (dogs must be kept on a lead) and on to meet the path we took on our walk in, from where we make our way back to the Visitors Centre. | 7.7 miles / 12.4 km |  | Derek Jones 07901 338989 wderekjones@hotmail.com |



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| Sat: 05 Aug 2023 Walk Id: 100155263 | 10:00 am Henderson Hall community car park (donation for car parking), Talybont on Usk Grid Ref: SO 11264 22866 GPS: 51.897250, -3.2910195 w3w: idealist.finishers.conjured | Talybont The walk takes in open fields with lovely views of the village. We then proceed up the Aber valley along lanes. and through forestry. We will be in the heart of the Bannau Brycheiniog. Along the top of the valley we cross a stream then we will circle around the back of and then pass a very old farm which goes back hundreds of years. we will then walk down the other side of the valley until we come to the old Aber chapel where we will have lunch in the graveyard, and where we have stunning views of the valley leading to the Talybont reservoir. After lunch we then cross the valley over fields up to the Brinore tramway. This will lead us back to the village, we will then walk along the canal back to the car park. | 7 miles / 11.3 km |  | Morfydd Jenkins morfyddjenkins@hotmail.com |
| Sat: 12 Aug 2023 Walk Id: 100163654 | 10:00 am Hendre'r Mynydd Car Park Grid Ref: SN 92274 02050 GPS:51.706883, -3.560414 w3w: | Blaencwm Waterfalls Starting from Hendre'r Mynydd Car Park we walk through the site of an iron age settlement and then its down to the interesting watchman's hut then its down again through the village of | 6 miles / 9.6 km |  | John Holloway 07933 795602 johnholly@gmail.com |
| Walk cancelled due to walk leader illness | | | | | |
| | | pool and waterfall then its up some stone steps and a then its a short walk back to the cars. <i>This walk is on some rocky and some quite muddy paths both may be slippery and there is a short section on a busy road.</i> | | | |



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| Sat: 19 Aug 2023 Walk Id: 100165874 | 10:00 am Usk Reservoir car park Grid Ref: SN 83339 28645 GPS: 51.944036, -3.698649 w3w: hangs.dented.plugs | Usk Reservoir and Glasfynydd Forest Through fields to Glasfynydd Forest then down to and around Usk Reservoir, back to the dam, where the walk started. <i>One field could be very boggy, dogs can be off the lead for most of the walk.</i> | 8 miles/ 12.8 km |  | Andrew Pyne 07432 040659 pyneapplechunks@hotmail.co.uk |
| Sat: 26 Aug 2023 Walk Id: 100163656 | 10:00 am Pen-y-fan Pond, Oakdale Grid Ref: SO 19859 00799 GPS: 51.700191, -3.1610288 w3w: become.destroyer.summit | Manmoel From the old canal feeder pond we descend into a wooded valley and through parts of the Sirhowy Valley. Only one climb on the walk just after coffee break, short but fairly steep. We then cross fields and head to the sleepy village of Manmoel where we will have lunch. We walk a bit of the lane out of the village before following a line of beech tree's and a wooded area and return to Pen y Fan pond. | 8 miles / 12.8 km |  | Peter Cawley 07967 735968 Peter-cawley@sky.com |



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| <p>Sat: 02 Sep 2023</p> <p>Walk Id: 100155047</p> | <p>10:00 am</p> <p>Bannau Brycheiniog National Park Visitors Centre, Libanus Grid Ref: SN 97772 26272 GPS: 51.925547, -3.488042 w3w: micro.congested.careful</p> | <p>Cefn Llechid</p> <p>From the car park at the Visitors Centre (£3 fee), we head south west, along a rutted grassy track and over Mynydd Illtud common, crossing over the route of the Sarn Helen roman road and onto a drovers road. We pass through several gates before turning west along a grassy track which turns into a sunken land with loose stone underfoot and high banks either side descending into Cwm Camlais. We then follow a minor road turning right onto a bridleway a few metres before the road joins a major road, the A4215. The bridleway is enclosed by stone walls and steep banks and is poorly drained and often very wet. On reaching Cefn Llechid common, we follow a bracken covered moorland passed a large pool on the left towards the trig point on one of the summits of Cefn Llechid. From here, we head north east along moorland and into a sunken bridleway to a minor road, towards Cwm Camlais uchaf farm. We pass through the farmyard and down into a wooded river valley below. We cross Nant Camlais Fawr and ascend following another sunken path to the ridge and the drovers road. We follow the drovers road back to the edge of Mynydd Illtud common and follow the minor road pass Llanilltyd Farm and onto a track passing, a standing stone, and returning back to the start.</p> | <p>7.5 miles / 12 km</p> |  | <p>Simon Williams mtwas07@yahoo.co.uk</p> |



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| Sat: 09 Sep 2023 Walk Id: 100172856 | 10:00 am Talgarth Main Car Park (free) Grid Ref: SO 15287 33718 GPS: 51.995426, -3.235239 w3w: strikers.allowable.tutorial | Bronlly's Castle and The Whipping Tree From the car park we will head north to Bronlly's Castle where we will have a tea break and a chance to enter the castle, climbing to the top for panoramic views. Continuing north towards Coldbrook where we will turn east for the toughest part of the walk, a steady climb through Park Wood. Once through the woods we will stop for lunch with views to the Black Mountains and the Dragon's Back. After lunch we will head to the village of Llanelieu where we will visit St Ellyws's church and the 400yo Yew Tree which has stock like holes and is rumoured to have been used for whippings ! From here we will return to Talgarth mostly on a quiet country lane. Graded strenuous due to a number of stiles, some difficult terrain and one long steep climb. | 9.5 miles / 15.2 km |  | Paddy Kelly 07762 337368 Paddyk99@aol.com |
| Sat: 09 Sep 2023 Walk Id: 100172857 | 10:00 am The Willows, Abercanaid Grid Ref: SO 05386 04709 GPS: 51.733088 , -3.371452 w3w: truth.shaky.navy | Taff Trail Stroll From the Willows, we head in a southerly direction towards Aberfan. We then return by the same path. Open to all walkers, tarmac path, pram friendly, non-ramblers members welcome. Walkers can turn back at any time. No need to book in, just turn up on the day | 2 – 4 miles / 3.21 - 6.44 km |   | Alan Hancox 07901 576703 Alan_h_ramblers@aol.com |



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| Sat: 16 Sep 2023 Walk Id: 100174459 | 10:00 am Lay-by on minor road leading to Parkwood Outdoors Dolygaer Grid Ref: SO 05463 14390 GPS: 51.820110 , -3.3729791 w3w: pigtails.exchanges.labels | Tor y Foel From the lay-by, we cross over the dam between the Pentwyn and Pontsticill Reservoirs and follow the minor road under the Brecon Mountain Railway and towards the Parkwood Outdoors Dolygaer into Cwm Callan. The route continues through Cwm Callan to reach Pen Bwlch Glasgwm and join the bridleway between Pant and Talybont on Usk. We follow the bridleway towards Talybont Reservoir and we join the Beacons Way at Pen Rhiw-calch and onto the stone circle at the base of Tor y Foel. We then climb to the summit of Tor y Foel and return to the stone circle and return via the outwards route back to the start. If you do not want to climb Tor y Foel, you can stay at the stone circle and wait for the returning walkers. | 10.7 miles / 17.1 km |  | Simon Williams mtwas07@yahoo.co.uk |
| Sat: 16 Sep 2023 Walk Id: 100175278 | 10:00 am Llanfoist Crossing car park Grid Ref: SO 28610 13307 GPS: 51.813816, -3.0369999 w3w: forces.graph.happily | Llanfoist circular stroll From Llanfoist crossing, we amble along the old railway track-bed to where it crosses the canal. Depending on the walkers, we either carry on to Gilwern and drop to the canal there or we return via the canal tow-path. No need to book in, just turn up on the day | 4 – 8 miles / 6.4 - 12.8 km |  | Alan Hancox 07901 576703 Alan_h_ramblers@aol.com |



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Strenuous



Technical

| Date | Start | Walk | Distance | Difficulty | Leader / Contact |
|---|---|---|-----------------------------|---|--|
| <p>Sat: 23 Sep 2023</p> <p>Walk Id: 100176631</p> | <p>10:00 am</p> <p>Keepers Pond Car Park Grid Ref: SO 25484 10732 GPS: 51.790306, -3.0818 w3w: locked.ogre.part</p> | <p>Iron Trail Ramble from Keepers Pond</p> <p>We will follow the Iron Trail on open moorland around the rim of the Blorenge, this will lead to a descent down to a track which we will follow down to the Punch Bowl. The views from the top are spectacular, looking over the Usk valley and across to the English border, also on a clear day we will see the channel. Lunch will be beside the pond in the Punch Bowl. After lunch the walk will take us around the foot of the mountain, gradually climbing towards the path which will take us back up to the Iron Trail. We will on our return journey to the car park be looking at the Coity mountain and the area around the heads of the valley.</p> | <p>6 miles / 9.6 km</p> |  | <p>Morfydd Jenkins morfyddjenkins@hotmail.com</p> |



Easy Access



Easy



Leisurely




Moderate



Strenuous



Technical

| Date | Start | Walk | Distance | Difficulty | Leader / Contact |
|---|---|--|------------------------------|---|--|
| <p>Sat: 30 Sep 2023</p> <p>Walk Id: 100172651</p> | <p>11:00 am</p> <p>Penmaen Car Park Grid Ref: SS 53130 88787 GPS: 51.57876, -4.12093 w3w: cycles.scrapers.ecologist</p> | <p>Three Cliffs Bay</p> <p>Starting From The Penmaen Car Park (there are sometimes cows in and around this car park so please on arrival keep dogs on a lead) We soon join the Gower Way and loop round through Park Woods and downhill to the valley floor we then ascend ,fairly gradually up the side of the valley to Pennard Castle (and the classic view of the bay) its then along the top footpath to briefly join the Wales Coast Path before we ascend to Pobbles Beach then its across the firm sand to the impressive three pronged rock outcrop that gives Three Cliffs Bay its Name - option to walk/paddle through the short passage the sea has carved through this rock. We now have to cross Pennard Pill (which may involve paddling across so please bring a small towel to dry your feet, it won't be any deeper than mid calf but is usually deep enough to go over boots) Once across we will head across the sands towards the promontory of Great Tor (which if I've calculated the tides right we can walk round to Oxwich bay) we walk across some of Oxwich bay then into Nicholaston Burrows before we climb up into Nicholaston Woods and back towards the car park taking in the viewpoint on the way.</p> <p>Some of this walk is dependent on the very low tide, and may have to be altered slightly if the wind is strong driving the sea levels higher</p> | <p>7 miles / 11.2 km</p> |  | <p>John Holloway 07933 795602 johndholly@gmail.com</p> |



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|--|---|--|----------------------|---|---|
| Sat: 07 Oct 2023 Walk Id: 100167703 | 10:00 am Barry Sidings Car Park Grid Ref: ST 05342 90875 GPS: 51.608721, -3.3683375 w3w: sheep.spill.deaf | Mynydd y Glyn We leave Barry Sidings and make out way to Mynydd y glyn via the main track and various footpaths. Fairly easy ascent then back to Barry Sidings via Trehafod and Mynydd gelliwion , down into Porth and back via Taff trail. | 8 miles / 12.9 km |  | Christine Gibbon 07733 545834 |
| Sat: 14 Oct 2023 Walk Id: 100180139 | 10:00 am Monknash Beach car park (fee £3) Grid Ref: SS 91285 70064 GPS: 51.419133, -3.564836 w3w: suppose.snapping.envoy | Coast, Country, and Lighthouse Walk From Monknash Beach car park, we walk down through Blaen y Cwm nature reserve to Monknash beach itself, where we meet up with the Wales Coast path. We follow this path to Nash Point where we turn inland to reach our coffee stop at Holy Trinity Church, Marcross. Our walk then takes us through an arable landscape with views both inland and out over the Bristol Channel, as far as Exmoor. After walking past St Donat's Church and through part of the grounds of Atlantic College we will stop for lunch at St Donat's Bay. Our walk continues along the Wales Coast Path to Nash Point lighthouse where we retrace our steps to our start point. | 8 miles / 12.9 km |  | Derek Jones 07901 338989 wderekjones@hotmail.com |
| Sat: 21 Oct 2023 Walk Id: 100182820 | 11:00 am Red Lion Inn, Heolgerrig Grid Ref: SO 031 060 GPS: 51.744300, -3.4045440 w3w: plans.tags.cheeks | Merthyr Valley Ramblers AGM Walk This is a circular walk. From the Red Lion we proceed via Gernant Lane. We enter a mostly forestry walk. Follow by hopefully scenic walk across Aberdare mountain to bring us back to Red Lion .Follow by AGM at 2 pm. | 6 miles / 9.6 km |  | Maureen Donovan 07747 039527 maureenweekes1957@gmail.com |



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|--|--|---|----------|------------|--|
| <p>Sat: 21 Oct 2023</p> <p>Event Id: 100175282</p> | <p>14:00 pm</p> <p>Red Lion Inn, Heolgerrig Grid Ref: SO 031 060 GPS: 51.744300, -3.4045440 w3w: plans.tags.cheeks</p> | <p>Merthyr Valley Ramblers AGM</p> | | | <p>Alan Hancox 07901 576703 Alan_h_ramblers@aol.com</p> |



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|---|--|---|------------------------------|---|--|
| <p>Sat: 28 Oct 2023</p> <p>Walk Id: 100178899</p> | <p>10:00am</p> <p>High Street Car Park, Hirwaun Grid Ref: SN 95810 05576 GPS: 51.739172, -3.5103297 w3w: prompt.modest.housework</p> | <p>A Stroll to the Foel (weather permitting)</p> <p>Linear return with a loop</p> <p>Route followed will be weather-dependant.</p> <p><i>Planned walk:</i> We will follow the River Cynon for a short distance then proceed along the Mineral Line between Hirwaun and Penderyn. In Penderyn, we follow the track to the waterfalls path initially, then continue along the track towards the base of the Foel. Lunch will be beside the track. We then climb to the crest of the Foel, continuing to the trig point for spectacular views, looking over Bannau Brychyniog, Penderyn, Rhigos and Hirwaun. We follow a grassy path back to the road, returning to Hirwaun once again along the Mineral Line, cutting through the Iron Works to return to the car park.</p> <p><i>Wet Weather Walk:</i> A short tour along the new A465, before heading to Penderyn for a loop (road) walk past St Cynog's church, to Yr Eithin and back to Hirwaun along the Mineral Line, cutting through the Iron Works to return to the car park.</p> <p>The pathway along the Cynon is narrow and can be slippery. Much of the walk is on well-formed paths or roads. The climb to the Foel is stoney, and can be boggy in parts.</p> | <p>8 miles / 12.8 km</p> |  | <p>Jenny Edwards 07708 815742 jenned1956@gmail.com</p> |



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| <p>Sat: 04 Nov 2023</p> <p>Walk Id: 100181650</p> | <p>10:00 am</p> <p>St. Cynogs Church car park (free), Penderyn Grid Ref: SN 94534 08501 GPS: 51.765223 , -3.5296904 w3w: regal.colonies.rates</p> | <p>Penderyn to Swyd Yr Eira Waterfall, a walk in memory of Chris & Richard</p> <p>This walk is in memory of Christine and Richard, who both loved this walk, and they will be sadly missed by their rambling friends.</p> <p>The walk will take us along the old drovers road over the vole through open countryside, with views looking down the Neath valley. At the end of the road we will turn back on ourselves and the trail will take us below the vole through grassland and reclaimed forestry, we will pass the entrance to the path which leads down to the Sgwd yr Eira waterfall. Anyone wishing to go down to the falls can do so, the less energetic will wait for them at the top. The walk will then take us towards the village of Penderyn with open views towards the national park.</p> | <p>7 miles / 11.3 km</p> |  | <p>Morfydd Jenkins morfyddjenkins@hotmail.com</p> |



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| <p>Sat: 11 Nov 2023</p> <p>Walk Id: 100186624</p> | <p>08:30 am (We need to reach the memorial site before 11am, so will not be able to accommodate latecomers)</p> <p>Blaen y Glyn Uchaf Car Park, Torpantau Grid Ref: SO 05608 17590 GPS: 51.848898 , -3.371746 w3w: verdict.sharpness.sudden</p> | <p>Memorial walk</p> <p>From the car park we have a steep climb (we ascend 754 feet in half a mile) past several waterfalls up to an impressive peak with extensive views over the Brecon Beacons. Our walk continues across an expansive moorland plateau before dropping down to the wreckage of a WW2 Canadian Wellington bomber, where we will have a short service and observe 2 minutes silence. We continue our walk to the large cairn known as Carn Pica where there are stunning views over the Black Mountains and as far as the west country. Our return is via the moorland plateau of Waun Rydd before the descent to the car park. It is advisable to bring walking poles, as the final descent is steep and will be very slippery if wet.</p> | <p>7.5 miles / 12.1 km</p> |  | <p>Derek Jones 07901 338989 wderekjones@hotmail.com</p> |
| <p>Sat: 18 Nov 2023</p> | <p>14:00 pm</p> <p>Lisvane Old School Community Centre. Corner of Llwyn Y Pia Road and Heol-Y-Delyn, Cardiff. CF14 0SX</p> <p>w3w: dined.loose.goes</p> | <p>Glamorgan Area AGM 2023 (Open to all members).</p> <p>Speaker: Peter Finch (local poet and author who will speak about his books <i>Walking Cardiff: Edging the City and Walking the Valleys</i>)</p> <p>Morning walk from the venue starting at 10:00am</p> | | | |



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|--|---|--|------------------------|---|--|
| Sat: 25 Nov 2023 Walk Id: 100191502 | 10:00 am Beaufort Avenue, Llangattock (street parking, please park respectfully the area is residential) Grid ref: SO 21162 17693 GPS: 51.852267, -3.146030 w3w: otters.sofas.admiringl | Llangattock Circular From Beaufort Avenue we take a circular route, crossing farmland up to the escarpment and through the nature reserve where we will have spectacular views if the weather is kind. There are a lot of livestock in the area so it is likely dogs will need to remain on leads for large parts of the walk. | 7.3 miles / 11.8 km |  | Lynnette Green 07813 706231 lynnette.green@btinternet.com |
| Sat: 02 Dec 2023 Walk Id: 100193057 | 10:00 am Storey Arms car park Grid Ref: SN 98238 20299 GPS: 51.871946, -3.4795091 w3w: interest.denser.necklaces | Fan Fawr From the Storey Arms car park we cross a stile onto and across Bryn Du to the foot of Fan Fawr. We then ascent strenuously to the summit of Fan Fawr and onto it's rear slope to the trig point. We return to the Fan Fawr summit and descent along Cefn yr Henriw to the Beacons Reservoir and back via Pont ar Daf to Storey Arms car park. Bryn Du and the return route around the west side of Beacons Reservoir can be wet and boggy. If the Storey Arms car park is full, please follow the A470 towards Brecon and park in the large layby around the corner from the Storey Arms. | 5.2 miles / 8.36 km |  | Simon Williams mtwas07@yahoo.co.uk |



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|---|---|---|-----------------------------|---|--|
| <p>Sat: 09 Dec 2023</p> <p>Walk Id: 100193382</p> | <p>10:00 am</p> <p>Llangynidyr car park opposite the community centre Grid Ref: SO 15575 19576 GPS: 51.868347 , -3.2275770 w3w: proudest.desire.rebounder</p> | <p>Canal Ramble</p> <p>Leisurely walk along the canal from Llangynidyr to Talybont. We will go as far as the prison in Talybont which is just above the canal. On the way we pass the old work house which is now two lovely white cottages along the side of the canal, which in its day was the M.4 of its time taking the canal barges from Brecon to Newport. It is a quiet walk with lovely views across the Usk valley the ancient trees are a sight to see with their autumn colours.</p> | <p>6 miles / 9.7 km</p> |  | <p>Morfydd Jenkins morfyddjenkins@hotmail.com</p> |



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|---|--|--|---------------------------------|---|--|
| <p>Sat: 16 Dec 2023</p> <p>Walk Id: 100196847</p> | <p>10:00 am</p> <p>Dare Valley Country Park Car Park Grid Ref: SN 98510 0262 GPS: 51.71305, -3.47021 w3w: stone.forgotten.rating</p> | <p>Aberdare Parks and Rivers walk</p> <p>Starting From Dare Valley Country Park - Car Park we take the footpath alongside the river Dare leaving the river we head towards Aberdare Town Park we walk through the park into Trecynon and down to the River Cynon and the newly restored Iron Tram Bridge , built in 1811. We follow the River Cynon for a short distance then head up the hill towards the trackbed of the old railway , we follow the route of the railway with some good views across the valley - then we descend, skirting the golf course, to the canal - which is now a nature reserve. We follow the canal then we turn across the school field to walk alongside the river Cynon until we use the new footbridge and to get into Aberdare Town Centre its a short section past the shops to the remembrance garden with its memorial and poignant benches. We then follow the River Dare back to the car park.</p> <p>This walk is mostly fairly easy but a couple of slightly awkward short sections push it into the moderate category.</p> | <p>6.75 miles / 10.8 km</p> |  | <p>John Holloway 07933 795602 johndholly@gmail.com</p> |



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|---|---|--|-----------------------------|---|--|
| <p>Tue: 26 Dec 2023</p> <p>Walk Id: 100201168</p> | <p>10:00 am</p> <p>Pontsticill bus terminus Grid Ref: SO 05832 11727 GPS: 51.796241 , -3.366896 w3w: river.showed.muted</p> | <p>Boxing day Pontsticill Circular Pudding pounder</p> <p>From Pontsticill bus terminus, we cross the dam and walk to the end of the reservoir. At the bridge, we then go into the woodland where we decorate a Christmas tree with environmentally friendly decorations. We then return to the start via the Red Cow Pub.</p> <p>Access to Pontsticill is via Pant only. From the heads of the valley road, take the Pant turn and follow the diversion signs.</p> | <p>6 miles / 9.7 km</p> |  | <p>Alan Hancox 07901 576703 Alan_h_ramblers@aol.com</p> |

NOTES:

- **Booking is necessary unless otherwise stated. This may be done by email or texting or phoning the walk leader**
- **All walks are circular unless otherwise stated.**



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