




Merthyr Valley Group
Current Walk Programme 2024
Part of Glamorgan Area



Date	Start	Walk	Distance	Difficulty	Leader / Contact
<p>Sat: 06 Jan 2024</p> <p>Walk ID: 100206763</p>	<p>10:00 am</p> <p>Llanfoist Crossing Car Park, Abergavenny Grid Ref: SO 28612 13303 GPS: 51.81378 , -3.036976 w3w: doormat.listening.foggy</p>	<p>Llanfoist circular</p> <p>The walk will take us along the track of the old 1800 railway from Llanfoist to Brynmawr which had the highest gradient in the country rising to 1000ft. The walk takes us through the lowest level with views towards the sugar loaf. Lunch will be at sidings where we will have an easy descent through country lanes down towards the heads of the valley road crossing over the bridge at Gilwern where we will join the canal and follow the towpath through open countryside back to Llanfoist.</p>	<p>7.5 miles / 12.1 km</p>		<p>Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com</p>



Easy Access



Easy



Leisurely





Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 13 Jan 2024 Walk ID: 100205466	10:00 am Cyfarthfa Park car park Grid ref: SO 04090 07356 GPS: 51.756407, -3.390621 w3w: crash.storms.took	Penmoelallt We leave Cyfarthfa Park and walk along Cefn Coed High Street and cross the A465 and down to the Taf Fawr. We follow the navvies line to Penmoelallt and visit the open air classroom and then the walker's Taf Trail giving views of the Llyn-onn reservoir and the Bannau Brycheiniog. We also pass by the Stone Lady before we return on a forestry track to Penmoelallt Farm and pass under the A470 and head towards Cefn Coed passing through the cemetery and back to the start.	7.5 miles / 12.1 km		Simon Williams lawn1967-mvr@yahoo.com
Sat: 20 Jan 2024		Christmas dinner			
Sat: 27 Jan 2024 Walk ID: 100207732	10:00 am Meet on Pentwyn Road, Opposite water board, Quakers Yard Grid Ref: ST 10326 95685 GPS: 51.756407, -3.390621 w3w: texted.deflection.regarding	A walk through Quakers Yard, Llanfabon, Nelson & Trelewis This was one of my lockdown walks when we had to walk locally. It combines Quakers Yard, Llanfabon, Nelson & Trelewis. From the water board in Quakers Yard we walk through the woods to Fiddlers elbow roundabout then up through Cynon cemetery and follow a track which takes us past Whitehall golf club, down into Llanfabon. We walk up the road until we pick up the Rhumney valley ridgeway path which takes us down into Nelson. We cross the railway line onto the cycle path 47 which takes us into Trelewis, then through some fields (cows present) and back to quakers yard. Dogs will need to be on leads a lot of the time due to walks on lanes and live stock present.	7 miles / 11.3 km		Peter Cawley 07368 102717 Peter-cawley@sky.com



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
<p>Sat: 03 Feb 2024</p> <p>Walk ID: 100215967</p>	<p>10:00 am</p> <p>Car park adjacent to Skenfrith Castle Grid Ref: SO 45697 20218 GPS: 51.87787 , -2.790247 w3w: flotation.pitching.quick</p>	<p>Skenfrith Circular via Garway</p> <p>A circular walk through farm and woodland, which will include history and heritage, dog friendly, but with some stiles. Livestock, particularly cows, along route. It is very important that walkers, with dogs, familiarise themselves with the action to be taken if approached / attacked by cattle.</p> <p>From the free car park, adjoining Skenfrith Castle, we walk alongside the river Monnow for about 1 mile before beginning the climb out of the river valley towards the hamlet of Broad Oak. By this stage of our walk, we will have crossed the border into England. The ascent out of this valley is mainly gradual, but with a short, steeper section at the start. We will have a coffee break at some point along this part of the route. We continue our walk across undulating farmland and through the village of Garway, to our lunch stop in the grounds of St Michael's Templar church. After lunch we head through pastureland, to the farm at Garway Court and then, after crossing back into Wales, we skirt Ellis's Wood before reaching our finishing point at Skenfrith Castle.</p>	<p>7 miles / 11.3 km</p>		<p>Derek Jones 07901 338989 wderekjones@hotmail.com</p>



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 10 Feb 2024 Walk ID: 100219034	10:00 am Watton Car Park, Heol Gouesnou, Brecon, £4 all day Grid Ref: SO 04863 28406 GPS: 51.945868, -3.38547 w3w: putts.coach.decide	Pen Y Crug Hillfort From the car park we will head towards the remains of the castle before heading for a pretty woodland walk through Priory Groves towards Anod Bridge. We then head north via farmland before we meet the main road, a short stretch before joining the bridleway takes us to the trig point on top of Pen Y Crug Hill, one of the most impressive hillforts in the Brecon Beacons National Park. From the summit it is all downhill, past the cathedral before retracing our steps along the banks of the Usk to the carpark.	8 miles / 12.9 km		Paddy Kelly 07762 337368 paddyk99@aol.com
Sat: 17 Feb 2024 Walk ID: 100222397	10:00 am Llanfrynach	Walk takes us along a country lane for 1 mile which leads onto the canal at Brynich Lock. We will walk along the canal towpath to the coffee shop at the Brecon theatre where there will be a break. The walk then continues towards the river which we will follow upstream before crossing over via the road bridge at Brecon. We will turn off the road with Christ College on our right and the river on our left. We will take a path which will take us through a wooded area, onto open fields, lunch will be taken on a raised area with views over the countryside. After lunch the walk will take us to a secluded area where there is a lovely display of snowdrops, we will continue across farmland back to the village where we started from. Across the farm land dogs must be on a lead and care taken not to disturb the stock because we are entering the lambing season.	7 miles / 11.3 km		Rob Jones 07949 950018 morfyddjenkins@hotmail.com



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
<p>Sat: 24 Feb 2024</p> <p>Walk ID: 100223548</p>	<p>10:00 am</p> <p>Henry Street Car Park, Mountain Ash Grid Ref: ST 04914 98951 GPS: 51.681244, -3.3767147 w3w: wounds.motel.stickler</p>	<p>Cynon Valley - Down the Valley up , up the valley down</p> <p>Starting from the (free) main car park in Mountain Ash (next to the railway station) we make a long fairly steep climb out of the valley in a South Westerly direction. Once we reach the top the views open out in all directions we are now in land of fields , narrow lanes and dry stone walls. We take the lanes and we make a gradual ascent towards Abercynon. Just above Abercynon Its then a steeper ascent through woodland to the Abercnon cemetery. Still heading down we pick up the (virtually flat) Cynon trail which takes alongside the river Cynon through copses and woodland back to Mountain Ash.</p> <p>The first mile of this walk is all uphill and we will stop frequently , there is a lot of walking on tarmac and when we leave the tarmac the paths are quite good. There are only two stiles on the walk.</p>	<p>7.5 miles / 11.3 km</p>		<p>John Holloway 07933 795602 Johndholly@gmail.com</p>
<p>Sat: 02 Mar 2024</p> <p>Walk ID:</p>	<p>10:00 am</p> <p>Grid Ref:SO 14118 09162 GPS 51.7736, -3.245</p>	<p>Bedwellty Circular</p>	<p>7 miles</p>		<p>Paddy Kelly 07762 337368 paddyk99@aol.com</p>



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<p>Sat: 09 Mar 2024</p> <p>Walk ID: 100228571</p>	<p>10:00 am</p> <p>Park outside St David's Church (free on street parking) Llanvihangel crucorney Grid Ref: SO 32537 20557 GPS: 51.879487, -2.98146 What3Words: fabricate.coconuts.dove</p>	<p>Walk in the shadow of the Ysgyryd Fawr</p> <p>The walk will take us across the A465, it is a clear stretch of road and we will be able to cross easily. We will take the narrow road passed Llanvihangel Court which we will view on our return, it is a very old manor house which is still occupied today. We are walking through the beautiful county of Monmouthshire through fields and pasture land, there is a slight incline on the first part of the walk up to a lane which runs under the Skirrid. You will be pleased to know we will not be climbing on this occasion. The walk takes us down through fields and a wooded area which has a stream and two pretty bridges. We are in the heart of the Black Mountains and the views are really lovely. It is very important that all dogs are kept on a lead through out the walk it is lambing season and there are sheep and lambs out in the fields. The walk is clearly marked in the usual way there are only two stiles, the rest have been replaced by gates. The walk is muddy in places and it would be advisable to wear garters or protective over trousers. When we return to the village a visit to the oldest pub in Wales the Skirrid which is supposed to be haunted is recommended.</p>	<p>11.3km / 7.0mi</p>		<p>Rob Jones / Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com</p>
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Date	Start	Walk	Distance	Difficulty	Leader / Contact
<p>Sat: 16 Mar 2024</p> <p>Walk ID: 100228860</p>	<p>10:00 am</p> <p>Start Place: Riverside Car Park, Redbrook Grid Ref: SO 53646 09971 GPS: 51.786466 , -2.6734104 What3Words: newsreel.swim.burn</p>	<p>Redbrook, the Kymin and Monmouth Circular</p> <p>From the Riverside car park (fee £2) in Redbrook we begin our ascent, along Offa's Dyke path, to the Naval Temple and Round House, atop the Kymin, overlooking Monmouth. The views on a clear day are far reaching, with Pen y Fan and the Malvern Hills being visible. We will take a coffee break here, before beginning our descent through woods and farmland to a point just before the Wye bridge at Monmouth. From here we continue over the Duke of Beaufort railway bridge towards Troy farm and, after passing through woods and farmland, on to the banks of the river Wye, where we will stop for lunch. After lunch our walk will continue along the riverbank before reaching the 350 year old Boat Inn at Penallt. From here we will walk over the Wye, using the Victorian railway bridge, and back to Redbrook where our walk will end. During our walk we will have crossed the border from England into Wales and back again!</p>	<p>7.5 miles / 12.1 km</p>		<p>Derek Jones 07901 338989 wderekjones@hotmail.com</p>



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 16 Mar 2024 Walk ID: 100230416	11 am Garwnant Forest Park visitor centre CF48 2HU Grid reference: SO 00235 13185 Nearest postcode: CF48 2HY what3words: home.verb.seagull	Garwnant Circular A circular walk, part of the Garwnant Outdoor Festival. Firm walking surface, slight gradients. Suitable for all abilities, walking boots or wellingtons advised. Waterfalls, forest, woodcarvings, spectacular views.	3.2km / 2.0mi	 Easy	Mick Taylor 07903 754 681 micktaylor61@gmail.com
Sat: 23 Mar 2024 Walk ID: 100231652	10:00 am Start Place: Cefn Onn Car Park, Lisvane, Cardiff, CF14 0AT Grid Ref: ST 17846 83691 GPS: 51.546109 -3.1861319 What3Words: yappy.active.enjoy	Twin Ridge Walk – Above Caerphilly and Cardiff Starting from Cefn Onn park , where the rhododendrons are starting to bloom. We climb steadily to join the footpath which is shared by the Rhymney Valley Ridgeway and the long distance Cambrian way. This path takes us through fields then ancient Beech woodland. We will have views across Caerphilly and far beyond. Leaving the Cambrian Way we drop down into the valley and then climb to the second ridge with views across Cardiff to Flat Holm, Steep Holm and Somerset. Then its back through the park to the car park.	10.5km / 6.5mi		John Holloway 07933 795602 Johndholly@gmail.com



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
<p>Sat: 30 Mar 2024</p> <p>Walk ID: 100231349</p>	<p>10:00 am</p> <p>Start Place: Boating Lake, Llanfrechfa Way, Llanyrafon, Cwmbran NP44 8JG</p> <p>Grid Ref: ST 30529 94029</p> <p>GPS 51.640759 -3.005307</p> <p>What3Words: finest.just.secure</p>	<p>Cwmbran Parks and Canal</p> <p>From the boating lake we follow the Afon Lwyd river, through Northfield park and continue following the river, through Gawr wood and then past the Krauf insulation factory. We take to the road for a short time before joining the 492 cycle path and arrive at the Open Hearth pub in Sebastopol where we will stop for lunch. We then return following the Monmouthshire & Brecon canal to Henllys, walk alongside Cwmbran stadium and enter oakfield park, then a small housing estate over the railway bridge and back to the car park.</p>	<p>15.3km / 9.5mi</p>		<p>Peter Cawley 07368 102717 Peter-cawley@sky.com</p>



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
<p>Sat: 06 Apr 2024</p> <p>Walk ID: 100236430</p>	<p>10:00 am</p> <p>Start Place: Community Hub, Talybont LD3 7UZ</p> <p>Grid Ref: SO 11268 22861</p> <p>GPS: 51.897206 , -3.2909601</p> <p>What3Words kicked.giraffes.shiver</p>	<p>Spring walk through Talybont</p> <p>The walk will take us through country lanes and fields. Coffee will be taken when we walk through a orchard just outside Talybont. We will cross fields onto a lane taking us to Aber Chapel where we will have lunch and enjoy the stunning views up the Glyn Valley towards the reservoir. After lunch we will make our way up to the Bryn Oer tramroad constructed in 1815 after crossing the river Cui. The tramroad will take us back to the village and we will walk along the canal tow path back to the car park.</p>	<p>10.5km / 6.5mi</p>		<p>Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com</p>



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 13 Apr 2024 Walk ID: 100235868	10:00 am Start Place: Community Hub, Hirwaun Library Car Park CF44 9SW Grid Ref: SN 95809 05577 GPS: 51.739181 , -3.5103444 What3Words prompt.modest.housework	Hirwaun, Rhigos & Penderyn circular Starting at Hirwaun Library, we will follow the new and current A465 before heading towards Rhigos, to pass through the Hirwaun industrial estate. We then climb to St Cynog's church, Penderyn, via a quiet lane, before heading downhill for lunch at Yr Eithin. We then cross the Cynon (bridge) to return to Hirwaun along the Mineral Line, cutting through the Iron Works back to the car park. This walk should be dry underfoot. Most of the walk is on well-formed paths or roads, and will be dry underfoot. The climb to the church is steep, with good views over Penderyn and Bannau Brycheiniog.	12.9km / 8mi		Jenny Edwards 07708 815742 jenned1956@gmail.com
Sat: 20 Apr 2024 Walk ID:	10:00 am Start Place: Castle Coch car park Grid Ref: ST13220 82676 GPS: 51.536292, -3.2525759 What3Words: turns.rats.storms	Wild Garlic, Maybe Bluebells! & 3 Bears Cave Castle Coch From Castell Coch we take a circular route through Forest Fawr with wild garlic and hopefully bluebells!. We then visit the Three Bears Cave before making our way towards Caerphilly Mountain, crossing the peak and descending to the Taff Trail	9 miles / 14.4 km		Lynne Green 07813706231 Lynnette.green@btinternet.com



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
<p>Sat: 27 Apr 2024</p> <p>Walk ID:</p>	<p>10:00 am</p> <p>Start Place: Tintern Old Station Car Park (£4 all day cash or card) Grid Ref: SO 53729 00686 GPS: 51.702957, -2.670951 What3Words: thighs.showed.supply</p>	<p>Wye Valley Bluebell Wander</p> <p>From the Old Station at Tintern we will head north on the path of the Wye Valley Walk, through deciduous woodland that “hopefully” will be carpeted with bluebells. We will make our way through Coed Beddick toward Bargain Wood, where we will have a tea break before heading toward Cleddon and it’s wonderful waterfall. The trail then continues downward through Cuckoo Wood to Bigsweir Bridge, where we pick up the flat level path along the banks of the Wye back to the car park.</p>	<p>10 miles / 16.1 km</p>		<p>Paddy Kelly 07762 337368 paddyk99@aol.com</p>



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
<p>Sat: 04 May 2024</p> <p>Walk ID:</p>	<p>10:00 am</p> <p>Start place: Parc Taf Bargoed, Treharris Grid Ref: ST 1022 9763 GPS: 51.670273, -3.299594 What3Words: timidly.will.truckload</p>	<p>Ynys Owen</p> <p>We start off leisurely along the banks of the river Taff through Parc Taf Bargoed to Quakers Yard railway station, A short dogleg from there takes us to Treharris Park and a fairly steep climb up onto the drovers road and on through Penbwicha, a heavily wooded area with some remains of traditional long houses, Here we skirt Ynys Owen forest and continue on up to the common and look down to view Ynys Owen original translation Owain Glyndwr's riverside meadow now Merthyr Vale village and community consisting of Aberfan, Mount Pleasant and the village of Merthyr vale itself , We turn the corner here , and make our way back through common and some farmland following the footpath that runs alongside Tir Lan farm (regrettably very muddy at this point) onto the road back to the car park. The café is 1 mile each way walking alongside the lake if wanted</p>	<p>8 miles / 12.9 km</p>		<p>Christine Gibbon 07733 545834 chrissiegib@gmail.com</p>



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
<p>Sat: 11 May 2024</p> <p>Walk ID:</p>	<p>Start place: Ogmores by Sea Beach car park</p> <p>Grid Ref: SS 86191 75213</p> <p>GPS: 51.464418, -3.6397153</p> <p>What3Words: dampen.dirt.provoking</p>	<p>Ogmores circular</p> <p>Starting from the main Car Park (Fee £6 payable by card, or cash) next to Ogmores beach we walk alongside the river to Ogmores castle where we begin our moderate climb (on a terraced road) to Ogmores Down. We follow the Bridgend Circular Walk across the down, which will afford some long distance views of the surrounding area. Our route then descends to the village of St Brides Major (one of the trial places for the 20 mph zones. Interestingly many of the 20 mph signs have been blacked out there!). After walking through the village, we pick up the Valeways Millenium Heritage Trail which takes us through some beautiful farmland, and down through a bluebell wood, to reach our lunch stop at Dunraven Bay. There will be an opportunity to visit Dunraven Park for those who wish to do so. After lunch we have a short climb to access the Wales Coast Path, which we follow back to our starting point in the car park. Please note the area of the car park we will be meeting at.</p>	<p>8 miles / 12.9 km</p>		<p>Derek Jones 07901 338989 wderekjones@hotmail.com</p>



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
<p>Sat: 18 May 2024</p> <p>Walk ID:</p>	<p>10:00am</p> <p>Start place: Bargoed woodland park. Grid Ref: ST 15421 97607 GPS: 51.670847, -3.2244539 What3Words: cities.using.woof</p>	<p>Bargoed & Gelligaer common</p> <p>We walk through Bargoed woodland park following the Rhumney river, until we reach the outskirts of Bargoed. We follow a track for a short while and come out in the town centre, skirt the edge of town where there are a few short steep climbs to take us to the edge of the golf course. We go around the edge of the course with lovely views of the hillside to our right. This bring us onto Gelligaer common which we follow to the end. (Cows present) We then drop down into Penpedairheol following footpaths through an estate and into the centre where we will have lunch at the church. From there it is mostly country footpaths to Tir-y-berth, we join the Rhumney river once more, then back to the car park.</p>	<p>9 miles / 14.5 km</p>		<p>Peter Cawley 07368 102717 Peter-cawley@sky.com</p>



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 25 May 2024 Walk ID:	Heol Yr Ynys Car park, Gwaelod y Garth. Grid Ref: ST 12635 82407 GPS: 51.533783, -3.260948 What3Words: clean.fats.alert	The Englishman Who Went Up a Hill But Came Down a Mountain From the start point, Heol Yr Ynys Car park, Gwaelod y Garth, after a short section on the road we take the path into Garth Wood which takes us into Coed y Bedw nature reserve we then join the Taff Ely Ridgway to the top of Garth Hill , the inspiration for the book and the film The Englishman Who Went Up a Hill But Came Down a Mountain. Here we can enjoy the panoramic views while we have our coffee break. We then take the easy descent through fields and woodland to the River Taff. We follow the river until we reach the footbridge which leads into the park where Taffs Well is situated. Then we pick up the Taff trail which takes us back to the start.	7.5 miles / 12.1 km		John Holloway 07933 795602 Johndholly@gmail.com
Sat: 25 May 2024		Lynton and Lynmouth weekend			
Sun: 26 May 2024		Lynton and Lynmouth weekend			
Mon: 27 May 2024 :		Lynton and Lynmouth weekend			



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 01 Jun 2024 Walk ID:	09.30am Start place: St Marys Parish Church, Old Port Road. Grid Ref: ST 12201 72694 GPS: 51.446407, -3.264776 What3Words: gladiators.bets.quest	Exploring Wenvoe We start in Wenvoe from St Mary Parish Church onto St Lythans, Nant y Bryn woodland, St Nicholas taking in St Bleiddian church and Tinkinswood Burial Chamber then turning east through fields and farms back to Wenvoe.	8.5 miles / 13.7km		Christine Gibbon 07733 545834 chrissiegib@gmail.com
Sat: 08 Jun 2024	10:00 am Start place: Layby on the Beaufort to Llangattog road Grid Ref: SO 18184 16921 GPS: 51.844875, -3.189056 What3Words: senses.detergent.copycat	Llangattog escarpment and lonely shepherd From the layby, we walk through the nature reserve beneath the escarpment and then a short climb up to the old tramroad. With views across the valley. After a tea break, we head along a quiet road leading to the footpath and the lonely shepherd. where we will have lunch. Dogs need to be on a lead at all times	8 miles / 12.9 km		Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com
Sat: 15 Jun 2024 Walk ID:	10:00am Start Place: Dark Sky Lodge Grid Ref: SN 87203 25053 GPS: 51.912550, -3.641279 What3Words: twisty.passing.submitted	A walk through and around Glasfynydd Forest Figure of 8 walk, no stiles, dog friendly. Through and around Glasfynydd Forest. Those wishing to do a shorter walk may return to their cars by a different route after coffee break.	9 miles / 14.5 km		Andrew Pyne 01874636994 07432040659 (day of walk) andrewmartinpyne@hotmail.com



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 22 Jun 2024	<p>10:00 am</p> <p>Start Place: Co-op car park, Pentrebach, Merthyr Tydfil Grid Ref: SO 06195 04041 GPS: 51.727211, -3.3595632 What3Words: soap.fats.votes</p> <p>End Place: Abercynon Railway Station Grid Ref: ST 08162 94650 GPS: 51.643124, -3.3286181 What3Words: celebrate.moves.entertainer</p>	<p>In the footsteps of Richard Trevithick (<i>Linear walk</i>)</p> <p>From the carpark, we take the Trevithick trail past Troedyrhiw, Merthyr Vale, Pontygwaith and Quakers yard to finish in Abercynon where we catch the train back to Pentre-Bach.</p> <p>The walk is graded strenuous because of it's length. Dogs MUST be used to travelling on public transport.</p>	9 miles / 14.5 km		<p>Alan Hancox 07901 576703 alan_h_ramblers@aol.com</p>
Sat: 29 Jun 2024	<p>Start Place: Llanthony Priory Grid Ref: SO 28900 27831 GPS: 51.944419 -3.035784 What3Words: afflicted.defensive.shelved</p>	<p>Llanthony Priory & Hatterall Ridge Circular</p> <p>The walk from Llanthony Priory to Hatterall Ridge is a circular route that offers a blend of historical intrigue and natural beauty, set within the Brecon Beacons National Park. The journey begins at the free car park adjacent to Llanthony Priory, where facilities such as toilets and refreshments are available. From the car park, the path heads north, staying just above the valley floor before ascending onto the ridge. Once on the ridge, you'll follow the path for just over 4 miles, enjoying panoramic views on both sides.</p>	8 miles / 12.9 km		<p>Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com</p>



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 06 Jul 2024	Start Place: Behind The Angel in Pontneathvaughan Grid Ref: SN 89996 07557 GPS: 51.755864 , -3.5951237. What3Words: originals.cheeks.shun	Up and down the Avon Nedd Fechan Starting behind The Angel in Pontneathvaughan (Pontneddfechan), we follow the Avon Nedd Fechan until the confluence with the Afon Pyrddin. We then follow a short path to view the front of Sqwd Gladus, for morning tea. After backtracking, and crossing the bridge, we follow another short path to view the side of the waterfall. We then continue upstream, passing numerous smaller waterfalls, to Pont Melin Fach, our lunch stop. After lunch, we follow the river back downstream, to Pontneathvaughan.	7 miles / 11.3 km		Jenny Edwards 07708 815742 jenned1956@gmail.com
Sat: 13 Jul 2024	Start Place: Wyebridge Street Car Park - £6.20 all day Grid Ref: SO 51128 12858 GPS: 51.812211, -2.710314 What3Words: shunted.overtones.photocopy	The Kymin, The Suck Stone & Biblins From the car park we start with a steep climb up to The Kymin and the naval temple. We will then descend through farmland and woods via the Wysis Way towards the Suck Stone. The route will then descend towards the river Wye which we will cross using the iconic Biblins rope bridge before a leisurely and level return to the cars along the river bank.	10 miles/ 16.1 km		Paddy Kelly 07762 337368 paddyk99@aol.com



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Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 20 Jul 2024	Start Place: Rhossili National Trust car park Park - £8 all day Grid Ref: SS 41400 88000 GPS: 51.568505 , -4.2897809 What3Words: Lifelong.butternut.singing	Rhossili Bay - Views and a shipwreck Starting from the National Trust car park £8 all day (free to National Trust members) we take the Gower Way to the coastguard station then taking the Wales coast path we walk on the cliff above Falls Bay and Mewslade Bay then we head inland and take an easy route to ascend Rhossili Down. We then walk along to ridge until we descend to the aptly named hamlet of Hillend. Its then onto the firm sand of Rhossili Bay and across to see what remains of the cargo ship Helvitia, stranded here 120 years ago. A short section on the beach takes us to the path back to the car park We will have a coffee stop around 1100am and a lunch stop around 1pm both will have superb views to enjoy.	8 miles / 12.9 km		John Holloway 07933 795602 Johndholly@gmail.com
Sat: 27 Jul 2024	Start Place: llangorse Lake car park Grid Ref: SO 12859 27251 GPS 51.936921 , -3.268953 What3Words: behave.blending.pranced	Mynydd Llangorse Circular From the lake we walk through the village to the farmlands. We then climb to the top of Mynydd Llangors where we will have lunch and enjoy the beautiful scenery. We will come down the opposite side of the mountain back to the village. Dogs will be on leads for a large part of the walk. Be prepared there are a lot of stiles	9 miles / 14.5 km		Lynne Green 07813706231 Lynnette.green@btinternet.com



Easy Access



Easy



Leisurely





Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 03 Aug 2024	Start Place: Car park opposite Pencelli Castle Campsite Grid Ref: SO 09458 24756 GPS 51.914066 , -3.317719 What3Words: geese.months.purchaser	The Bryn from Pencelli Starting from the large layby in Pencelli we head up towards Blaennant Farm before taking a right turn up towards the Bryn. After about another 30 minutes, we will stop for coffee with great views over to Llangors Lake. We then approach the Bryn by ascending along the side of the hill which greatly reduces the difficulty of this walk. We will stop for lunch either on top of the Bryn or on our way back down towards TalyBont forest. We eventually join the Usk Valley walk and arrive back in Pencelli via Cornwall farm	7 miles / 11.3 km		Geoff Evans 07545592860 pencelli@btinternet.com
Sat: 10 Aug 2024	Start Place: A pull in on the side of the road, situated at the end of Tremynfa road. The walk leader is unable to provide a grid reference, continue along Tremynfa road until you see a red mini parked on the side. The following Grid ref is only a guide to the correct road Grid Ref: SO 16050 22450 GPS 51.894097, -3.2217245 What3Words: perfumed.shatters.proposals	Bwlch Moorland Ramble From the car park we have a gradual, easy climb up a stoney gully on to the path across the Moorland, no stiles, no gates, no cows, just sheep. Stunning views over the Black Mountains and area. Linear walk, when lunch will be taken and we will return the way we came with a totally different aspect of the surrounding mountain view.	7 miles / 11.3 km		Rob Jones 07949 950018 morfyddjenkins@hotmail.com



Easy Access



Easy



Leisurely




Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 17 Aug 2024	Start Place: Pontypool Leisure Centre car park Grid Ref: SO 28430 00534 GPS 51.698969, -3.0369763 What3Words: blend.square.equal	A Hill of Dreams From the Leisure centre car park we enter the Italian garden at the Myfanwy sculpture. We continue up the hill through woodland trees until we reach the Gorsedd stone circle. Across the field we come across the view of the ski slope. We then walk downhill towards the ski slope and we will come across the Nant-y-Golen ponds. We then climb steeply, through woodland and the tunnel underneath the ski slope until we reach the Grotto. Here we will have a coffee break before picking up the Cambrian way path for about 20 mins until we reach the Folly. We will have a short break before continuing on to the old roman road until we reach a lane which leads onto the canal. The roman road is downhill and has loose cobbles, so poles and caution are recommended. At the canal we continue a short distance and will have lunch in the cemetery of St Illtyd church at Mamhilad. Opposite, we can pop into the Star Inn for a quick drink before returning to the canal and the 3 miles back to the start.	8 miles / 12.9 km		Peter Cawley 07368 102717 peter-cawley@sky.com



Easy Access



Easy



Leisurely





Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 24 Aug 2024	Start Place: Roadside Parking on Manmoel Road Grid Ref: SO 1564 0932 GPS 51.776237, -3.224002 What3Words: plans.sofas.mergers	Y Domen Fawr We will make our way across Manmoel Common where Y Domen Fawr will soon loom into view. We will skirt the eastern side of the mountain, stopping by the site of the former Victoria Incline Engine House before climbing up to the ridge. Heading north along the ridge with fantastic valley views we will head toward the summit before descending to the forestry and lunch beside St James Lake. We will then continue north through woodland before bearing east and a short climb to our start point.	7.5 miles / 12.1 km		Paddy Kelly 07762 337368 paddyk99@aol.com
Sat: 31 Aug 2024	Start Place: Eastbrook station car park Free Grid Ref: ST 16245 71682 GPS 51.437918, -3.206365 What3Words: select.term.using	Dinas Powis - Salmon Leaps Starting from the Eastbrook Station Car park we have to walk along some quiet residential streets before we take the footpath into Dinas Powis Woods passing both the castle and then the Hill Fort. We emerge in the hamlet of Michelston le pit. Then it's a short section on a lane which leads to the Cadoxtan River riverside path where immediately in front of us will be the Salmon Leaps, we walk past all the Salmon Leaps and carry on along the river soon turning away where we have a short steepish climb to the hilltop, with hopefully some good views. We make our way through farmland and woods until we again pick up the riverside path, but further downstream this time, this will lead us back to the car park.	7 miles / 11.3 km		John Holloway 07933 795602 johndholly@gmail.com



Easy Access



Easy



Leisurely





Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 07 Sep 2024	<p>Start Place: From the Top House pub, Trefil village. Parking along side of road.</p> <p>Grid Ref: SO 11899 12901 GPS: 51.807779, -3.2792503</p> <p>What3Words: rooks.nerd.important</p>	<p>Chartist Caves.</p> <p>First couple of miles along a quiet road bordering open moorland. Leave road at the Aneurin Bevan memorial onto open moorland coffee break alongside brook with lovely views .Proceed with a slight gradient upwards towards the bronze age burial circle. There are amazing views looking towards the Beacons. From here we will walk across the moorland ,upwards toward the path taking us to the caves. Here we will have lunch before taking the path back towards the village of Trefil. We will be then looking across the moorland with views of the whole of the heads of the valley.</p>	<p>6.5 miles / 10.5 km</p>		<p>Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com</p>
Sat: 14 Sep 2024	<p>Start Place: Nelson Wern park</p> <p>Grid Ref: ST 11691 95448 GPS 51.650863 , -3.2778335</p> <p>What3Words: format.mend.glaze</p>	<p>Miners Memorial walk</p> <p>From Nelson Wern park, we make our way along roads and across fields to Llanfabon where we visit the Miners memorial in the churchyard. We then cross the common to the memorial at Senghenydd for lunch. We then cross Mynydd Eglwysian back to Nelson.</p>	<p>9.5 miles / 15 km</p>		<p>Alan Hancox 07901 576703 alan_h_ramblers@aol.com</p>



Easy Access



Easy



Leisurely





Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 21 Sep 2024	Start Place: Roadside by the Hermitage ruins Grid Ref: <u>SO 22840 25140</u> GPS <u>51.919417, -3.1233314</u> What3Words: <u>averages.stated.circling</u>	Hermitage Circular From the ruins of the 19th century hunting lodge The Hermitage, which was later used to house German prisoners in WW1, we make a steady climb through the valley in the Black Mountains towards our highest point at Mynydd Llysiau. We then follow the ridge line back where we will have panoramic views (weather permitting!), before descending and returning to our start point. Phone signal at the start point is unreliable, please contact me prior if you want to meet in Crickhowell and convoy in. DO NOT use the nearest postcode for navigation, you will be 2 miles away from the start point!	10 miles / 16 km		Paddy Kelly 07762 337368 paddyk99@aol.com
Sat: 28 Sep 2024	Start place: Dare Valley Country Park main car park Grid ref: SN 9863 0257 GPS 51.712672 , -3.4686277 What3Words: spice.expel.easy	Around the Parks of Aberdare Starting at the Dare Valley Country Park visitor centre, we climb approximately 1 mile to the top of The Daren for views over the Park and Cynon Valley. We retrace our steps, to follow the Dare River to Tarren y Bwllfa viewpoint, where we stop for morning tea. We then head to Aberdare Park via Cwmdare, to see birds, bears, boats, trees, monuments and a stone circle. After lunch we head towards the Library, then make our way back to the Country Park, circling the lake before returning to the car park	7.5 miles / 12.1 km		Jenny Edwards 07708 815742 jenned1956@gmail.com



Easy Access



Easy



Leisurely




Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 05 Oct 2024	Start Place: Red Lion Heolgerrig. Start Time: 11am Grid ref: SO 03100 06001 GPS 51.744302 , -3.4049065 What3Words: treat.healthier.alien	Heolgerrig Pre-AGM circular walk From the Red Lion Heolgerrig, we take a short walk through the Winchfawr Estate. Leaving the road to take a short steep incline to the ridge of the mountain above Heolgerrig village. Hopefully weather permitting, a lovely view of Pen Y Fan to the left and down the valley to the right. We continue along the ridge until we reach the road with a steep walk down back into residential area. Then taking a turn onto Gernant Lane joining on to the Waun. A short walk to the kissing gate, where we will take a recently cleared footpath undertaken by Merthyr Valley Ramblers, officially opened on 25th September 2024. This footpath will take us up a slight inclined route up to forestry, taking in the Cynon Valley to our left. We then will eventually re-trace our steps to complete our circular walk, making our way for a 3pm start for our AGM at the Red Lion.	5.5m/ 8.9km		Maureen Donovan 07747039527 maureenweekes1957@gmail.com



Easy Access



Easy



Leisurely




Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 12 Oct 2024	Start place: Car Park opposite Llangynidr Village Hall Grid ref: SO 15534 19592 GPS 51.868485 , -3.2281762 What3Words: exits.drain.wasps	Tor Y Foel We leave the car park and head towards Tal y Bont before crossing the canal on a foot bridge, we go through a pretty wooded area before reaching open countryside. The ascent up to the Tor y Foel is fairly demanding but we will take it gently! We will stop for coffee about half way up before the push onto the summit. After enjoying the views and plenty of photographs, we will then stop just below the summit to eat our well earned lunch. We then descend rapidly down towards a roadway and immediately turn left into a track that takes us through some farm yards before becoming very uneven and rocky. We eventually reach a roadway and turn right before quickly turning left to descend down to a footbridge across Afon Crawnnon. We rejoin a road and then follow it back down into Llangynidr.	7.5 miles / 12.1 km		Geoff Evans 07545592860 pencelli@btinternet.com



Easy Access



Easy



Leisurely





Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 19 Oct 2024	Start Place: Talgarth Car Park. Grid ref: SO 15302 33735 GPS: 51.995577 , -3.2350312 what3words: financial.revolting.nicer	Castell Dhinias From the car park in Talgarth we take a path out of the village. We cross stiles, streams and fields, taking in countryside views until we reach the gliding club, where we stop to have a short rest or tea/coffee break. Then we follow a quiet lane and climb up towards Castell Dhinias, where we stop for lunch and admire the views. We cross several fields, some with live stock, where dogs must be kept on leads. There are a number of stiles and gates along the route back to Talgarth.	8 miles /12.9km		Hilda Moriarty 07572 455593 Hilda_moriarty@msn.com
Sat: 26 Oct 2024	Start Place: Heol Yr Ynys Car park, Gwaelod y Garth. Grid Ref: ST 12635 82407 GPS: 51.533783, -3.260948 What3Words: clean.fats.alert	The Garth and Taffs Well From the start point, Heol Yr Ynys Car park, Gwaelod y Garth, after a short section on the road we take the path into Garth Wood which takes us into Coed y Bedw nature reserve we then join the Taff Ely Ridgway to the top of Garth Hill , the inspiration for the book and the film The Englishman Who Went Up a Hill But Came Down a Mountain. Here we can enjoy the panoramic views while we have our coffee break. We then take the easy descent through fields and woodland to the River Taff. We follow the river until we reach the footbridge which leads into the park where Taffs Well is situated. Then we pick up the Taff trail which takes us back to the start.	7.5 miles / 12.1 km		John Holloway 07933 795602 johndholly@gmail.com



Easy Access



Easy



Leisurely





Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 02 Nov 2024	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 07368 102717 peter-cawley@sky.com
Sat: 09 Nov 2024	08:30 am (We need to reach the memorial site before 11am, so will not be able to accommodate latecomers) Blaen y Glyn Uchaf Car Park, Torpantau Grid Ref: SO 05608 17590 GPS: 51.848898 , -3.371746 w3w: verdict.sharpness.sudden	Memorial walk 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	7.5 miles / 12.1 km		Paddy Kelly 07762 337368 paddyk99@aol.com



Easy Access



Easy



Leisurely




Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
<p>Sat: 16 Nov 2024</p>	<p>Car park behind the Brynmawr Museum, Market Square ,Brynmawr</p> <p>Grid Ref: SO 1915 1175 GPS: 51.798529 , -3.1738354 w3w: moods.rarely.pouch</p>	<p>Walking Historical Trails.</p> <p>The circular walk starts from the car park through a residential area, crossing a bridge over looking the A465 then for a short distance along the road onto the old tramroad. Climbing over a style the track will take us up to a now disused reservoir, which was built during the 18 hundreds to provide clean water for the people of Brynmawr during a cholera epidemic. We will follow a sheep trail up to a trig point and cairn. Here we will have a tea break when we can enjoy the amazing 360 degree view over the moors and Usk valley. From the point we will follow another sheep trail will take us across the moorland, and before us we will see the lonely shepherd. Lunch will be taken here. After lunch we branch right onto a smooth grass path walking beneath the ridge of the gorge. This will lead us onto a down ward path where we will join the tramroad which we will follow back to Brynmawr, as we walk along we will be looking over the Clydach Gorge and heads of the valley road. there will be sheep around and dogs must be on a lead. Advisable to wear gaiters and water proof boots. It is a flat walk with limited climbing.</p>	<p>7 miles / 11.3 km</p>		<p>Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com</p>



Easy Access



Easy



Leisurely




Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 23 Nov 2024	Dare Valley Country Park main car park Grid Ref: SN 98630 02571 GPS: 51.712681 , -3.4686280 w3w: superbly.corded.crumbles	Aberdare – Cwmbach circular Starting at the Dare Valley Country Park visitor centre, we follow a sealed tramway towards Aberdare Library, before cutting through Aberdare Park and down to the Cynon to start a gentle climb to the Abernant Tramway (unsealed). We stop for morning tea near an old bridge, then head towards Cwmbach following another tramway path. After lunch, we head through Cwmbach to the Aberdare Canal, before passing Aberdare school and the leisure centre. We cross Aberdare to make our way back into the Country Park and our start point.	13.7km / 8.5mi		Jenny Edwards 07708 815742 jenned1956@gmail.com



Easy Access



Easy



Leisurely




Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 30 Nov 2024	Lay by on A40 between Tal y Bont and Bwlch Grid Ref: SO 12900 22600 GPS 51.895117 , -3.2671823 W3W bank.narrating.stealing	Allt yr Esgair and Llangorse Lake We leave the lay by alongside the A40 and head up a fairly steep short stretch of road. We then follow an uneven rocky lane until we join the footpath that starts at the Venison centre. We turn left onto that path and follow the lane up and then cross a field where we can go left or right (we will be governed by underfoot conditions) and progress up to the old hill fort area of the Allt. We will stop for coffee overlooking both Pen y Fan and Llangors lake. We then start to descend towards the direction of Pennorth and turn right as soon as we reach a tarmacadam road. We take a left onto a footpath and then cross in front of Tymawr farm before soon reaching the lake near Llangasty Church. The road then leads us back towards the village hall and we turn left just in front of the hall. The lane up is then quite rocky and difficult underfoot, but is not too long. We then retrace our steps briefly before stopping for lunch with great views (weather permitting!) of Pen y Fan. Following the lower footpath we then traverse a wooded area on our way back down to the Lay by.	7.2m		Geoff Evans 07545592860 pencelli@btinternet.com



Easy Access



Easy



Leisurely




Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 07 Dec 2024	St Gwynno Forest car park Grid Ref: ST 0326 9583 GPS 51.652970, -3.399668 W3W hammocks.proofs.since	St Gwynno Forest In the morning we walk through the forest down to the Waterfall (There are some steps down to the Waterfall, these could be slippery - if you are unsure you can wait at the top) Then its on to the Clydach reservoir (sadly empty) where we stop for coffee. Then we walk through the forest with its mix of Deciduous and evergreen trees and abundant bird life. The forest tracks take us back to the car park (our starting point) for our lunch stop. After lunch there is a short climb on to the forest path, through the stand of 70 year old beech trees, then the views open out as we walk around the forest, just as we exit the forest we get great views south. On a clear day we will be able to see the Bristol Channel with Flat Holm, Steep Holm and possibly Weston. Then it's a gradual downhill walk through several fields to the track that takes us back to the car park.	7 Miles		John Holloway 07933 795602 johndholly@gmail.com



Easy Access



Easy



Leisurely




Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 14 Dec 2024	Mountain Centre car Park Grid Ref SN 97747 26240 GPS: 51.925254, -3.4883979 W3W: jigsaw.colder.garlic	Mynydd Illtyd We leave the Car park (pay and display) and head South West until after just over a mile we reach the A4215 road. We very briefly walk along the road and then head North West across open country, eventually joining a former Roman Road and after 750 metres, we stop for coffee. Continuing along the Roman Road for a further 2.7 kms before we head up towards the summit (a gentle hill) and we stop there for lunch with great views north. We then retrace our steps for about 1/2 km before heading directly back to the Mountain Centre.	6.5 miles/10.5 Km		Geoff Evans 07545592860 pencelli@btinternet.com



Easy Access



Easy



Leisurely




Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 21 Dec 2024	<p>Halo Leisure Centre car park, Pantglas Road, Aberfan CF48 4QE</p> <p>Grid Ref SO 07022 00584 GPS: 51.696273 , -3.346664 W3W: toffee.flashing.masterful</p>	<p>Aberfan Loop</p> <p>We begin the walk at the Memorial Garden, site of the school which was destroyed in the Aberfan disaster. We then head off to the Trevithick and onto the Taff trail, stopping for coffee at the Pont Gwaith nature reserve. We then cross the historic Pont Gwaith (workers bridge) and head back towards Aberfan. We pass the cemetery for an optional visit of graves, before returning to the car park. The terrain is mostly gravel and tarmac. There are no stiles. Some slopes but mostly flat.</p>	7.5 miles		<p>Hilda Moriarty 07572 455593 Hilda_moriarty@msn.com</p>



Easy Access



Easy



Leisurely




Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 28 Dec 2024	Pontsticill bus terminus Grid Ref SO 05832 11727 GPS: 51.796241, -3.366896 W3W: river.showed.muted	Pontsticill Circular Pudding pounder 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 Please check access to Pontsticill in advance.	6 Miles		Alan Hancox 07901 576703 alan_h_ramblers@aol.com

- 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.



Easy Access



Easy



Leisurely



Moderate



Strenuous



Technical