



Merthyr Valley Group
Current Walk Programme 2024
Part of Glamorgan Area



Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 06 Jan 2024 Walk ID: 100206763	10:00 am Llanfoist Crossing Car Park, Abergavenny Grid Ref: SO 28612 13303 GPS: 51.81378 , -3.036976 w3w: doormat.listening.foggy	Llanfoist circular 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 Gilvern where we will join the canal and follow the towpath through open countryside back to Llanfoist.	7.5 miles / 12.1 km		Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com



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
Sat: 03 Feb 2024 Walk ID: 100215967	10:00 am Car park adjacent to Skenfrith Castle Grid Ref: SO 45697 20218 GPS: 51.87787 , -2.790247 w3w: flotation.pitching.quick	Skenfrith Circular via Garway 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. 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.	7 miles / 11.3 km		Derek Jones 07901 338989 wderekjones@hotmail.com



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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 bridgeway 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
Sat: 24 Feb 2024 Walk ID: 100223548	10:00 am Henry Street Car Park, Mountain Ash Grid Ref: ST 04914 98951 GPS: 51.681244, -3.3767147 w3w: wounds.motel.stickler	Cynon Valley - Down the Valley up , up the valley down 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. 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.	7.5 miles / 11.3 km		John Holloway 07933 795602 Johndholly@gmail.com
Sat: 02 Mar 2024 Walk ID:	10:00 am Grid Ref:SO 14118 09162 GPS 51.7736, -3.245	Bedwellty Circular	7 miles		Paddy Kelly 07762 337368 paddyk99@aol.com



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Sat: 09 Mar 2024 Walk ID: 100228571	10:00 am 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	Walk in the shadow of the Ysgryd Fawr <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>	11.3km / 7.0mi		Rob Jones / Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com
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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 16 Mar 2024 Walk ID: 100228860	10:00 am Start Place: Riverside Car Park, Redbrook Grid Ref: SO 53646 09971 GPS: 51.786466 , -2.6734104 What3Words: newsreel.swim.burn	Redbrook, the Kymin and Monmouth Circular <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>	7.5 miles / 12.1 km		Derek Jones 07901 338989 wderekjones@hotmail.com



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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
Sat: 30 Mar 2024 Walk ID: 100231349	10:00 am Start Place: Boating Lake, Llanfrechfa Way, Llanyrafon, Cwmbran NP44 8JG Grid Ref: ST 30529 94029 GPS 51.640759 -3.005307 What3Words: finest.just.secure	Cwmbran Parks and Canal 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.	15.3km / 9.5mi		Peter Cawley 07368 102717 Peter-cawley@sky.com



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 06 Apr 2024 Walk ID: 100236430	10:00 am Start Place: Community Hub, Talybont LD3 7UZ Grid Ref: SO 11268 22861 GPS: 51.897206 , -3.2909601 What3Words kicked.giraffes.shiver	Spring walk through Talybont 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.	10.5km / 6.5mi		Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com



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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: 100240406	10:00 am Start Place: Castle Coch car park CF15 7JS 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
Sat: 27 Apr 2024 Walk ID: 100240600	10:00 am 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	Wye Valley Bluebell Wander 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.	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: 04 May 2024 Walk ID: 100240950	10am Start place: Parc Taf Bargoed, Treharris CF466AP Grid Ref ST 1022 9763 GPS: • Latitude: 51.670273 Longitude: -3.299594 What3Words timidly.will.truckload	YNYS OWEN 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	8 miles / 12.9 km		Christine Gibbon 07733 545834 chrissiegib@gmail.com



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Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 11 May 2024 Walk ID: 100246959	Start place: Ogmore by Sea Beach car park Grid Ref SS 86191 75213 GPS: • Latitude: 51.464418 Longitude: -3.6397153 What3Words dampen.dirt.provoking	Ogmore circular Starting from the main Car Park (Fee £6 payable by card, or cash) next to Ogmore beach we walk alongside the river to Ogmore castle where we begin our moderate climb (on a terraced road) to Ogmore 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.	8 miles / 12.9 km		Derek Jones 07901 338989 wderekjones@hotmail.com



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 18 May 2024 Walk ID: 100244711	10am Start place: Bargoed woodland park. CF81 8LJ Grid Ref ST 15421 97607 GPS: • Latitude: 51.670847 Longitude: -3.2244539 What3Words cities.using.woof	Bargoed & Gelligaer common 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 Gelli-gaer 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.	9 miles / 14.5 km		Peter Cawley 07368 102717 peter-cawley@sky.com
Sat: 25 May 2024 Walk ID:		tba			John Holloway 07933 795602 Johndholly@gmail.com
Sat: 25 May 2024 Walk ID:		Lynton and Lynmouth weekend			



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sun: 26 May 2024 Walk ID:		Lynton and Lynmouth weekend			
Mon: 27 May 2024 Walk ID:		Lynton and Lynmouth weekend			
Sat: 01 Jun 2024 Walk ID:	9.30am Start place: St Marys Parish Church, Old Port Road. CF5 6DF Grid Ref ST 12201 72694 GPS: • Latitude: 51.446407 Longitude: -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.	13.7km / 8.5mi		Christine Gibbon 07733 545834 chrisiegib@gmail.com
Sat: 08 Jun 2024 Walk ID:		tba			Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com
Sat: 15 Jun 2024 Walk ID:		tba			Jenny Edwards 07708 815742 jenned1956@gmail.com
Sat: 22 Jun 2024 Walk ID:		tba			Alan Hancox 07484 291136 alan_h_ramblers@aol.com



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 29 Jun 2024 Walk ID:		tba			Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com
Sat: 06 Jul 2024 Walk ID:		tba			
Sat: 13 Jul 2024 Walk ID:		tba			
Sat: 20 Jul 2024 Walk ID:		tba			
Sat: 27 Jul 2024 Walk ID:		tba			
Sat: 03 Aug 2024 Walk ID:		tba			
Sat: 10 Aug 2024 Walk ID:		tba			
Sat: 17 Aug 2024 Walk ID:		tba			



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Sat: 24 Aug 2024 Walk ID:		tba			
Sat: 31 Aug 2024 Walk ID:		tba			
Sat: 07 Sep 2024 Walk ID:		tba			
Sat: 14 Sep 2024 Walk ID:		tba			
Sat: 21 Sep 2024 Walk ID:		tba			
Sat: 28 Sep 2024 Walk ID:		tba			
Sat: 05 Oct 2024 Walk ID:		tba			
Sat: 12 Oct 2024 Walk ID:		tba			



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 19 Oct 2024 Walk ID:		tba			
Sat: 26 Oct 2024 Walk ID:		tba			
Sat: 02 Nov 2024 Walk ID:		tba			
Sat: 09 Nov 2024 Walk ID:		tba			
Sat: 16 Nov 2024 Walk ID:		tba			
Sat: 23 Nov 2024 Walk ID:		tba			
Sat: 30 Nov 2024 Walk ID:		tba			
Sat: 07 Dec 2024 Walk ID:		tba			



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 14 Dec 2024 Walk ID:		tba			
Sat: 21 Dec 2024 Walk ID:		tba			
Sat: 28 Dec 2024 Walk ID:		tba			

- 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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