



**Merthyr Valley Group**  
**Current Walk Programme 2026**  
**Part of Glamorgan Area**



Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<b>Sat: 03 Jan 2026</b>  Start 10am  Walk id 102	Sobell Leisure Centre car park, Aberdare  Grid Ref: SO 0072 0260 GPS: 51.713315 , -3.4383960 W3W: resort.slips.slide	<p><u><a href="#">Aberdare to Mountain Ash and return</a></u> CANCELLED</p> <p>From the Sobell car park, we follow Abernant Road uphill to the Rhoswhenallt Inn, to an old tramway taking us across the top of Cwmbach. We pass Cefn Pennar, going alongside the Mt Ash Golf Club, before heading downhill to Mt Ash School and Ysbyty Cwm Cynon. We stop near Pwll Waun Cynon Nature Reserve for lunch, then go alongside the A4059 before cutting through the old Phurnacite Plant to Cwmbach. We follow the Aberdare canal from Cwmbach before heading back to the Leisure Centre car park. Much of the walk is on sealed pathways and pavements. We have short stretches along roads without pavements or verges.</p>	<b>7.2</b>	Moderate	<b>Jenny Edwards 07708 815742</b> <b>jenned1956@gmail.com</b>
<b>Sat: 10 Jan 2026</b>  Start 10am  Walk id 103	St Gwynno forestry car park  Grid Ref: ST 03262 95839 GPS: 51°39'11"N , 003°23'59"W W3W: park.wanting.cornfield	<p>Llanwonno and St Gwynno CANCELLED</p> <p>From the car park, we head to the top of the ridge to enjoy the spectacular views over the Rhondda Valley. Passing through Llanwonno we walk to Daerwynno outdoor centre and on to go through St Gwynno forest. No stiles and mainly forestry tracks with the occasional woodland.</p>	<b>6</b>	Moderate	<b>Alan Hancox 07901 576703</b> <b>alan_h_ramblers@aol.com</b>

Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<p><b>Sat: 17 Jan 2026</b></p> <p>Start 10am</p> <p>Walk id 104</p>	<p>St. Cynogs Church car park Penderyn</p> <p>Grid Ref: SN 94533 08502 GPS:51.765232 , -3.5297052 W3W: microchip.tickling.influence</p> <p><a href="#">Click here to view photo's</a></p>	<p><a href="#">Penderyn Circular via Sgwd yr Eira water fall.</a></p> <p>Starting at the car park, we will walk over the old drovers path overlooking the Neath valley. This will take us down towards the Dinas Rock. We will proceed up the valley towards the fall. Time will be taken for those who wish to descend to view the water fall. Lunch will then be taken. We will return to Penderyn where those of us who wish can part take in the Red Lion.</p>	5.5	Moderate	<p><b>Morfydd Jenkins 07949 950018</b> <b>morfyddjenkins@hotmail.com</b></p>
<p><b>Sat: 24 Jan 2026</b></p> <p>Start 1.30pm</p>	<p>Morlais Golf Club</p> <p>Grid Ref: SO 05476 09404 GPS: 51.775292, -3.3714268 W3W:dizzy.snow.figure</p>	<p><b>Xmas Party</b></p>			<p><b>Leader/contact</b></p>
<p><b>Sat: 31 Jan 2026</b></p> <p>Start 10am</p> <p>Walk id 105</p>	<p>Meet on Pentwyn Road, Opposite water board, Quakers Yard</p> <p>Grid Ref: ST 10326 95685 GPS: 51°39'10"N , 003°17'51"W W3W: texted.deflection.regarding</p> <p><a href="#">Click here to view photo's</a></p>	<p><a href="#">A walk through Quakers Yard, Llanfabon, Nelson &amp; Trelewis</a></p> <p>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 parallel to the main road and 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.</p>	7	Moderate	<p><b>Peter Cawley 07368102717</b> <b>peter-cawley@sky.com</b></p>

Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<p><b>Sat: 7 Feb 2026</b></p> <p>Start 10am</p> <p>Walk id 106</p>	<p>Sobell Leisure Centre car park, Aberdare</p> <p>Grid Ref: SO 0072 0260 GPS: 51.713315 , -3.4383960 W3W: resort.slips.slide</p> <p><a href="#">Click here to view photo's</a></p>	<p><u><a href="#">Aberdare to Mountain Ash and return</a></u></p> <p>From the Sobell car park, we follow Abernant Road uphill to the Rhoswhenallt Inn, to an old tramway taking us across the top of Cwmbach. We pass Cefn Pennar, going alongside the Mt Ash Golf Club, before heading downhill to Mt Ash School and Ysbyty Cwm Cynon. We stop near Pwll Waun Cynon Nature Reserve for lunch, then go alongside the A4059 before cutting through the old Phurnacite Plant to Cwmbach. We follow the Aberdare canal from Cwmbach before heading back to the Leisure Centre car park. Much of the walk is on sealed pathways and pavements. We have short stretches along roads without pavements or verges.</p>	<p>7.2</p>	<p>Moderate</p>	<p><b>Jenny Edwards 07708 815742</b> <b>jenned1956@gmail.com</b></p>
<p><b>Sat: 14 Feb 2026</b></p> <p>Start 10am</p> <p>Walk id 107</p>	<p>From the village of Llanfrynach Brecon.</p> <p>Grid Ref: SO 07485 25747 GPS:51.922530 , -3.3466988 W3W:ally.clarifies.cloud</p> <p><a href="#">Click here to view photo's</a></p>	<p><u><a href="#">Llanfrynach circular</a></u></p> <p>The walk starts from the village with a walk along a country road towards the canal. After joining the canal we will walk towards the Brynich Lock and continue along the canal with views across to the Beacons. After about 3 miles we will arrive at the theatre where we will stop for a coffee break, there are toilet facilities here also. After the break the walk will take us along side the river for a short distance, we will then cross over the bridge onto the other side. The walk will the take us across the meadows, diverting on the way onto a path through woodland after which we will have lunch looking over the fields towards the Black Mountains. After lunch we head back towards the village, passing over a wooden bridge looking at the snow drops on the way. As we head over the fields there are amazing views of the beacons. There are no stiles on this walk and it is flat all the way.</p>	<p>7</p>	<p>Moderate</p>	<p><b>Morfydd Jenkins 07949 950018</b> <b>morfyddjenkins@hotmail.com</b></p>

Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<p><b>Sat: 21 Feb 2026</b></p> <p>Start 10am</p> <p>Walk id 108</p>	<p>St Gwynno forestry car park</p> <p>Grid Ref: ST 03262 95839 GPS: 51°39'11"N , 003°23'59"W W3W: park.wanting.cornfield</p> <p><a href="#">Click here to view photo's</a></p>	<p><a href="#">Llanwonno and St Gwynno</a></p> <p>From the car park, we head to the top of the ridge to enjoy the spectacular views over the Rhondda Valley. Passing through Llanwonno we walk to Daerwynno outdoor centre and on to go through St Gwynno forest. No stiles and mainly forestry tracks with the occasional woodland.</p>	6	Moderate	<p><b>Alan Hancox 07901 576703</b> <b>alan_h_ramblers@aol.com</b></p>
<p><b>Sat: 28 Feb 2026</b></p> <p>Start 10am</p> <p>Walk id 109</p>	<p>Layby on A470 next to Lwyn onn Reservoir</p> <p>Grid Ref: SO 00864 12410 GPS: 51.801517 , -3.439114 W3W: crouch.topping.replying</p> <p><a href="#">Click here to view photo's</a></p>	<p><a href="#">Llwyn-onn &amp; Garwnant</a></p> <p>We start the walk at the layby on the A470 (just before the turning to Garwnant centre). We follow the nature trail along the reservoir. Then turn onto the road bridge and pass Garwnant centre. We then take a meandering path beside the river into the forest. We stop for lunch at the top of the hill and continue on the forest paths onto farmland with views. We pass an old farm and follow a narrow lane, before crossing the weir and following the nature trail back to the layby.</p>	7	Moderate	<p><b>Hilda Moriarty 07572 455593</b> <b>HildyMority333@outlook.com</b></p>
<p><b>Sat: 7 Mar 2026</b></p> <p>Start 10am</p> <p>Walk id 110</p>	<p>Maryport Street North Car Park, Usk, NP15 1BQ</p> <p>Grid Ref: SO 37628 00784 GPS: 51.70232, -2.90394 W3W: timing.senders.maternal</p> <p><a href="#">Click here to view photo's</a></p>	<p>Usk Figure of Eight</p> <p>From the Maryport Street North Car Park we head out of Usk in a north easterly direction passing Usk Castle. The route takes us through farmland and woods until we drop back down to walk alongside the River Usk. After walking a short distance through Usk we cross the bridge and walk in a westerly direction through farmland and skirting Pant y Cwcw Wood. We cross the bridge once again and retrace our steps to the car park.</p> <p>Following the recent heavy rain there are muddy sections to the walk and the use of walking poles is advised. Due to livestock and game bird feeding areas throughout the majority of the route dogs will need to be kept on a short lead. There are 6 well maintained stiles, with dog gates, on the route.</p>	7.5	Moderate	<p><b>Derek Jones 07901 338989</b> <b>wderekjones@hotmail.com</b></p>

Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<p><b>Sat: 14 Mar 2026</b></p> <p>Start 10am</p> <p>Walk id 111</p>	<p>Car park Keepers Pond Blaenavon.</p> <p>Grid Ref: SO 25400 10701 GPS: 51.78997, -3.08299 W3W: asserts.upsetting.anchorman</p> <p><a href="#">Click here to view photo's</a></p>	<p>Keepers Pond Blaenavon</p> <p>From the car park we have a slight rise onto the rim of the ridge of the industrial waste from the Blaenavon ironworks, this is a protected national heritage site.</p> <p>From the top on a fine day we will be able to see the channel.</p> <p>We will walk along the ridge with views over the Usk valley and the Black Mountains beyond. Descending from the ridge we will stop for a break by the ruins of an old farm, which overlooks the heads of the valley road. The walk will then take us along a road which is now closed to traffic onto the quarry entrance. We will then follow the old tramway path at the end of which we will have lunch. Continuing our walk we will have spectacular views towards the Malvern Hills. We will be walking over 1000ft, if it is cold warm clothes are recommended and good walking boots.</p>	7	Easy	<p><b>Morfydd Jenkins 07949 950018</b> <b>morfyddjenkins@hotmail.com</b></p>
<p><b>Sat: 21 Mar 2026</b></p> <p>Start 10am</p> <p>Walk id 112</p>	<p>Dinas Rock Car park, Pontneathvaughn</p> <p>Grid Ref: SN 91197 07940 GPS: 51.75955, -3.57784 W3W: seeing.waving.sprawls</p> <p><a href="#">Click here to view photo's</a></p>	<p>Dinas Rock / Foel circular</p> <p>From Dinas Rock, we pass the 'Waterfall Country Pods' to join a path taking us over a tributary of the River Mellte before a steady climb towards Moel Penderyn (the Foel). A visit to the trig point is not planned. From the stile at the Foel, we follow a fairly steep, and possibly muddy, slope down to join a farm track where we stop for morning tea. We then follow a 'waterfall country' path, taking in an optional view of Sgwd y Eira, before passing through moorland and trees, to then drop down to the River Mellte and the Gunpowder Works for lunch. It is then an easy walk back to Rinas Rock. If the weather is very poor two short, linear walks may be followed instead.</p>	6.3	Moderate	<p><b>Jenny Edwards 07708 815742</b> <b>jenned1956@gmail.com</b></p>

Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<b>Sat: 28 Mar 2026</b> Start 10am Walk id 113	Grid Ref: GPS: w3w:  Click here to view photo's			Choose an item.	<b>Alan Hancox 07901 576703</b> <b>alan_h_ramblers@aol.com</b>
<b>Sat: 4 Apr 2026</b> Start 10am Walk id 114	Grid Ref: GPS: W3W:  Click here to view photo's			Choose an item.	<b>Morfydd Jenkins 07949 950018</b> <b>morfyddjenkins@hotmail.com</b>
<b>Sat: 11 Apr 2026</b> Start 10am Walk id 115	Bargoed woodland park. CF81 8LJ  Grid Ref: ST 15421 97607 GPS: 51.670847 , -3.2244539 W3W: cities.using.woof  Click here to view photo's	<b>Bargoed &amp; Gelligaer common</b>  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	Moderate	<b>Peter Cawley 07368102717</b> <b>peter-cawley@sky.com</b>
<b>Sat: 18 Apr 2026</b> Start 10am Walk id 116	Grid Ref: GPS: w3w:			Choose an item.	<b>Caroline Kelly 07837675087</b> <b>carolinekelly57@yahoo.com</b>

Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<b>Sat: 25 Apr 2026</b> Start 10am Walk id 117	Grid Ref: GPS: w3w:			Choose an item.	<b>Martina Lewis 07483 819712</b> <b>martinalewis007@gmail.com</b>
<b>Sat: 2 May 2026</b> Start 10am Walk id 118	Grid Ref: GPS: w3w:			Choose an item.	<b>Morfydd Jenkins 07949 950018</b> <b>morfyddjenkins@hotmail.com</b>
<b>Sat: 9 May 2026</b> Start 10am Walk id 119				Moderate	<b>Hilda Moriarty 07572 455593</b> <b>HildyMORITY333@outlook.com</b>
<b>Sat: 16 May 2026</b> Start 10am Walk id 119	Grid Ref: GPS: w3w:			Choose an item.	<b>Paddy Kelly 07762 337368</b> <b>paddyk99@aol.com</b>
<b>Sat: 23 May 2026</b> Start 10am Walk id 120	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>

Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<b>Sat: 30 May 2026</b>  <b>Start 10am</b>	Grid Ref: GPS: w3w:			Choose an item.	<b>Peter Cawley 07368102717</b> <b>peter-cawley@sky.com</b>
<b>Sat: 6 June 2026</b>  <b>Start 10am</b>	Grid Ref: GPS: w3w:			Choose an item.	<b>Morfydd Jenkins 07949 950018</b> <b>morfyddjenkins@hotmail.com</b>
<b>Sat: 13 June 2026</b>  <b>Start 10am</b>	Grid Ref: GPS: w3w:	<b>Fan Y Big</b>		Choose an item.	<b>Martina Lewis 07483 819712</b> <b>martinalewis007@gmail.com</b>
<b>Sat: 20 June 2026</b>  Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 27 June 2026</b>  Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 4 July 2026</b>  Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>

Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<b>Sat: 11 July 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 18 July 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 25 July 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 1 Aug 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 8 Aug 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 15 Aug 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>

Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<b>Sat: 22 Aug 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 29 Aug 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 5 Sep 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 12 Sep 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 19 Sep 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 26 Sep 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>

Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<b>Sat: 3 Oct 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 10 Oct 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 17 Oct 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 24 Oct 2026</b> Start 10am	Grid Ref: GPS: w3w:			Choose an item.	<b>Leader/contact</b>
<b>Sat: 31 Oct 2026</b> Start 10am	Grid Ref: GPS: w3w:	<b>tba</b>		Choose an item.	<b>Leader/contact</b>
<b>Sat: 7 Nov 2026</b> Start 10am	Grid Ref: GPS: w3w:	<b>tba</b>		Choose an item.	<b>Leader/contact</b>

Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<b>Sat: 14 Nov 2026</b> Start 10am	Grid Ref: GPS: w3w:	tba		Choose an item.	Leader/contact
<b>Sat: 21 Nov 2026</b> Start 10am	Grid Ref: GPS: w3w:	tba		Choose an item.	Leader/contact
<b>Sat: 28 Nov 2026</b> Start 10am	Grid Ref: GPS: w3w:	tba		Choose an item.	Leader/contact
<b>Sat: 5 Dec 2026</b> Start 10am	Grid Ref: GPS: w3w:	tba		Choose an item.	Leader/contact
<b>Sat: 12 Dec 2026</b> Start 10am	Grid Ref: GPS: w3w:	tba		Choose an item.	Leader/contact
<b>Sat: 19 Dec 2026</b> Start 10am	Grid Ref: GPS: w3w:	tba		Choose an item.	Leader/contact

Date	Start place	Walk description	Distance in Miles	Difficulty	Leader / Contact
<b>Sat: 26 Dec 2026</b>  <b>Start 10am</b>	Grid Ref: GPS: w3w:	<b>tba</b>		Choose an item.	<b>Leader/contact</b>

- Booking is necessary, unless otherwise stated. This may be done by email or texting or phoning the walk leader
- All walks Start 10am walks are circular, unless otherwise stated.