

Merthyr Valley Summer Walks Programme

2018

Part of Glamorgan area



Date	Start	Walk	Distance	Difficulty	Contact
Tue 03/04/2018	10:00 Pont at Daf off A470 (LD3 8NL, SN988198)	<u>Pen y Fan</u> From Pant ar Daf (GPS: 51.868025N 3.470489W) we climb Pen y Fan then retire to Nant Ddu Lodge for lunch	5mi/8.1km	Strenuous	Colin Davies, 01685374702, csavermuttn@googlemail.com
Sat 07/04/2018	10:00 Crickhowell High School Car Park (NP8 1DE, SO216185)	<u>Gloch y Pibwr Circular</u> Leaving the school at (GPS: 51.860012N 3.139131W) we walk along the Beacons Way to Pen y Gloch y Pibwr and return via Crug Hywel	9mi/14.5km	Strenuous	Steve Davies, 07789 695347
Sat 07/04/2018	10:00 Barry Sidings Countryside Park, Hopkinstown (CF37 2PE, ST054908)	<u>Pontypridd & Penycoedcae</u> Starting at Barry Sidings (GPS: 51.608517N 3.366772W) we walk up to Penycoedcae to return through Pontypridd	8mi/12.9km	Moderate	Christine Gibbons, 07733545834
Sat 14/04/2018	10:00 Lay-by on A470 north of burger van stop (CF48 2HU, SO008126)	<u>Loops and Links</u> Leaving the lay-by (GPS: 51.803670N 3.439385W) we follow various paths through the forestry	7mi/11.3km	Leisurely	Sue Mason, 07887 520947, wizmason@aol.com
Sat 21/04/2018	10:00 Wern Playing Fields, Nelson (CF46 6NL, ST116954)	<u>Nelson Circular</u> From Wern Playing Fields (GPS: 51.650875N 3.278427W) we take a circular walk around Nelson	8mi/12.9km	Moderate	Gwyn Harris, 07929 727113
Sat 28/04/2018	10:00 Lay-by on right past Aberglais Inn (CF48 2TS, SO044097)	<u>Vaynor Circular</u> Leaving the start point (GPS: 51.778231N 3.386391W) we walk around Vaynor via Nany y Glais and Dolygaer	8mi/12.9km	Moderate	Gaynor Jayne, 01685 385764, gjayne@talktalk.net

Tue 01/05/2018	10:00 Merthyr Tydfil Bus Station (CF47 8BW, SO048061)	<u>Merthyr to Aberdare</u> From Merthyr Bus Station (GPS: 51.745941N 3.379608W) we walk to Aberdare and after a refreshing stop at the Market we return by bus	4mi/6.4km	Moderate	Alan Hancox, 07901576703
Sat 05/05/2018	10:00 Port Eynon Car Park (SA3 1NN, SS467851)	<u>Port Eynon & Rhossili</u> From the start (GPS: 51.544379N 4.211408W) we walk to Rhossili and return to Port Eynon by a circular route	9.5mi/15.3km	Moderate	Anthony Vallano, 07775 778639
Sat 12/05/2018	10:00 Tafarn y Garreg Car Park on A4067 (SA9 1GS, SN848171)	<u>Llyn y Fan Fawr & Llyn y Fan Fach</u> Starting at Tafarn y Garreg (GPS: 51.841043N 3.672833W) we walk up to Llyn y Fan Fawr and Llyn y Fan Fach, returning via Fan Hir	12.5mi/20.1km	Strenuous	Steve Flynn, 07968 230398
Tue 15/05/2018	18:00 Cyfarthfa Park (CF47 8RE, SO042073)	<u>Iron Trail</u> From Cyfarthfa Park (GPS: 51.756625N 3.388627W) we take an evening walk along the Iron Trail	5mi/8.1km	Leisurely	Gaynor Jayne, 01685 385764, gjayne@talktalk.net
Sat 19/05/2018	10:00 Car Park next to Brynmawr Bus Station (NP23 4NA, SO191115)	<u>Llanelly Church Circular</u> From Brynmawr Bus Station (GPS: 51.796732N 3.173789W) we proceed on a circular route around Black Rock to Llanelly Church and return	8mi/12.9km	Moderate	Rob Shott, 07976 885132
Sat 19/05/2018	10:00 Feathers Royal Hotel, Aberaeron (SA46 0AW, SN460627)	<u>Llanerchaeron Circular</u> Leaving the Feathers Royal Hotel, Aberaeron (GPS: 52.241346N 4.256161W) we walk to the Llanerchaeron Estate to return via the Coastal Path	11mi/17.7km	Moderate	Peter Cawley, 07967 735968
Sun 20/05/2018	10:00 Feathers Royal Hotel, Aberaeron (SA46 0AW, SN460627)	<u>Newquay Circular</u> Leaving Feathers Royal Hotel, Aberaeron (GPS: 52.241346N 4.256161W) we take the Coastal Path to Newquay to return by a circular route	12mi/19.3km	Moderate	Peter Cawley, 07967 735968
Sat 26/05/2018	10:00 Whistle Road Car Park, off Garn Road, Blaenavon (NP4 9SE, SO230103)	<u>Blaenavon Industrial Landscape</u> Leaving Whistle Road Car Park (GPS: 51.786495N 3.116981W) we walk past the station and circle around Blaenavon	10mi/16.1km	Moderate	Colin Davies, 01685 374702, colindavies3@sky.com

Sat 02/06/2018	10:00 Canal Car Park, Resolven (SA11 4DP, SN826030)	<u>Resolven and Neath Abbey</u> Leaving Resolven Canal Car Park (GPS: 51.713867N 3.699981W) we walk along the canal towpath. Return by bus	7.5mi/12.1km	Leisurely	Colin Davies, 01685 374702, colindavies3@sky.com
Sat 09/06/2018	10:00 Heolgerrig School Car Park (CF48 1SB, SO031059)	<u>Morlais Castle Circular</u> Leaving Heolgerrig School (GPS: 51.743852N 3.404168W) we proceed to cross the valley to Morlais Castle and return via Llwyn Onn	15mi/24.1km	Strenuous	Steve Flynn, 07968 230398
Sat 09/06/2018	10:00 Barry Sidings Countryside Park, Hopkinstown (CF37 2PE, ST054908)	<u>Pontypridd Circular</u> From Barry Sidings Countryside Park (GPS: 51.608517N 3.366772W) we take a circular route around Pontypridd	9mi/14.5km	Moderate	Christine Gibbons, 07733545834
Sat 16/06/2018	10:00 Rhymney Brewery, Blaenavon (NP4 9XG, SO241091)	<u>Blaenavon and Pontypool</u> Leaving Rhymney Brewery (GPS: 51.775859N 3.100774W) we follow dismantled railways and other tracks to Pontypool. Return by bus	10mi/16.1km	Leisurely	Alan Hancox, 07901576703
Sat 23/06/2018	10:00 Forest Coal Pit (NP7 7LN, SO284206)	<u>Bal Mawr and Bal Bach</u> From Forest Coal Pit (GPS: 51.879805N 3.040842W) we take a circular route to Bal Mawr and Bal Bach	8.5mi/13.7km	Moderate	Peter Cawley, 07967 735968
Tue 26/06/2018	10:00 Merthyr Tydfil Bus Station (CF47 8BW, SO048061)	<u>ASDA to Cefn Coed</u> Taking the bus (Nos 1, 2 or 3) from the Bus Station (GPS: 51.745941N 3.379608W) to ASDA we walk on two long distance trails to reach a pub in Cefn Coed. Return by bus	7mi/11.3km	Moderate	Alan Hancox, 07901576703
Sat 30/06/2018	10:00 Cattle Market Car Park, Blestium Street, Monmouth (NP25 5EY, SO505124)	<u>Monmouth and the Kymin</u> From the car park (GPS: 51.808487N 2.718645W) we cross the River Wye following it southwards to the English Border before ascending to the Kymin.	7.5mi/12.1km	Moderate	Elaine Lewis, 07789174000, elewis@talktalk.net
Sat 07/07/2018	10:00 Pontfaen, Llanbedr (NP8 1SR, SO238203)	<u>Full Llanbedr Horseshoe</u> for Pontfaen (GPS: 51.876498N 3.107589W) we traverse the full Llanbedr Horseshoe	17mi/27.4km	Strenuous	Steve Davies, 07789 695347

Sat 07/07/2018	10:00 Craig y Dinas Car Park, Pontneathvaughan (SA11 5NU, SN911079)	<u>Waterfall Country</u> From Craig y Dinas (GPS: 51.759622N 3.578535W) we walk around the waterfalls including behind Sgwrdd yr Eira	8mi/12.9km	Moderate	Alistair Sloan, 07484 291136, alistair.sloan654@btinternet.com
Tue 10/07/2018	10:00 Mayor's Square, Heolgerrig (CF48 1TE, SO029059)	<u>Mountain Ash</u> From Mayor's Square (GPS: 51.743817N 3.407064W) we walk to Mountain Ash and take lunch at the Bowls Club. Return by bus.	5mi/8.1km	Moderate	Colin Davies, 01685374702, csavermuttn@googlemail.com
Sat 14/07/2018	10:00 Ogmoredy Sea Beach Car Park (fee) (CF32 0PD, SS862756)	<u>Ogmoredy Circular</u> At the start (GPS: 51.468349N 3.639007W) we walk inland then to Dunraven Bay for return on the Coastal Path	8mi/12.9km	Moderate	Ian Hammond, 07830 520952
Sat 21/07/2018	10:00 Car Park by Brynmawr Bus Station (NP23 4EL, SO191116)	<u>Brynmawr to Abergavenny</u> From Brynmawr Bus Station (GPS: 51.797630N 3.173812W) we follow disused railway lines and other tracks to Abergavenny. Return by bus	10mi/16.1km	Moderate	Alan Hancox, 07901576703
Sat 28/07/2018	10:00 Taffs Well Park & Ride (CF15 7YF, ST125831)	<u>Caerphilly Mountain and Craig yr Allt</u> From Taffs Well Park and Ride (GPS: 51.540449N 3.262351W) we climb through Forest Fawr to Craig yr Allt and Caerphilly Mountain	7.5mi/12.1km	Moderate	Christine Neagle, 07974 687805
Sat 04/08/2018	10:00 Dragons Back Car Park (LD3 0EP, SO173296)	<u>Dragons Back Circular</u> From the car park (GPS: 51.959167N 3.204224W) we take a circular walk including Waun Fach, Pen y Gadlar and MacNamaras Road	11.5mi/18.5km	Strenuous	Gwyn Harris, 07929 727113
Sat 04/08/2018	10:00 Eastbrook Railway Station (CF64 4PJ, ST162716)	<u>Salmon's Leap</u> From Eastbrook Railway Station (GPS: 51.437632N 3.206281W) we take a circular walk to the Salmon's Leap and St Michael Le Pit	8mi/12.9km	Moderate	Carol Britton, 07733 545834
Tue 07/08/2018	10:00 Garwnant Forestry Centre (parking fee) (CF48 2HU, SO003131)	<u>Loops 7 links</u> From Garwnant Forestry Centre (GPS: 51.808075N 3.446778W) we wander on the hillside and through the forestry	4.5mi/7.2km	Leisurely	Sue Mason, 07887 520947, wizmason@aol.com

Sat 11/08/2018	10:00 B&Q Car Park, Cyfarthfa (CF48 1ER, SO037067)	<u>Pontsticill Circular</u> From B&Q Car Park (GPS: 51.751146N 3.395702W) we walk to Pontsticill to return along the tramroad	10mi/16.1km	Moderate	Alan Hancox, 07901576703
Sat 18/08/2018	10:00 Llanfoist Crossing Car Park (NP7 9LX, SO286133)	<u>Blorenge Circular</u> From Llanfoist Crossing (GPS: 51.814207N 3.036429W) we take a circular route including the Punch Bowl and Keepers Pond	8.5mi/13.7km	Moderate	Peter Cawley, 07967 735968
Sat 25/08/2018	10:00 Bargoed Woodland Car Park, Pengam (NP12 3XY, ST154976)	<u>Rhymney Valley Circular (Part 2)</u> From the car park (GPS: 51.671236N 3.224047W) we take a circular walk in the Rhymney Valley	9mi/14.5km	Moderate	Andrew Richards, 01443 833719, ajeffreyrichards@yahoo.co.uk
Sat 01/09/2018	10:00 Upper Neuadd Car Park (CF48 2UT, SO036170)	<u>Four Peaks</u> From Upper Neuadd (GPS: 51.843709N 3.400016W) we climb to the Pen y Fan horseshoe and return via Torpantau Station	11mi/17.7km	Strenuous	Gwyn Harris, 07929 727113
Sat 01/09/2018	10:00 Parc Taf Bargoed, Trelewis (CF46 6AR, ST102976)	<u>Bedlinog Mountain Circular</u> From the car park (GPS: 51.670428N 3.299222W) we take a circular walk around Bedlinog Mountain	6.5mi/10.5km	Moderate	Sandra Davies, 07507 696978, sandradavies09@aol.com
Tue 04/09/2018	19:00 Dwr Cymru Offices, Nelson (CF46 6LY, ST103956)	<u>Nelson, Treharris, Trelewis Circular</u> From Dwr Cymru Offices (GPS: 51.652466N 3.297263W) we take a circular route around Nelson, Treharris and Trelewis	4.5mi/7.2km	Moderate	Peter Cawley, 07967 735968
Sat 08/09/2018	10:00 Symonds Yat Rock Forestry Car Park (GL16 7NZ, SO562156)	<u>The Slaughter & The Suck Stone</u> From the car park (GPS: 51.837733N 2.636381W) we go to the viewpoint, then descend to The Slaughter. A short climb to The Suck Stone is followed by return through the forest	8mi/12.9km	Moderate	Elaine Lewis, 07789174000, elewis@talktalk.net
Sat 15/09/2018	10:00 near Junction of Turnpike Lane and Millbrook, Dinas Powys (CF64 4HH, ST154716)	<u>Dinas Powys, Ely and Leckwith</u> From Turnpike Lane (GPS: 51.437513N 3.217788W) we take a circular walk to Leckwith and along the River Ely	7.5mi/12.1km	Moderate	Christine Neagle, 07974 687805

Sat 22/09/2018	10:00 Taffs Well Park & Ride (CF15 7YF, ST125832)	Cosmeston Lake and Cardiff Bay We take the train at Taffs Well (GPS: 51.541348N 3.262376W) for this coastal walk through Cosmeston, Penarth and Cardiff Bay	10mi/16.1km	Leisurely	Andrew Richards, 01443 833719, ajeffreyrichards@yahoo.co.uk
Sat 29/09/2018	10:00 Brecon Beacons Visitor Centre, Libanus (LD3 8ER, SN978263)	Fan Frynach Circular From the Mountain Centre (GPS: 51.926263N 3.486935W) we take a circular walk to Fan Frynach via Craig Cerrig and Cwm Du	10mi/16.1km	Moderate	Alistair Sloan, 07484 291136, alistair.sloan654@btinternet.com

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