

Merthyr Valley Summer Walks Programme

2019

Part of Glamorgan area



Date	Start	Walk	Distance	Difficulty	Contact
Sat 06/04/2019	10:00 Taffs Well Park & Ride (CF15 7RN, ST125832)	<u>Cardiff Central to Taff's Well</u> At Taffs Well (GPS: 51.541348 -3.262376) we catch the train to Cardiff, to then walk back along the Taff Trail with a diversion into Llandaff	7.5mi/12.1km	Leisurely	Huw Jones, 07887 861016
Tue 09/04/2019	10:00 Duffryn House, St. Nicholas (CF5 6SW, ST096726)	<u>Duffryn House Circular</u> From Duffryn House (GPS:51.445606 - 3.301464) we take a stroll around the surrounding area	5.5mi/8.8km	Moderate	Christine Gibbons, 07733545834
Sat 13/04/2019	10:00 Mountain Centre, Libanus (LD3 8ER, SN977262)	<u>Fan Frynach, Craig Cerrig & Cwm Du</u> From the Mountain Centre (GPS: 51.925346 -3.488359) we take a circular route taking in Cwm Du, Craig Cerrig and Fan Frynach.	8mi/12.9km	Moderate	Alistair Sloan, 07963152584, alistair.sloan654@ btinternet.com
Sat 27/04/2019	10:00 Talgarth Village Car Park (LD3 0PE, SO153337)	<u>Rhos Fawr and Pwll y Wrach Falls</u> From the car park(GPS: 51.995719 - 3.234336) we take a circular route up to Rhos Fawr Common, returning via Pwll y Wrach.	8mi/12.9km	Moderate	Christine Sloane, 07768 107496
Tue 30/04/2019	10:00 Car Park opposite Community Centre (CF48 2NA, SO032080)	<u>Cefn Coed Circular</u> From the car park (GPS: 51.762745 - 3.403305) we take a circular route via the Taff Trail and Taf Fechan Nature Reserve.	6mi/9.7km	Moderate	Dave Rhodes, 01685 373607
Sat 04/05/2019	10:00 Thornecombe Road Car Park, Blackwood (£2 fee) (NP12 1AP, ST176968)	<u>Mynyddislwyn Circular</u> From the car park (GPS: 51.664372 - 3.192052) we follow a circular route to Mynyddislwyn Church and return	8mi/12.9km	Moderate	Andrew Richards, 01443 833719, ajeffreyrichards@ yahoo.co.uk

Tue 07/05/2019	10:00 Mountain Centre, Libanus (LD3 8ER, SN978263)	<u>Mynydd Illtud Circular</u> From the Mountain Centre (GPS: 51.926263 -3.486935) we take a circular route across Mynydd Illtud Common and on to Twyn y Gaer Iron Age Fort. Followed by refreshments at the Centre	6mi/9.7km	Moderate	Sue Mason, 07887 520947, wizmason@aol.com
Sat 11/05/2019	10:00 Black Hill Car Park near Longtown (HR2 0NL, SO288328)	<u>Black Hill to Hay Bluff</u> From the car park (GPS: 51.989526 - 3.037560) we take a circular route along the Cats Back to Hay Bluff, returning along Offas Dyke via the Olchon Valley	9mi/14.5km	Moderate	Derek Jones, 07901 338989
Tue 14/05/2019	10:00 Keepers Pond, Blaenafon (NP4 9SR, SO254107)	<u>Mynydd y Garn Fawr</u> From Keepers Pond (GPS: 51.790417 - 3.082280) we take a circular walk that includes Mynydd y Garn Fawr	5mi/8.1km	Moderate	Christine Gibbons, 07733545834
Sat 18/05/2019	10:00 Aberaeron (SA46 0AR, SN458628)	<u>To be confirmed</u> Weekend away at Aberaeron. Walk details on the day	8mi/12.9km	Moderate	Peter Cawley, 07967 735968
Sun 19/05/2019	10:00 Aberaeron (SA46 0AR, SN458628)	<u>To be confirmed</u> Weekend away in Aberaeron. Walk details on the day	8mi/12.9km	Moderate	Peter Cawley, 07967 735968
Sat 25/05/2019	10:00 Lay-by on road between Beaufort and Llangattock (NP8 1PZ, SO183169)	<u>The Lonely Shepherd</u> From the lay-by (GPS: 51.845156 - 3.186662) we take a circular route through the Nature Reserve and along Llangattock Escarpment to the Lonely Shepherd and back	7mi/11.3km	Moderate	Rob Jones, 07949950018
Sat 01/06/2019	10:00 Lay-by to the east of Pencelli (LD3 7LX, SO095246)	<u>The Bryn above Pencelli</u> From the lay-by (GPS: 51.913009 - 3.316391) we follow a circular route through Pencelli then up to the summit of The Bryn and return	6.5mi/10.5km	Strenuous	Geoff Evans, 07545 592860
Sat 08/06/2019	10:00 Sandy Lane Car Park, Porthcawl off Mackworth Road (CF36 5BW, SS824771)	<u>Sandy Bay to Candlerston</u> From the car park (GPS:51.481303 - 3.693988) we follow a circular route via Candlerston	8mi/12.9km	Moderate	Christine Gibbons, 07733545834

Sat 15/06/2019	10:00 Llanharan Station Car Park (CF72 9PH, ST001831)	Llanharan Circular From the station (GPS: 51.538389 - 3.441092) we take an interesting circular walk around Llanharan	8.5mi/13.7km	Moderate	Christine Nagle, 07974 687805
Sat 22/06/2019	10:00 Car Park rear of Rhydycar Leisure Centre (CF48 1UT, SO050053)	Merthyr to Merthyr From the Leisure Centre (GPS:) we proceed down the Taff Trail. Return via the Trevithick Trail. There is an opportunity to get a bus back from Quakers Yard.if desired.	13mi/20.9km	Moderate	Alan Hancox, 07901576703
Tue 25/06/2019	10:15 Merthyr Tydfil Bus Station (CF47 8BW, SO048061)	ASDA to Cefn Coed From Merthyr Tydfil Bus Station (GPS: 51.745941 -3.379608) we take a No.3 bus to ASDA before walking to Cefn Coed. Return by bus or visit a pub.	7mi/11.3km	Moderate	Alan Hancox, 07901576703
Sat 29/06/2019	10:00 Monkash Beach Car Park (SS912700)	Coast & Lighthouse Walk From Monkash Beach (GPS:51.418999 - 3.565331) we take a route passing Cwm Nash, Nash Point, Atlantic College and St Donata Castle and Church	8.5mi/13.7km	Moderate	Derek Jones, 07901 338989
Sat 06/07/2019	10:00 Cambrian Lakeside Café CF40 2XX (CF40 2XX, SS983926)	Various Glamorgan Area Walks from Cambrian Lakeside Cafe (GPS: 51.62396 - 3.470463), contact Alistair Sloan 07484 291136 for details	9mi/14.5km	Moderate	Alistair Sloan, 07484 291136, alistair.sloan654@btinternet.com
Sat 13/07/2019	10:00 Ogmored by Sea Beach Car Park (SS862756)	Ogmored by Sea Walk From the Beach Car Park (GPS: 51.468349 -3.639007) we take a circular walk along the coast and inland.	8mi/12.9km	Moderate	Jackie James, 07971 063038
Sat 20/07/2019	10:00 Pengenffordd (LD3 0EP, SO173296)	Dragons Back - Black Mountains From Pengenffordd (GPS: 51.959167 - 3.204224) we take a circular walk onto the Dragons Back in the Black Mountains.	7.5mi/12.1km	Strenuous	Peter Cawley, 07967 735968
Sat 27/07/2019	09:30 Merthyr Tydfil Railway Station (CF47 0AG, SO050060)	Abercynon to Merthyr via Giants Bite From Merthyr Tydfil Railway Station (GPS: 51.745076 -3.376685) we take a train to Abercynon before walking back via The Giants Bite	12mi/19.3km	Strenuous	Alan Hancox, 07901576703

Sat 03/08/2019	10:00 Bargoed Park & Ride (ST151999)	<u>Darren Valley Circular</u> From Bargoed Park & Ride (GPS: 51.691866 -3.228944) we walk up the Darren Valley before venturing up to Capel Brithdir. The return is down the other side of the valley	8mi/12.9km	Moderate	Dave Powell, 07814 655346
Tue 06/08/2019	10:00 Llanfoist Crossing Car Park (SO286132)	<u>Tramway & Canal, Llanfoist</u> From Llanfoist Crossing (GPS:) we take a circular walk along the old railway line and the canal towpath	5mi/8.1km	Leisurely	Christine Sloane, 07768 107496
Sat 10/08/2019	10:00 Tredegar Terrace Car Park - next to Risca RFC (ST238904)	<u>Fourteen Locks Canal Centre</u> From the Car Park (GPS: 51.607714 - 3.101034) we walk down the canal to the Fourteen Locks, returning by a circular route	9mi/14.5km	Moderate	Andrew Richards, 01443 833719, ajeffreyrichards@yahoo.co.uk
Sat 24/08/2019	10:00 Isfryn Industrial Estate (SN16 9LX, ST938868)	<u>Dimbath & Ogwr Valley</u> From the Industrial Estate (GPS: 51.580476 -2.090149) we take a circular route along the Dimbath and the Ogwr	8.5mi/13.7km	Moderate	Christine Nagle, 07974 687805
Tue 27/08/2019	10:00 Red Cow Inn, Pontsticill (SO057113)	<u>Pontsticill Reservoir Circular</u> From the Red Cow Inn (GPS: 51.792834 - 3.367989) we set out to circumnavigate Pontsticill Reservoir	5mi/8.1km	Moderate	Alistair Sloan, 07484 291136, alistair.sloan654@btinternet.com
Sat 31/08/2019	10:00 Tafarn Ty Uchaf, Trefil (NP22 4ET, SO119129)	<u>Chartist Cave</u> From Tafarn Ty Uchaf (GPS:51.808227 - 3.278523) we walk onto the common taking a circular route to the famed Chartist Cave	7mi/11.3km	Moderate	Rob Jones, 07949950018
Sat 07/09/2019	10:00 Barry Siding Countryside Park, Hopkinstown (ST050908)	<u>Pontypridd Circular</u> From Barry Sidings (GPS: 51.608450 - 3.372547) we ascend to Penycoedcae returning via Ynyshangharad Park	8mi/12.9km	Moderate	Christine Gibbons, 07733545834
Sat 14/09/2019	10:00 Babbington Centre, Trellech (SO501050)	<u>Trellech Circular</u> From the car park (GPS: 51.741923 - 2.723381) we pass standing stones, waterfalls and woodland on our circular walk	8.5mi/13.7km	Moderate	Alan Hancox, 07901576703

Tue 17/09/2019	10:00 Lay-by to east of Pencelli (LD3 7LX, SO095246)	Pencelli Circular From the lay-by (GPS: 51.913009 - 3.316391) we take a circular route around Pencelli	7mi/11.3km	Moderate	Geoff Evans, 07545 592860
Sat 21/09/2019	10:00 Taffs Well Park & Ride (CF15 7RN, ST125832)	Cardiff Bay From Taffs Well Park & Ride (GPS: 51.541348 -3.262376) we take the train to Cardiff Bay (change at Queens Street) for a walk around Cardiff Bay. Return by train.	6mi/9.7km	Leisurely	Huw Jones, 07887 861016
Sat 28/09/2019	10:00 Llanfrynach Village (LD3 7BJ, SO074256)	Llanfrynach - Brecon - Llanfrynach From Llanfrynach (GPS: 51.921652 - 3.347181) we walk to Brecon via Cantref to return along the river / canal	7mi/11.3km	Moderate	Rob Jones, 07949950018

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