

## Merthyr Valley Summer Walks Programme

2019

Part of Glamorgan area



Date	Start	Walk	Distance	Difficulty	Contact
Tue 14/05/2019	10:00 Keepers Pond, Blaenafon (NP4 9SR, SO254107)	<b><u>Mynydd y Garn Fawr</u></b> 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 Main Car Park, Aberaeron near Fire Station (£4.00 per day) (SA46 0JA, SN458630)	<b><u>Aberaeron and Aberarth</u></b> A circular walk from the car park (GPS: 52.24398 -4.259224) to Aberarth via Llanerchaeron	8mi/12.9km	Leisurely	Peter Cawley, 07967 735968
Sun 19/05/2019	10:00 Council Car Park, Hill Street, Newquay, near Lifeboat Station and Doctors (SA45 9PN, SN387598)	<b><u>New Quay via Cwmttydu and Byrlip</u></b> From the start point (GPS: 52.213205 - 4.361596) we take a circular walk via Cwmttydu (lunch next to beach) and Byrlip	7.5mi/12.1km	Strenuous	Peter Cawley, 07967 735968
Mon 20/05/2019	10:00 Penrhos Hotel, Llanrhystud (SY23 5AY, SN547698)	<b><u>Llanrhystud to Llanon</u></b> From the Penrhos Hotel (GPS: ) we follow a circular route to Llanon and return	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)	<b><u>The Lonely Shepherd</u></b> 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)	<b><u>The Bryn above Pencelli</u></b> 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)	<b><u>Sandy Bay to Candlerston</u></b> 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)	<b><u>Llanharan Circular</u></b> 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)	<b><u>Merthyr to Merthyr</u></b> 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)	<b><u>ASDA to Cefn Coed</u></b> 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 Monknash Beach Car Park (SS912700)	<b><u>Coast &amp; Lighthouse Walk</u></b> From Monknash 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)	<b><u>Various</u></b> 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
Tue 09/07/2019	10:00 Eastbrook Railway Station Car Park (CF64 4DQ, ST162716)	<b><u>Dinas Powys Circular</u></b> From Eastbrook Station (GPS 51.437632 - 3.206281) we take a circular route through Dinas Powys and the surrounding area.	5mi/8.1km	Moderate	Carol Britton, 07968 649627
Sat 13/07/2019	10:00 Ogmore by Sea Beach Car Park (SS862756)	<b><u>Ogmore by Sea Walk</u></b> 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 Pengefnordd (LD3 0EP, SO173296)	<b><u>Dragons Back - Black Mountains</u></b> From Pengefnordd (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
Tue 23/07/2019	10:00 Portobello House, Ogmored by Sea (CF32 0PA, SS872762)	<b><u>Ogmored by Sea Circular</u></b> From Portobello House (GPS: 51.473942 - 3.624808) we take a circular route along the coast and inland.	6mi/9.7km	Moderate	Carol Britton, 07968 649627
Sat 27/07/2019	10:00 Isfryn Industrial Estate (SN16 9LX, ST938868)	<b><u>Dimbath &amp; Ogwr Valley</u></b> 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
Sat 03/08/2019	10:00 Bargoed Park & Ride (ST151999)	<b><u>Darren Valley Circular</u></b> 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)	<b><u>Tramway &amp; Canal, Llanfoist</u></b> 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)	<b><u>Fourteen Locks Canal Centre</u></b> 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	09:30 Merthyr Tydfil Railway Station (CF47 0AG, SO050060)	<b><u>Abercynon to Merthyr via Giants Bite</u></b> 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
Tue 27/08/2019	10:00 Red Cow Inn, Pontsticill (SO057113)	<b><u>Pontsticill Reservoir Circular</u></b> 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)	<b>Chartist Cave</b> 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)	<b>Pontypridd Circular</b> 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 (NP25 4PA, SO500055)	<b>Trellech Circular</b> From the car park (GPS: 51.74664 - 2.7244) 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)	<b>Pencelli Circular</b> 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)	<b>Cardiff Bay</b> 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)	<b>Llanfrynach - Brecon - Llanfrynach</b> 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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