

Merthyr Valley Summer Walks Programme

2018

Part of Glamorgan area



Date	Start	Walk	Distance	Difficulty	Contact
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 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	Ramblers Member, postmaster@ merthyrramblers.org.uk
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	Ramblers Member, postmaster@merthyrramblers.org.uk
Sat 14/07/2018	10:00 Ogmored by Sea Beach Car Park (fee) (CF32 0PD, SS862756)	<u>Ogmored 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	Ramblers Member, postmaster@merthyrramblers.org.uk
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 & 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
Tue 21/08/2018	10:00 Lay-by at North End of Pontsticill Reservoir (CF48 2UR, SO055143)	<u>Pontsticill & Ystad Stone</u> From the lay-by (GPS: 51.819765N 3.371706W) we walk up to the Ystad Stone and return	6mi/9.7km	Moderate	Alistair Sloan, 07484 291136, alistair.sloan654@btinternet.com
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	Ramblers Member, postmaster@merthyrramblers.org.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
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
Tue 18/09/2018	11:00 Red Lion Inn, Heolgerrig (CF48 1SR, SO031060)	<u>Heolgerrig Circular</u> From Red Lion Inn (GPS: 51.744751N 3.404196W) we take a circular walk to the south of Heolgerrig	5mi/8.1km	Moderate	Alistair Sloan, 07484 291136, alistair.sloan654@btinternet.com
Sat 22/09/2018	10:00 Taffs Well Park & Ride (CF15 7YF, ST125832)	<u>Cosmeston Lake and Cardiff Bay</u> 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	Ramblers Member, postmaster@merthyrramblers.org.uk
Sat 29/09/2018	10:00 Brecon Beacons Visitor Centre, Libanus (LD3 8ER, SN978263)	<u>Fan Frynach Circular</u> 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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