




Merthyr Valley Group
Current Walks Programme 2024
Part of Glamorgan Area



Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 06 Jan 2024 Walk Id:		tba			Morfydd Jenkins morfyddjenkins@hotmail.com
Sat: 13 Jan 2024 Walk Id: 100191876	10:00 am Parc Taff Bargoed car park, TreharrisGrid ref: ST 10224 97632 GPS: 51.670266, -3.2995892 w3w: timidly.will.truckload	Ynys Owen - Merthyr Vale hidden gem We start off leisurely along the banks of the river taff to Quakers Yard station. We then do a dogleg through Quakers Yard to Treharris Park onto the drovers road up to and through Penbwlcha and Ynys Owen with its amazing low level views, This area is heavily wooded with various traditional long house farms and was known as Owain Glyndwr's riverside meadow. We turn the corner here and make our way back via a footpath that runs along side Tir Lan farm and back to Parc Taf Bargoed car park. One fairly steep climb through Treharris Park. Whilst walking over Ynys Owen, dogs will need to be kept on a lead as last time there were loads of cows, but it is open land. There is a coffee shop, if wanted 1 mile along the banks of the lake	8 miles / 12.8 km		Christine Gibbon 07733 545834



Easy Access



Easy



Leisurely



Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 20 Jan 2024 Walk Id:		Christmas dinner			
Sat: 27 Jan 2024 Walk Id:		tba			Peter Cawley 07967 735968 Peter-cawley@sky.com
Sat: 03 Feb 2024 Walk Id:		tba			
Sat: 10 Feb 2024 Walk Id:		tba			
Sat: 17 Feb 2024 Walk Id:		tba			
Sat: 24 Feb 2024 Walk Id:		tba			
Sat: 02 Mar 2024 Walk Id:		tba			
Sat: 09 Mar 2024 Walk Id:		tba			
Sat: 16 Mar 2024 Walk Id:		tba			



Easy Access



Easy



Leisurely



Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 23 Mar 2024 Walk Id:		tba			
Sat: 30 Mar 2024 Walk Id:		tba			
Sat: 06 Apr 2024 Walk Id:		tba			
Sat: 13 Apr 2024 Walk Id:		tba			
Sat: 20 Apr 2024 Walk Id:		tba			
Sat: 27 Apr 2024 Walk Id:		tba			
Sat: 04 May 2024 Walk Id:		tba			
Sat: 11 May 2024 Walk Id:		tba			
Sat: 18 May 2024 Walk Id:		tba			



Easy Access



Easy



Leisurely



Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 24 May 2024 Walk Id:		Lynton and Lynmouth weekend			
Sat: 25 May 2024 Walk Id:		Lynton and Lynmouth weekend			
Sat: 26 May 2024 Walk Id:		Lynton and Lynmouth weekend			
Sat: 27 May 2024 Walk Id:		Lynton and Lynmouth weekend			
Sat: 01 Jun 2024 Walk Id:		tba			
Sat: 08 Jun 2024 Walk Id:		tba			
Sat: 15 Jun 2024 Walk Id:		tba			
Sat: 22 Jun 2024 Walk Id:		tba			
Sat: 29 Jun 2024 Walk Id:		tba			



Easy Access



Easy



Leisurely



Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 06 Jul 2024 Walk Id:		tba			
Sat: 13 Jul 2024 Walk Id:		tba			
Sat: 20 Jul 2024 Walk Id:		tba			
Sat: 27 Jul 2024 Walk Id:		tba			
Sat: 03 Aug 2024 Walk Id:		tba			
Sat: 10 Aug 2024 Walk Id:		tba			
Sat: 17 Aug 2024 Walk Id:		tba			
Sat: 24 Aug 2024 Walk Id:		tba			
Sat: 31 Aug 2024 Walk Id:		tba			



Easy Access



Easy



Leisurely



Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 07 Sep 2024 Walk Id:		tba			
Sat: 14 Sep 2024 Walk Id:		tba			
Sat: 21 Sep 2024 Walk Id:		tba			
Sat: 28 Sep 2024 Walk Id:		tba			
Sat: 05 Oct 2024 Walk Id:		tba			
Sat: 12 Oct 2024 Walk Id:		tba			
Sat: 19 Oct 2024 Walk Id:		tba			
Sat: 26 Oct 2024 Walk Id:		tba			
Sat: 02 Nov 2024 Walk Id:		tba			



Easy Access



Easy



Leisurely



Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 09 Nov 2024 Walk Id:		tba			
Sat: 16 Nov 2024 Walk Id:		tba			
Sat: 23 Nov 2024 Walk Id:		tba			
Sat: 30 Nov 2024 Walk Id:		tba			
Sat: 07 Dec 2024 Walk Id:		tba			
Sat: 14 Dec 2024 Walk Id:		tba			
Sat: 21 Dec 2024 Walk Id:		tba			
Sat: 28 Dec 2024 Walk Id:		tba			

NOTES:

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



Easy Access



Easy



Leisurely



Moderate



Strenuous



Technical