

Walks through the year 2026

Click on the walk title to see the OS route (Subscription required)

January 2026

[Penderyn Circular via Sgwd yr Eira water fall.](#)

[A walk through Quakers Yard, Llanfabon, Nelson & Trelewis](#)

February 2026

[Aberdare to Mountain Ash and return](#)

[Llanfrynach circular](#)

[Llanwonno and St Gwynno](#)

[Llwyn-onn & Garwnant](#)

March 2026

[Usk Figure of Eight](#)

[Keepers Pond Blaenavon](#)

[Dinas Rock / Foel circular](#)

[Ynysowen Circular](#)

April 2026

[Walk in the shadow of Skirrid Fawr](#)

[Bargoed & Gelligaer common](#)

[link](#)

May 2023

June 2023

July 2023

August 2023

September 2023

October 2023

November 2023

December 2023

Merthyr Valley Group

<https://www.merthyrramblers.org.uk>

Take a journey of all of our walks through 2026

Moderate 5.5 Miles

[Penderyn Circular via Sgwd yr Eira water fall.](#)

Start - St. Cynogs Church car park Penderyn

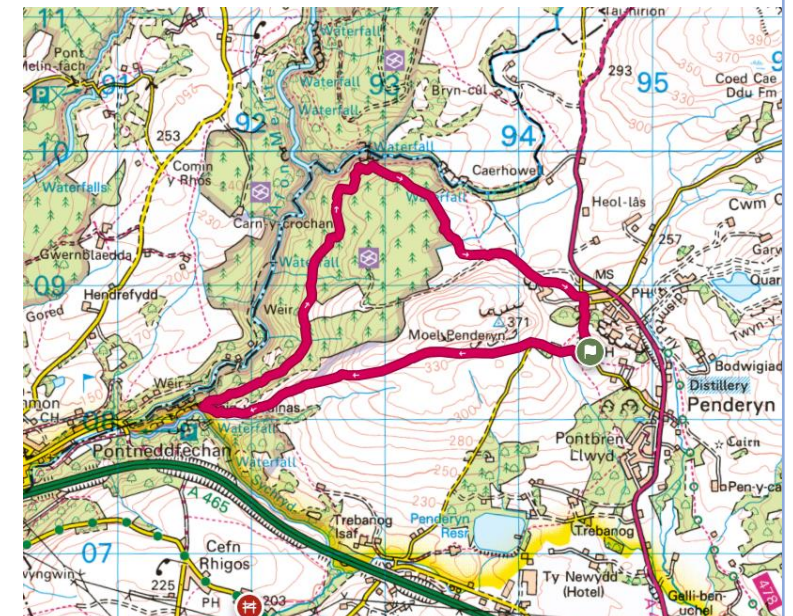


Grid Ref: SN 94533 08502

GPS:51.765232 , -3.5297052

W3W: microchip.tickling.influence

Starting at the car park, we will walk over the old drovers path overlooking the Neath valley. This will take us down towards the Dinas Rock. We will proceed up the valley towards the fall. Time will be taken for those who wish to descend to view the water fall. Lunch will then be taken. We will return to Penderyn where those of us who wish can part take in the Red Lion



Moderate 7 Miles



A walk through Quakers Yard, Llanfabon, Nelson & Trelewis

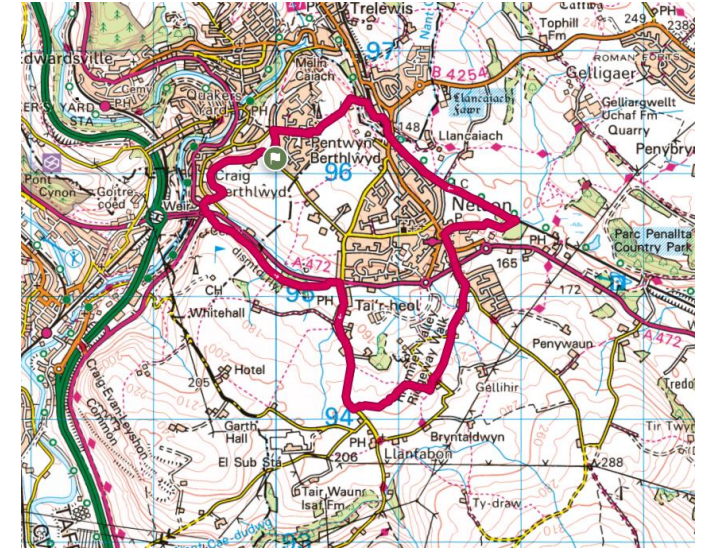
Grid Ref: SN 94533 08502

GPS: 51.765232 , -3.5297052

W3W: microchip.tickling.influence

From the water board in Quakers Yard we walk through the woods to Fiddlers elbow roundabout then up through Cynon cemetery and follow a track which takes us parallel to the main road and down into Llanfabon. We walk up the road until we pick up the Rhumney valley ridgeway path which takes us down into Nelson. We cross the railway line onto the cycle path 47 which takes us into Trelewis, then through some fields (cows present) and back to quakers yard. Dogs will need to be on leads a lot of the time due to walks on lanes and live stock present

Start - Pentwyn Road, Opposite water board, Quakers Yard.



Moderate 7.2 Miles



Aberdare to Mountain Ash

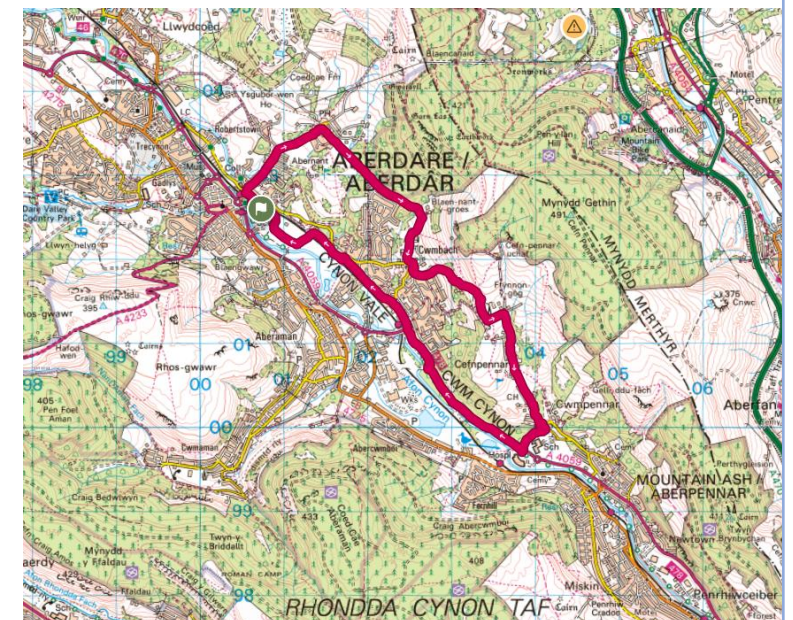
Grid Ref: SO 0072 0260

GPS: 51.713315 , -3.4383960

W3W: resort.slips.slide

From the Sobell car park, we follow Abernant Road uphill to the Rhoswhenallt Inn, to an old tramway taking us across the top of Cwmbach. We pass Cefn Pennar, going alongside the Mt Ash Golf Club, before heading downhill to Mt Ash School and Ysbyty Cwm Cynon. We stop near Pwll Waun Cynon Nature Reserve for lunch, then go alongside the A4059 before cutting through the old Phurnacite Plant to Cwmbach. We follow the Aberdare canal from Cwmbach before heading back to the Leisure Centre car park. Much of the walk is on sealed pathways and pavements. We have short stretches along roads without pavements or verges.

Start - Sobell Leisure Centre car park, Aberdare



Moderate 7 Miles



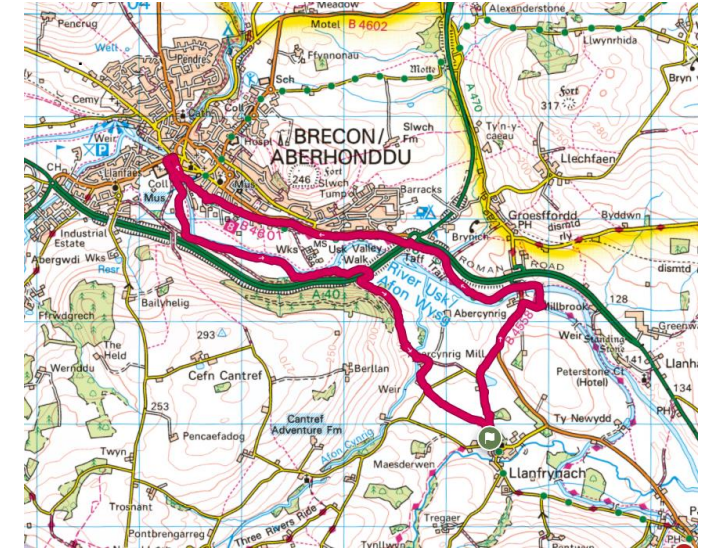
Llanfrynach circular

Grid Ref: SO 07485 25747

GPS: 51.922530 , -3.3466988 W3W: ally.clarifies.cloud

The walk starts from the village with a walk along a country road towards the canal. After joining the canal we will walk towards the Brynich Lock and continue along the canal with views across to the Beacons. After about 3 miles we will arrive at the theatre where we will stop for a coffee break, there are toilet facilities here also. After the break the walk will take us along side the river for a short distance, we will then cross over the bridge onto the other side. The walk will take us across the meadows, diverting on the way onto a path through woodland after which we will have lunch looking over the fields towards the Black Mountains. After lunch we head back towards the village, passing over a wooden bridge looking at the snow drops on the way. As we head over the fields there are amazing views of the beacons. There are no stiles on this walk and it is flat all the way.

Start - From the village of Llanfrynach Brecon.



Moderate 6 Miles



Llanwonno and St Gwynno

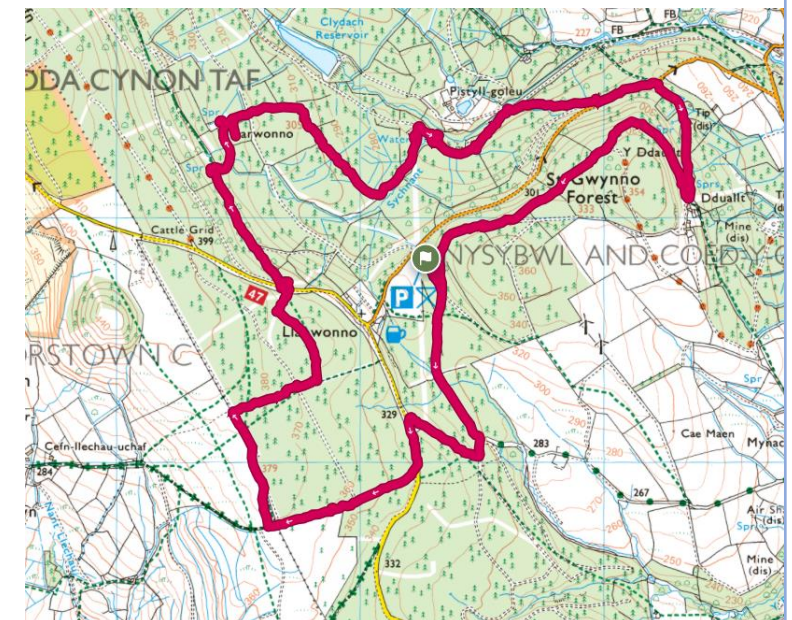
Grid Ref: ST 03262 95839

GPS: 51°39'11"N , 003°23'59"W

W3W: park.wanting.cornfield

From the car park, we head to the top of the ridge to enjoy the spectacular views over the Rhondda Valley. Passing through Llanwonno we walk to Daerwynno outdoor centre and on to go through St Gwynno forest. No stiles and mainly forestry tracks with the occasional woodland

Start - St Gwynno forestry car park



Moderate 7 Miles



Llyn-ynn & Garwnant

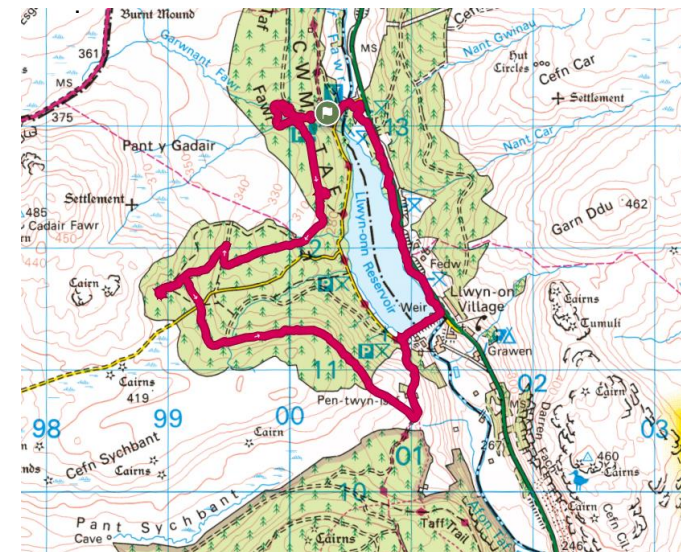
Grid Ref: SO 00864 12410

GPS: 51.801517 , -3.439114

W3W: crouch.topping.replying

We start the walk at the layby on the A470 (just before the turning to Garwnant centre). We follow the nature trail along the reservoir. Then turn onto the road bridge and pass Garwnant centre. We then take a meandering path beside the river into the forest. We stop for lunch at the top of the hill and continue on the forest paths onto farmland with views. We pass an old farm and follow a narrow lane, before crossing the weir and following the nature trail back to the layby.

Start - Layby on A470 next to Llyn-ynn Reservoir



Moderate 9.5 Miles



Usk Figure of Eight

Grid Ref: SO 37628 00784

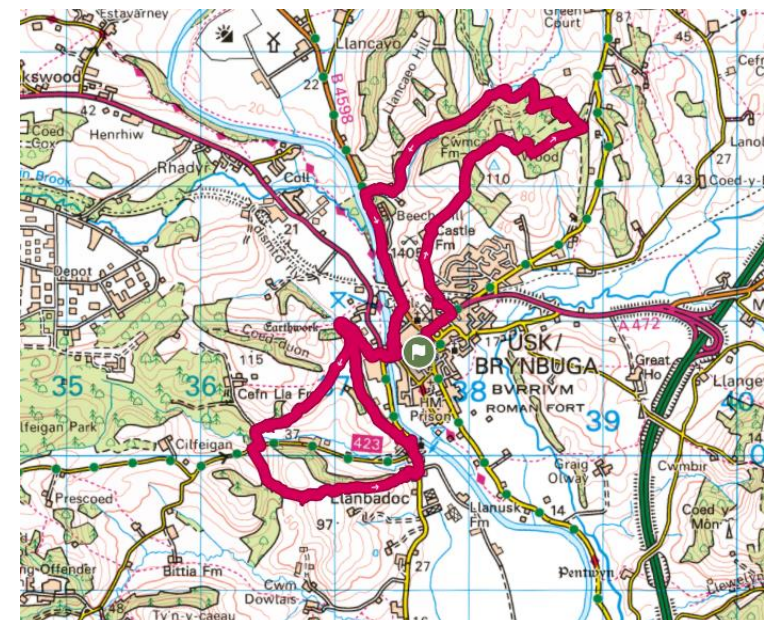
GPS: 51.70232, -2.90394

W3W: timing.senders.maternal

From the Maryport Street North Car Park we head out of Usk in a north easterly direction passing Usk Castle. The route takes us through farmland and woods until we drop back down to walk alongside the River Usk. After walking a short distance through Usk we cross the bridge and walk in a westerly direction through farmland and skirting Pant y Cwch Wood. We cross the bridge once again and retrace our steps to the car park.

Following the recent heavy rain there are muddy sections to the walk and the use of walking poles is advised. Due to livestock and game bird feeding areas throughout the majority of the route dogs will need to be kept on a short lead. There are 6 well maintained stiles, with dog gates, on the route.

Start - Maryport Street North Car Park Usk



Moderate 7 Miles



Keepers Pond Blaenavon

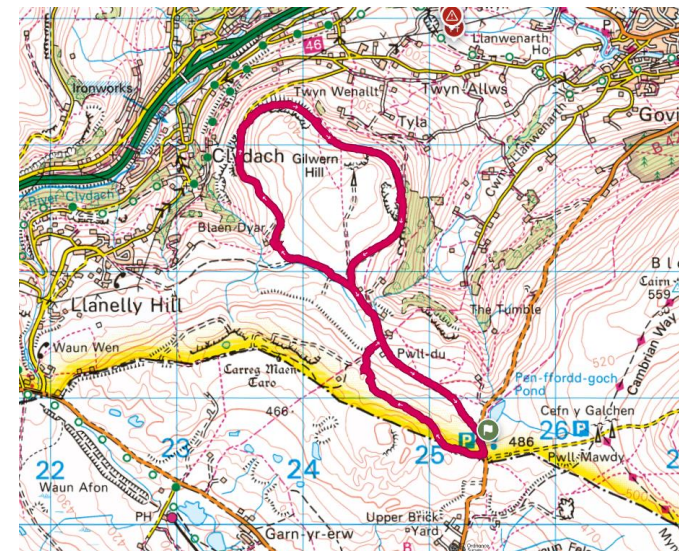
Grid Ref: SO 25400 10701

GPS: 51.78997, -3.08299

W3W: asserts.upsetting.anchorman

From the car park we have a slight rise onto the rim of the ridge of the industrial waste from the Blaenavon ironworks, this is a protected national heritage site. From the top on a fine day, we will be able to see the channel. We will walk along the ridge with views over the Usk valley and the Black Mountains beyond. Descending from the ridge we will stop for a break by the ruins of an old farm, which overlooks the heads of the valley road. The walk will then take us along a road which is now closed to traffic onto the quarry entrance. We will then follow the old tramway path at the end of which we will have lunch. Continuing our walk, we will have spectacular views towards the Malvern Hills. We will be walking over 1000ft, if it is cold warm clothes are recommended and good walking boots.

Start - Car park Keepers Pond Blaenavon.



Moderate .5 Miles



Dinas Rock / Foel circular

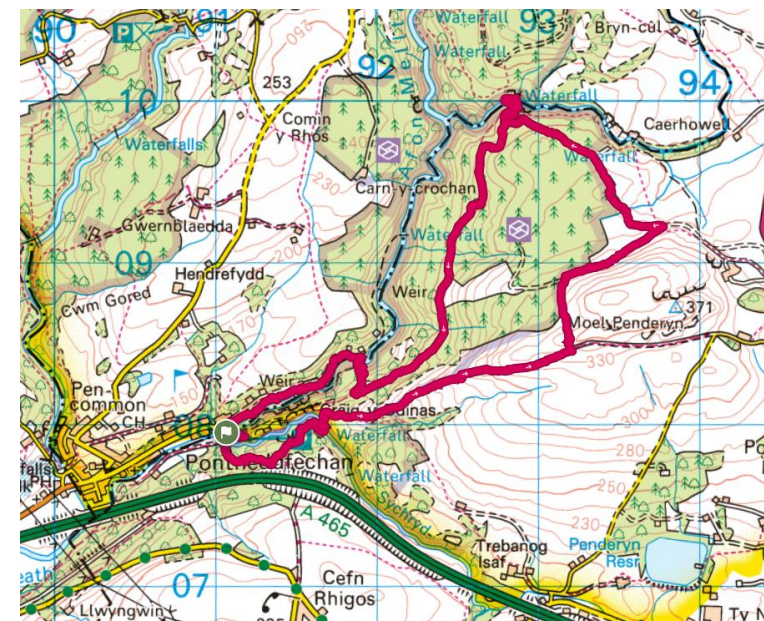
Grid Ref: SN 91197 07940

GPS: 51.75955, -3.57784

W3W: seeing.waving.sprawls

From Dinas Rock, we pass the 'Waterfall Country Pods' to join a path taking us over a tributary of the River Mellte before a steady climb towards Moel Penderyn (the Foel). A visit to the trig point is not planned. From the stile at the Foel, we follow a fairly steep, and possibly muddy, slope down to join a farm track where we stop for morning tea. We then follow a 'waterfall country' path, taking in an optional view of Sgwd y Eira, before passing through moorland and trees, to then drop down to the River Mellte and the Gunpowder Works for lunch. It is then an easy walk back to Dinas Rock. If the weather is very poor two short, linear walks may be followed instead.

Start - Dinas Rock Car park, Pontneathvaughn



Moderate 6.5 Miles



Ynysowen Circular

Grid Ref: ST 10241 97617

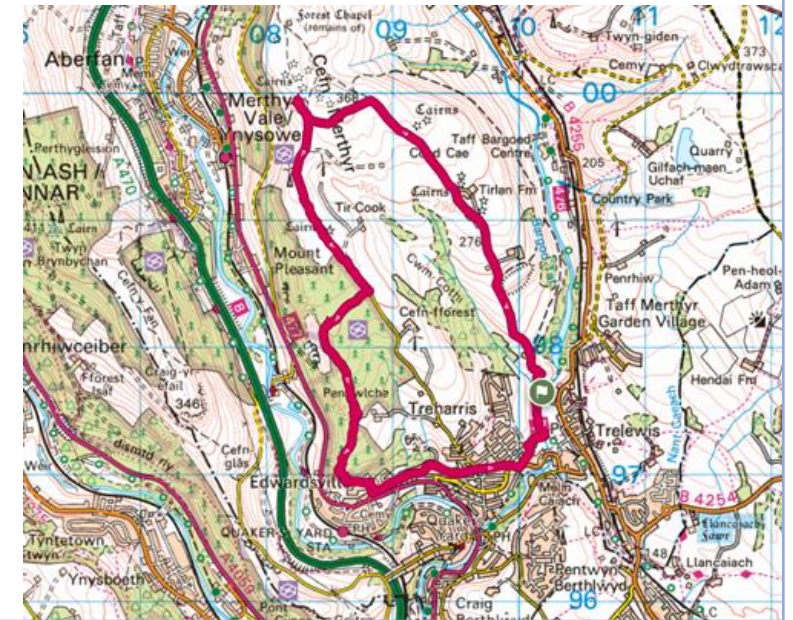
GPS: 51.67013 , -3.299343

W3W: headers.surviving.lifters

From the Park, we walk through the top side of Treharris and climb steadily through Pen-y-Graig to Cefn Merthyr. After lunch, we drop steadily through Tynewydd back to the Parc.

No Stiles, dogs must be kept on a short leash at all times.

Start - Parc Taff Bargoed Visitor centre



Moderate 6 Miles



Walk in the shadow of Skirrid Fawr

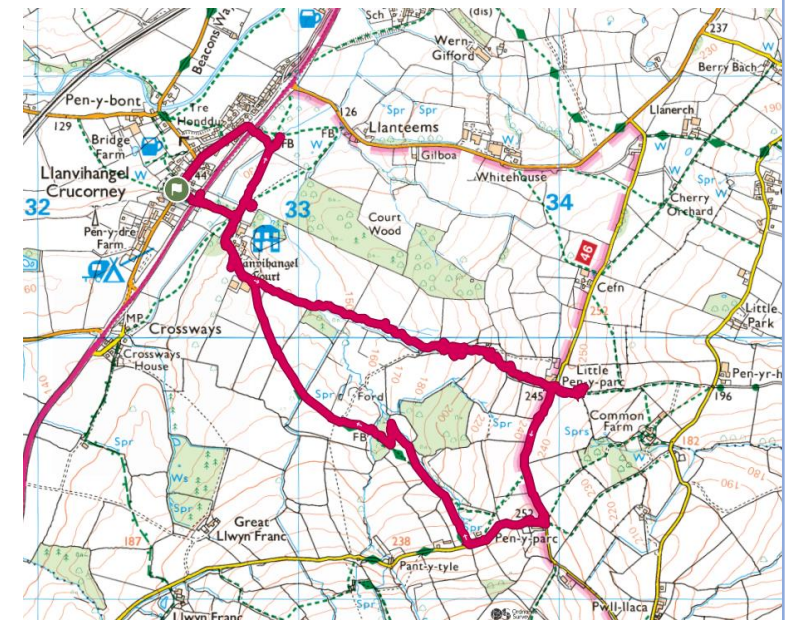
Grid Ref: SO 32539 20573

GPS: 51.87963, -2.98143

W3W: detonated.testers.cried

The walk will take us across the A465, We will take the narrow road passed Llanvihangel Court which we will view on our return, it is a very old manor house which is still occupied today. We are walking through the beautiful county of Monmouthshire through fields and pasture land, there is a slight incline on the first part of the walk up to a lane which runs under the Skirrid. The walk takes us down through fields and a wooded area which has a stream and two pretty bridges. The walk is clearly marked in the usual way there are only two stiles, the rest have been replaced by gates. When we return to the village a visit to the oldest pub in Wales the Skirrid which is supposed to be haunted is recommended.

Start - Opposite church in Llanvihangel Crucorney



Moderate 9 Miles



Bargoed & Gelligaer common

Grid Ref: ST 15421 97607

GPS: 51.670847 , -3.2244539

W3W: cities.using.woof

We walk through Bargoed woodland park following the Rhumney river, until we reach the outskirts of Bargoed. We follow a track for a short while and come out in the town centre, skirt the edge of town where there are a few short steep climbs to take us to the edge of the golf course. We go around the edge of the course with lovely views of the hillside to our right. This bring us onto Gelligaer common which we follow to the end. (Cows present) We then drop down into Penpedairheol following footpaths through an estate and into the centre where we will have lunch at the church. From there it is mostly country footpaths to Tir-y-berth, we join the Rhumney river once more, then back to the car park.

Start - Bargoed woodland park

