




Merthyr Valley Group
Current Walk Programme 2024
Part of Glamorgan Area



Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 06 Jan 2024 Walk ID: 100206763	10:00 am Llanfoist Crossing Car Park, Abergavenny Grid Ref: SO 28612 13303 GPS: 51.81378 , -3.036976 w3w: doormat.listening.foggy	Llanfoist circular The walk will take us along the track of the old 1800 railway from Llanfoist to Brynmawr which had the highest gradient in the country rising to 1000ft. The walk takes us through the lowest level with views towards the sugar loaf. Lunch will be at sidings where we will have an easy descent through country lanes down towards the heads of the valley road crossing over the bridge at Gilwern where we will join the canal and follow the towpath through open countryside back to Llanfoist.	7.5 miles / 12.1 km		Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com



Easy Access



Easy



Leisurely





Moderate



Strenuous



Technical

Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 13 Jan 2024 Walk ID: 100205466	10:00 am Cyfarthfa Park car park Grid ref: SO 04090 07356 GPS: 51.756407, -3.390621 w3w: crash.storms.took	Penmoelallt We leave Cyfarthfa Park and walk along Cefn Coed High Street and cross the A465 and down to the Taf Fawr. We follow the navvies line to Penmoelallt and visit the open air classroom and then the walker's Taf Trail giving views of the Llyn-onn reservoir and the Bannau Brycheiniog. We also pass by the Stone Lady before we return on a forestry track to Penmoelallt Farm and pass under the A470 and head towards Cefn Coed passing through the cemetery and back to the start.	7.5 miles / 12.1 km		Simon Williams lawn1967-mvr@yahoo.com
Sat: 20 Jan 2024		Christmas dinner			
Sat: 27 Jan 2024 Walk ID: 100207732	10:00 am Meet on Pentwyn Road, Opposite water board, Quakers Yard Grid Ref: ST 10326 95685 GPS: 51.756407, -3.390621 w3w: texted.deflection.regarding	A walk through Quakers Yard, Llanfabon, Nelson & Trelewis This was one of my lockdown walks when we had to walk locally. It combines Quakers Yard, Llanfabon, Nelson & Trelewis. 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 past Whitehall golf club, 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.	7 miles / 11.3 km		Peter Cawley 07368 102717 Peter-cawley@sky.com



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
<p>Sat: 03 Feb 2024</p> <p>Walk ID: 100215967</p>	<p>10:00 am</p> <p>Car park adjacent to Skenfrith Castle Grid Ref: SO 45697 20218 GPS: 51.87787 , -2.790247 w3w: flotation.pitching.quick</p>	<p>Skenfrith Circular via Garway</p> <p>A circular walk through farm and woodland, which will include history and heritage, dog friendly, but with some stiles. Livestock, particularly cows, along route. It is very important that walkers, with dogs, familiarise themselves with the action to be taken if approached / attacked by cattle.</p> <p>From the free car park, adjoining Skenfrith Castle, we walk alongside the river Monnow for about 1 mile before beginning the climb out of the river valley towards the hamlet of Broad Oak. By this stage of our walk, we will have crossed the border into England. The ascent out of this valley is mainly gradual, but with a short, steeper section at the start. We will have a coffee break at some point along this part of the route. We continue our walk across undulating farmland and through the village of Garway, to our lunch stop in the grounds of St Michael's Templar church. After lunch we head through pastureland, to the farm at Garway Court and then, after crossing back into Wales, we skirt Ellis's Wood before reaching our finishing point at Skenfrith Castle.</p>	<p>7 miles / 11.3 km</p>		<p>Derek Jones 07901 338989 wderekjones@hotmail.com</p>



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 10 Feb 2024 Walk ID: 100219034	10:00 am Watton Car Park, Heol Gouesnou, Brecon, £4 all day Grid Ref: SO 04863 28406 GPS: 51.945868, -3.38547 w3w: putts.coach.decide	Pen Y Crug Hillfort From the car park we will head towards the remains of the castle before heading for a pretty woodland walk through Priory Groves towards Anod Bridge. We then head north via farmland before we meet the main road, a short stretch before joining the bridleway takes us to the trig point on top of Pen Y Crug Hill, one of the most impressive hillforts in the Brecon Beacons National Park. From the summit it is all downhill, past the cathedral before retracing our steps along the banks of the Usk to the carpark.	8 miles / 12.9 km		Paddy Kelly 07762 337368 paddyk99@aol.com
Sat: 17 Feb 2024 Walk ID: 100222397	10:00 am Llanfrynach	Walk takes us along a country lane for 1 mile which leads onto the canal at Brynich Lock. We will walk along the canal towpath to the coffee shop at the Brecon theatre where there will be a break. The walk then continues towards the river which we will follow upstream before crossing over via the road bridge at Brecon. We will turn off the road with Christ College on our right and the river on our left. We will take a path which will take us through a wooded area, onto open fields, lunch will be taken on a raised area with views over the countryside. After lunch the walk will take us to a secluded area where there is a lovely display of snowdrops, we will continue across farmland back to the village where we started from. Across the farm land dogs must be on a lead and care taken not to disturb the stock because we are entering the lambing season.	7 miles / 11.3 km		Rob Jones 07949 950018 morfyddjenkins@hotmail.com



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 24 Feb 2024 Walk ID: 100223548	10:00 am Henry Street Car Park, Mountain Ash Grid Ref: ST 04914 98951 GPS: 51.681244, -3.3767147 w3w: wounds.motel.stickler	Cynon Valley - Down the Valley up , up the valley down Starting from the (free) main car park in Mountain Ash (next to the railway station) we make a long fairly steep climb out of the valley in a South Westerly direction. Once we reach the top the views open out in all directions we are now in land of fields , narrow lanes and dry stone walls. We take the lanes and we make a gradual ascent towards Abercynon. Just above Abercynon Its then a steeper ascent through woodland to the Abercnon cemetery. Still heading down we pick up the (virtually flat) Cynon trail which takes alongside the river Cynon through copses and woodland back to Mountain Ash. The first mile of this walk is all uphill and we will stop frequently , there is a lot of walking on tarmac and when we leave the tarmac the paths are quite good. There are only two stiles on the walk.	7.5 miles / 11.3 km		John Holloway 07933 795602 Johndholly@gmail.com
Sat: 02 Mar 2024 Walk ID:		tba			Paddy Kelly 07762 337368 paddyk99@aol.com
Sat: 09 Mar 2024 Walk ID:		tba			
Sat: 16 Mar 2024 Walk ID:		tba			Derek Jones 07901 338989 wderekjones@hotmail.com



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 23 Mar 2024 Walk ID:		tba			John Holloway 07933 795602 Johndholly@gmail.com
Sat: 30 Mar 2024 Walk ID:		tba			Peter Cawley 07368 102717 Peter-cawley@sky.com
Sat: 06 Apr 2024 Walk ID:		tba			Morfydd Jenkins 07949 950018 morfyddjenkins@hotmail.com
Sat: 13 Apr 2024 Walk ID:		tba			Jenny Edwards 07708 815742 jenned1956@gmail.com
Sat: 20 Apr 2024 Walk ID:		tba			Paddy Kelly 07762 337368 paddyk99@aol.com
Sat: 27 Apr 2024 Walk ID:		tba			
Sat: 04 May 2024 Walk ID:		tba			
Sat: 11 May 2024 Walk ID:		tba			



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 18 May 2024 Walk ID:		tba			
Fri: 24 May 2024 Walk ID:		Lynton and Lynmouth weekend			
Sat: 25 May 2024 Walk ID:		Lynton and Lynmouth weekend			
Sun: 26 May 2024 Walk ID:		Lynton and Lynmouth weekend			
Mon: 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			



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 22 Jun 2024 Walk ID:		tba			
Sat: 29 Jun 2024 Walk ID:		tba			
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			



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
Sat: 17 Aug 2024 Walk ID:		tba			
Sat: 24 Aug 2024 Walk ID:		tba			
Sat: 31 Aug 2024 Walk ID:		tba			
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			



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
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			
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			



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Date	Start	Walk	Distance	Difficulty	Leader / Contact
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			

- 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.



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