y cerddwyr
ramblers cymru

Cardiff Group

Walks Programme

April - September 2010

wrth galon cerdded
at the heart of walking

GENERAL INFORMATION

• MEETING POINTS

Weekends / bank holidays: By the Sherman Theatre, Senghenydd Road, Cardiff unless otherwise stated. Please check for variations.

Wednesdays: at rear of Ararat Centre, Whitchurch Common.

Thursdays: as stated for each walk.

Where walks meet at the location, times are walk start times - please be early enough to kit up and leave on time.

• DOGS may be allowed by prior arrangement with the leader. When allowed, they must be under close control and on a lead through farmyards and fields containing animals. *Ramblers Civil Liability Insurance does not cover incidents involving dogs and owners must take responsibility for their dogs.*

• REFRESHMENTS Bring enough food and drink for coffee, lunch and tea breaks on full day walks.

• TRANSPORT COSTS Our Group encourages car sharing. Drivers often appreciate it when a voluntary contribution is made by passengers. As a guide, 8p per mile per passenger is considered an amount which reasonably covers the costs incurred by the driver.

• LARGE GROUPS For reasons of safety and enjoyment, large attendance at any walk may result in changes to the published programme.

• PLEASE NOTE

Please make sure that you're fit enough to undertake the walk you intend to join. If you are unsure of your fitness level, try a short and easy walk first: it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted.

Most Ramblers' walks are off-road in rural areas. Please have suitable footwear and clothing for the walk you intend to join, and bring some food and drink, even if the walk includes a pub or cafe break. Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit. When in doubt, contact the organisers or the walk leader in advance.

For your own and others' safety please read and abide by any advice and guidelines issued by the organisers, and the instructions of the walk leader. Though walking is inherently one of the safest outdoor activities, no activity is completely without risk and it is your responsibility to behave sensibly and to minimise the potential for accidents to occur.

Incidents where outside assistance is required or where someone is injured and needs first aid/medical treatment (beyond just a plaster or antiseptic wipe) that occur on a Group walk must be reported to the walk leader, who must report the incident to our Group Secretary for inclusion in our Accident Book.

April

Easter 2010 April 2-7: Ceredigion Coastal Path Walking from Cardigan to Ynyslas (60 miles) along the Ceredigion coast. Sorry fully booked. Contact Roma tel:029 2075 2680

Sat 3rd 10:00am	**Pontypool Folly and along the Brecon Canal** *Meet at 3 Elms, Whitchurch* Paul (T) tel:07527 443037	**C** mod **6m**/10km
Wed 7th 9:30am	**Wye Valley - St Briavels (no dogs please)** Wendy Winney tel:029 2062 8861	**A** stren **15m**/24km
Wed 7th 9:30am	**Castle to Summit: Waun Fawr in Brecon Beacons** Adrian Wilson tel:07909 986736	**B** mod **8m**/13km
Wed 7th 9:30am	**Abersychan and Mynydd Garnclochdy** Paul (T) tel:029 2036 1766	**C** mod **8m**/13km
Wed 7th 10:00am	**Cefn Onn** *Meet at Cefn Onn car park* John Evans tel:029 2033 6964	**C** leis **6m**/10km
Sun 11th 9:00am	**Circuit of Sugar Loaf** Robert Smith tel:02920 880 305	**A** stren **13m**/21km
Sun 11th 10:00am	**Cosmeston Lakes** *Meet at Cosmeston Lakes car park* John Evans tel:029 2033 6964	**D** leis **9m**/15km
Tue 13th 7:30pm	**Social evening: Gatekeeper (Wetherspoons) Westgate St.** *Note - second Tuesday of the month*	
Wed 14th 9:30am	**Tor y Foel** Claire Edwards tel:029 2075 6493	**B** mod **9m**/15km
Wed 14th 9:30am	**Goodrich and Symonds Yat** John Evans tel:029 2033 6964	**C** mod **10m**/16km
Wed 14th 9:30am	**Talybont Wander** Len Bowker tel:029 2075 8493	**C** mod **6m**/10km
Wed 14th 9:30am	**Whitchurch and Llandaff** Trevor Davies tel:029 2061 2920	**D** leis **4m**/6km
Sat 17th 10:00am	 **Stepping Stones Walk** *Meet at Taffs well railway station* Val Hamilton tel:029 2062 4652	**D** easy **4m**/6km
Sun 18th 9:00am	**Chepstow - Tintern Circular** Map: OS OL14. Gwyn Lewis tel:07910 595 265	**A** stren **13m**/21km
Wed 21st 9:30am	**Upper Chapel at a leisurely pace** (no dogs please) Wendy Winney tel:029 2062 8861	**B** stren **12m**/19km
Wed 21st 9:30am	**Cefn Mably** Jeff Bonsey tel:029 2049 0681	**C** mod **7m**/11km
Wed 21st 9:30am	**Table Mountain** (with option of extra 3 miles) John Evans tel:029 2033 6964	**C** mod **6m**/10km

April

Wed 21st 9:45am	**Wenallt and Craig yr Allt.** *Meet at Hollybush P.H., Coryton. Park on roadway.* Jean James tel:029 2061 0290	**B** mod **11m**/18km
Sat 24th 10:45am 	**Rail Ramble: Penarth Marina and Cardiff Barrage, including progress check on Pont-y-Werin Bridge.** Linear walk. *Meet at either - front of Cardiff Central railway station for 10:54 train to Cogan; or 1105 at Cogan railway station and catch train after the walk.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sun 25th 9:00am	**Lliw valley and Carn Llechart** A walk taking in Cwm Clydach and an impresssive bronze age stone circle. Map: Landranger 159 Diane Davies tel:02920 752 464	**B** stren **12m**/19km
Sun 25th 11:00am 	**Family Walk: Cosmeston Lakes.** Choice of 3 Easy walks (1.25, 3 and 4.5 miles) including nature trail and orienteering. Walk Leaders Kath Edwards Jacqui Wynde and Kathryn Bennett. *Meet at Cosmeston Lakes car park* Contact Kathryn Bennett tel:029 2056 2703	
Wed 28th 9:30am	**Brecon Beacons** Calum Taylor tel:029 2061 3909	**A** stren **12m**/19km
Wed 28th 9:30am	**Grwyne Fawr and Craig Mawr** Alan Parry tel:029 2041 9584	**B** mod **8m**/13km
Wed 28th 9:30am	**Tintern Circular** Claire Edwards tel:029 2075 6493	**C** mod **9m**/15km
Wed 28th 9:30am	**Barry** Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km

May

Sat 1st 11:00am	**Dinas Powys and Salmon Leaps** *Meet at Dinas Powys Village Green* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sun 2nd 9:00am	**Llangasty/Llangorse Lake** Map: Landranger 161 *Meet at Sherman Theatre* Soo Turnbull tel:01874 622 136	**B** mod **14m**/23km
Sun 2nd 11:00am	**In search of bluebells** *Meet at Cefn Onn Park* Gwyn Lewis tel:07910 595265	**C** mod **5m**/8km
Tue 4th 7:30pm	**Social evening: Gatekeeper (Wetherspoons) Westgate St.**	

May

Wed 5th 8:30am 	**Coach Trip: Kington-Knighton** Choice of 3 linear walks along this section of Offa's Dyke: 14 miles (all); 10 miles (most); 7 miles (some). Note the early meeting time. Meet at Three Elms, Whitchurch. Contact Gwyn Lewis for tickets tel:07910 595265 Advance booking essential. Fare 11 pounds	
Thu 6th 7:00pm	**Meet at Lisvane railway station.** Mike Kohnstamm tel:029 2075 7642	**C** mod **4m**/6km
Sat 8th 9:30am 	**Rail Ramble: Rhoose to Llantwit Major** Linear walk. *Meet at either - front of Cardiff Central railway station at 09:30 for 0941 train to Rhoose; or catch train on route (eg Cogan, Dinas Powys, Barry). Book to Llantwit Major.* Gwyn Lewis tel:07910 595265	**D** mod **9m**/15km
Sun 9th	**Area Walk hosted by Tiger Bay Ramblers** Choice of 5, 10 or 15 mile walks. Time/Venue details to follow. Contact Gwyn Lewis 07910 595265 near the day.	
Wed 12th 9:30am	**Fan y Big from Llanfrynach** Claire Edwards tel:029 2075 6493	**A** mod **10m**/16km
Wed 12th 9:30am	**Beacons Way Day 1: Holy Mountain to Llanthony** Booking for mini-bus (£6 pp per walk) essential. Book with leader Kathryn Bennett tel:029 2056 2703	**A** stren **10m**/16km
Wed 12th 9:30am	**Tondu and Parc Slip. New country park and old industries** At farmer's request, no dogs please Mike and Mary Sullivan tel:029 2049 2145	**C** mod **8m**/13km
Wed 12th 9:30am	**Brecon Canal and River from Llan Frynach** Len Bowker tel:029 2075 8493	**D** leis **8m**/13km
Thu 13th 7:00pm	**Meet at Barry Island railway station.** Dave Osborn tel:029 2073 6657	**D** easy **4m**/6km
Sat 15th 10:00am	 **Stepping Stones: Radyr Woods and Glamorgan Canal** *Meet at Radyr railway station* Mike and Mary Sullivan tel:029 2049 2145	**D** easy **5m**/8km
Sun 16th 9:00am	**South East ridges of the Black Mountains** Map OL13, Long ridges and wide views. Gillian Masters tel:02920 615 094	**A** stren **14m**/23km
Wed 19th 9:30am	**Clydach Gorge and Mynydd Llangatwg** Jude Coor tel:029 2025 4201	**B** stren **10m**/16km
Wed 19th 9:30am	**Aberdare Valley** Len Bowker tel:029 2075 8493	**C** mod **8m**/13km

May

Wed 19th 9:30am	**Machen Mountain and Ruperra Castle** Len Potter tel:029 2075 0167	**C** mod **7m**/11km
Thu 20th 7:00pm	**Meet at Machen Village car park.** John Newton tel:01633 440630	**C** mod **4m**/6km
Sat 22nd 11:00am	 **Get Walking Day: Cardiff Bay** *Meet at Millennium Centre, Cardiff Bay* Gwyn Lewis tel:07910 595265	**D** easy **5m**/8km
Sat 22nd 2:00pm	**Navigation practice from Radyr** An afternoon (approx. 3hrs) for practicing map reading and navigation skills. Bring a map (Explorer 151) and compass if you have one. *Meet at Radyr railway station* Jane Willock tel:02920 623 954	**C** leis **4m**/6km
Sun 23rd 9:00am	**Sgwd y Eira** A circuit around waterfall country. Map: OL 12 Jane and Dave Willock tel:02920 623 954	**B** stren **14m**/23km
Sun 23rd 11:00am	 **Get Family Walking: Amelia Trust Farm Trails and Animals** *Meet at Amelia Trust Farm - on A4226 north of Barry* Carole Winters tel:029 2021 4968	**D** easy **3m**/5km
Wed 26th 9:30am	**Blaen y Glyn - Fan y Big - Cribyn** Jim Riley tel:029 2052 9993	**A** stren **10m**/16km
Wed 26th 9:30am	**Gelligroes and the Ridgeway** Brian Congreve tel:029 2052 0640	**B** mod **10m**/16km
Wed 26th 9:30am	**Garth to Creigiau** Bette Griffiths tel:029 2056 2041	**C** mod **10m**/16km
Wed 26th 9:30am	**CADW Heritage Hike: White Castle** (extended lunch time to view castle) Gwyn Lewis tel:07910 595265	**C** mod **7m**/11km
Thu 27th 7:00pm	**Meet at Norwegian Church, Cardiff Bay** Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km

Spring Bank Holiday May 29 - June 5: Cowal Way (Scotland) Walking from Portavadie on Loch Fyne to Inveruglas on Loch Lomond (57 miles). Sorry fully booked.
Contact Roma tel:029 2075 2680

Sat 29th 10:00am	**Castell Coch - Craig yr Allt** *Meet at 3 Elms, Whitchurch* Paul (T) tel:07527 443037	**C** mod **5m**/8km
Sun 30th 9:00am	**Rhossili** Mike Saunders tel:01792 795 470	**B** mod **12m**/19km

June

Wed 2nd 9:30am	**Into the Beacons** Calum Taylor tel:029 2061 3909	**A** stren **12m**/19km
Wed 2nd 9:30am	**Mynydd Llangeinor and Cwm Garw** John Henn tel:029 2062 1286	**B** stren **9m**/15km
Wed 2nd 9:30am	**Pontypool, Brecon Canal and the Folly Tower** Paul (T) tel:029 2036 1766	**C** mod **6m**/10km
Wed 2nd 9:30am	**Gower: Oxwich to Foxhole Slade** Alan Parry tel:029 2041 9584	**D** leis **13m**/21km
Thu 3rd 7:00pm	**Meet at Caerphilly railway station** Mike Kohnstamm tel:029 2075 7642	**C** mod **4m**/6km
Sat 5th 10:00am	**Twmbarlwm and Cwm Carn and Ebbw Forest** *Meet at 3 Elms, Whitchurch* Paul (T) tel:07527 443037	**C** mod **6m**/10km
Sun 6th 9:00am	**Central Brecons** No dogs please Malcolm and Wendy Winney tel:02920 628 861	**A** stren **15m**/24km
Tue 8th 7:30pm	**Social evening: Gatekeeper (Wetherspoons) Westgate St.** *Note - second Tuesday of the month*	
Wed 9th 9:00am	**Coach Trip: Newton St Loe** In Memory of John Edwards. Choice of linear walks (11 or 7 miles) ending in Keynsham organised by Kath Edwards. Contact Gwyn Lewis for tickets. *Meet at Three Elms, Whitchurch.* tel:07910 595265 Advance booking essential. Fare 10 pounds	
Thu 10th 7:00pm	**Meet at National Museum, Cathays** Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km
Sat 12th 10:00am	**Walking to Penarth Pier. Linear walk, returning by bus or train (bring fare)** *Meet at Cardiff Central railway station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 13th 9:00am	**Black Mountains** Map: OL13 Richard Ash tel:02920 254 470	**A** stren **16m**/26km
Sun 13th 11:00am	**Family Walk: Southerndown, Dunraven Castle and Beach** *Meet at Meet Dunraven Bay car park (possible car park fee payable)* Sue Davies tel:029 2075 8126	**D** easy **3m**/5km
Wed 16th 9:30am	**Beacons Way Day 2: Llanthony to Crickhowell** Booking for mini-bus (£6 pp per walk) essential. Contact Leader Jim Riley for walk details. Book with Kathryn Bennett 029 2056 2703 Jim Riley tel:029 2052 9993	**A** stren **13m**/21km

June

Wed 16th 9:30am	**Duffryn Crawnon and Tor y Foel at a leisurely pace** (no dogs please) Wendy Winney tel:029 2062 8861	**A** stren **11m**/18km
Wed 16th 9:30am	**Monmouth, The Kymin and the Biblins** Michael Belton tel:029 2070 9128	**C** mod **9m**/15km
Wed 16th 9:30am	**Caerphilly Mountain (Trig Point and Snack Bar)** Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Thu 17th 7:00pm	**Meet at Radyr railway station.** Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 19th 11:00am	**Merthyr Mawr. Exploring the dunes in the company of local ecologist** *Meet at Candleston Castle* Kathryn Bennett tel:029 2056 2703	**D** easy **4m**/6km
Sun 20th 9:00am	**Glyncorrwg** before they build another 80 wind turbines Mike Kohnstamm tel:02920757642	**A** stren **14m**/23km
Sun 20th 10:15am	**Walking to the top of the Garth and back** *Meet at Taffs well railway station* Gwyn Lewis tel:07910 595265	**C** mod **7m**/11km
Wed 23rd 9:30am	**Blaenavon: Iron Mountain Trail** Gwyn Lewis tel:07910 595265	**B** mod **11m**/18km
Wed 23rd 9:30am	**Llangatwg Quarries and rake** Margaret Wallis tel:01633 441054	**B** stren **9m**/15km
Wed 23rd 9:30am	**Giant's (or Devil's) Bite, Abercynon** Mike and Mary Sullivan tel:029 2049 2145	**C** mod **6m**/10km
Wed 23rd 9:30am	**Whitchurch and Radyr** Trevor Davies tel:029 2061 2920	**D** leis **5m**/8km
Thu 24th 7:00pm	**Meet at Taffs Well railway station.** Gwyn Lewis tel:07910 595265	**C** mod **5m**/8km
Sat 26th 9:30am 	**Rail Ramble: Rhoose to Barry.** Linear coastal walk. *Meet at either - front of Cardiff Central railway station at 09:30 for 0941 train to Rhoose; or catch train on route (eg Cogan, Dinas Powys, Barry). Book to Rhoose.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 27th 9:00am	**Carmarthen Fan** Mike Saunders tel:01792 795 470	**A** stren **13m**/21km
Wed 30th 9:30am	**The Wild West: remote countryside above Dan yr Ogof Caves and high above Llyn y Fan Fach and Fawr.** Wyn Rosser tel:029 2073 1272	**A** stren **14m**/23km
Wed 30th 9:30am	**Sugar Loaf from the Queen's Head P.H.** Pam Knowles tel:01873 812582	**B** mod **10m**/16km

June

Wed 30th 9:30am	**Peterstone-super-Ely** Bette Griffiths tel:029 2056 2041	**C** leis **7m**/11km
Wed 30th 9:30am	**Newland and the Forgotten Valley** Paul (T) tel:029 2036 1766	**D** leis **6m**/10km

July

Thu 1st 7:00pm	**Meet at Hollybush Inn, Draethen** Roma Whiteley tel:029 2075 2680	**C** mod **4m**/6km
Sat 3rd 11:00am	 **Stepping Stones: Both sides of the Taff** *Meet at Channel View Centre, Jim Driscoll Way, Grangetown* Gwyn Lewis tel:07910 595265	**D** easy **4m**/6km
Sat 3rd 2:00pm	**Navigation practice from Taffs Well** An afternoon (approx. 3hrs) for practicing map reading and navigation skills. Bring a map (Explorer 151) and compass if you have one. *Meet at Taffs Well railway station* Jane Willock tel:02920 623 954	**C** leis **4m**/6km
Sun 4th 9:00am	**Fforest Fawr and Fan Nedd** A high level walk on map OL12 Jane and Dave Willock tel:02920 623 954	**A** stren **14m**/23km
Sun 4th 11:00am	**Penarth Cliff/Lavernock Point/Cosmeston Lakes** *Meet at Penarth Cliff Top car park* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Tue 6th 7:30pm	**Social evening: Gatekeeper (Wetherspoons) Westgate St.**	
Wed 7th 9:30am	**Cerrig Gleisiad - Fan Dringarth - Fan Frynach** Jim Riley tel:029 2052 9993	**A** stren **11m**/18km
Wed 7th 9:30am	**Maesteg** Gwyn Lewis tel:07910 595265	**B** mod **11m**/18km
Wed 7th 9:30am	**Cowbridge and Llansannor** Peter Gifford tel:029 2089 0168	**D** leis **8m**/13km
Thu 8th 7:00pm	**Meet at ASDA, Ferry Road, Cardiff Bay** Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 10th 10:00am	**Newport Wetlands** *Meet at Newport Wetlands car park on West Nash Road, between Nash Village and Uskmouth Power Station* John Newton tel:01633 440630	**D** leis **8m**/13km
Sun 11th 9:00am	**The Vale of Ewyas** Robert Smith tel:02920 880 305	**A** stren **15m**/24km

July

Sun 11th 11:00am	 **Family Walk: Tintern, River Wye and Old Railway Station.** *Meet at Old Railway Station, Tintern* Wyn Rosser tel:029 2073 1272	**D** easy **4m**/6km
Wed 14th 8:30am	 **Coach Trip: Bosherston, South Pembrokeshire** Usual choice of walks organised by John Henn and Margaret Wallis. Note the early meeting time. Contact Gwyn Lewis for tickets *Meet at Three Elms, Whitchurch* tel:07910 595265 Advance booking essential. Fare 11 pounds	
Thu 15th 7:00pm	**Meet at Cefn Bychan (near Lewis Arms) Pentyrch** Peter Gifford tel:029 2089 0168	**C** leis **4m**/6km
Sat 17th 10:00am	**Redbrook, Forgotten Valley and Cathedral of the Forest** *Meet at 3 Elms, Whitchurch* Paul (T) tel:07527 443037	**C** leis **6m**/10km
Sun 18th 9:00am	**Black Mountains** No dogs please Wendy Winney tel:02920 628 861	**A** stren **13m**/21km
Wed 21st 9:30am	**Carn Pica and Usk Valley** Wyn Rosser tel:029 2073 1272	**A** stren **12m**/19km
Wed 21st 9:30am	**Beacons Way Day 3: Crickhowell to Llangynidr** Booking for mini-bus (£6 pp per walk) essential. Contact Leader Ian Palmer for walk details. Book with Kathryn Bennett 029 2056 2703 Ian Palmer tel:029 2070 1204	**A** stren **12m**/19km
Wed 21st 9:30am	**Wye Valley - Brockweir (no dogs please)** Wendy Winney tel:029 2062 8861	**C** mod **7m**/11km
Wed 21st 9:30am	**Lavernock Nature Reserve/Penarth Cliff Top/ Penarth Pier and Gardens** Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Thu 22nd 7:00pm	**Meet at Creigiau Recreation Field** Peter Gifford tel:029 2089 0168	**C** leis **4m**/6km
Sat 24th 10:00am	**Barry Circular** *Meet at - either meet leader at Cardiff Central 10am for 1010 train to Barry; or, at Cold Knap beach car park for 11am start of walk.* Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Sun 25th 9:30am	**Parc Cwm Darran, near Bargoed** Darran country park and ridgeway, OS explorer map 166, landrangers 171 and 161. Note start time *Meet at Sherman Theatre* Rob Jewels tel:029 2055 3843	**B** mod **12m**/19km
Wed 28th 9:30am	**Ponsticill and Dyffryn Crawnon** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km

July

Wed 28th 9:30am	**The Goose and Cuckoo from Goytre Wharf** Gwyn Lewis tel:07910 595265	**B** mod **10m**/16km
Wed 28th 9:30am	**Cwm Cynon and Cwm Clydach** Bette Griffiths tel:029 2056 2041	**C** mod **8m**/13km
Wed 28th 10:00am	**Talbot Green to Taffs Well.** Linear walk. *Meet at 10am outside New Theatre, Cardiff for 1015 bus 122 to Talbot Green. Bring bus fare/pass.* Peter Gifford tel:029 2089 0168	**C** mod **8m**/13km
Thu 29th 7:00pm	**Meet at Caerphilly Mountain car park** John Newton tel:01633 440630	**C** mod **4m**/6km
Sat 31st 9:15am	**Rail Ramble: Quakers Yard to Troed y Rhiw (via Mynydd Merthyr).** Linear Walk. Book to Troed y Rhiw. *Meet at either - front of Cardiff Central railway station to catch 0926 train; or catch train on route (eg Radyr, Taffs Well).* Gwyn Lewis tel:07910 595265	**C** mod **10m**/16km



August

Sun 1st 9:00am	**Fan Nedd and Fan Gehirych** A walk on the hills of the western part of the National Park made more accessible by the CROW act. Gillian Masters tel:02920 615 094	**A** stren **14m**/23km
Sun 1st 10:00am	**Bute Park to the Bay (an indirect route!). Circular walk (with option to catch bus for return leg)** *Meet at National Museum steps* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Tue 3rd 7:30pm	**Social evening: Gatekeeper (Wetherspoons) Westgate St.**	
Wed 4th 9:00am	**Coach Trip: Millennium Park, Llanelli** Choice of linear walks (12 or 8 miles) organised by Wyn Rosser. Contact Gwyn Lewis for tickets *Meet at Three Elms, Whitchurch* tel:07910 595265 Advance booking essential. Fare 8 pounds	
Thu 5th 7:00pm	**Meet at Radyr railway station.** Rob Jewels tel:029 2055 3843	**D** leis **4m**/6km
Sat 7th 10:00am	**Stepping Stones: Forest Farm** *Meet at Radyr railway station* Val Hamilton tel:029 2062 4652	**D** easy **4m**/6km





August

Sun 8th 9:00am	**Western Black Mountains** 7 summits over 2000ft from Pen Cerrig-Calch to Pen Twyn Mawr, this walk will include a litter pick, map OL13 *Meet at Sherman Theatre* Roma Whiteley tel:02920 752 680	**A** stren **14m**/23km
Sun 8th 11:00am	**Sunday Lunch: walk to International Sports Village to work up an appetite for Sunday Lunch at Morrisons. (Yes, the supermarket store!)** *Meet at Cardiff Central railway station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Wed 11th 9:30am	**Capel Beiliheulog from Erwood Craft Centre** From the beauty of the Wye Valley to the foothills of the Mynydd Eppynt to visit a remote 18th century chapel Diane Davies tel:029 2075 2464	**A** stren **11m**/18km
Wed 11th 9:30am	**Fan y Big from Talybont car park** Peter Gifford tel:029 2089 0168	**B** stren **8m**/13km
Wed 11th 9:30am	**Monmouth - the Kymin - Newland** Alan Whitlow tel:029 2062 8577	**C** mod **9m**/15km
Wed 11th 9:30am	**Dinas Powys and the Salmon Leaps** Paul (T) tel:029 2036 1766	**D** leis **5m**/8km
Thu 12th 7:00pm	**Meet at Scott Memorial, Roath Park** Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km
Sat 14th 9:30am 	**Coach Trip: Gorge-ous Bristol and Balloon Festival.** Choice of (mostly) Urban Linear walks (11 and 8 miles) organised by Alan Parry. Slightly later return time to permit viewing of balloons. Contact Gwyn Lewis for tickets *Meet at Three Elms Pub Whitchurch* tel:07910 595265 Advance booking essential. Fare 10 pounds	
Sun 15th 11:00am	 **Family Walk: Pentyrch and Garth Mountain** bring map and compass, if available, *Meet at Pentyrch opposite the shops* Kathryn Bennett and Marie Lewis tel:029 2056 2703	**D** easy **3m**/5km
Wed 18th 9:30am	**Beacons Way Day 4(1): Llangynidr to Blaen-y-Glyn** Booking for mini-bus (£6 pp per walk) essential. Contact Leader Calum Taylor for walk details. Book with Kathryn Bennett 029 2056 2703 Calum Taylor tel:029 2061 3909	**A** stren **9m**/15km
Wed 18th 9:30am	**Ysgyryds Fach and Fawr** Nigel Williams tel:029 2051 2050	**B** mod **9m**/15km

August

Wed 18th 9:30am 	**Rail Ramble: Ebbw Vale to Newbridge.** Linear Walk. Either catch train to Ebbw Vale from Cardiff Central (0935) or at Newbridge railway station (1014). Keith Donovan/Tony Howell tel:01495 223927/029 2056 8222	**C** mod **10m**/16km
Wed 18th 9:30am	**Devauden, Catbrook and Trelleck Grange. Joint walk with Lower Wye Ramblers** Len Potter tel:029 2075 0167	**C** leis **8m**/13km
Thu 19th 7:00pm	**Meet at Pentwyn Leisure Centre** Gwyn and Jeff tel:07910 595265	**D** leis **4m**/6km
Sat 21st 10:00am 	**Rail Ramble: Llanishen to Cardiff Central (including visit to Cathays Cemetery).** Linear walk. Meet either outside front of Cardiff Central railway station to catch 10:16 train; or, 10:30 at Llanishen railway station and return by train at end of walk. Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sun 22nd 9:00am	**Frampton Upon Severn** A walk around the Arlingham Peninsula and a cuppa at Jeff's boat (bring your cup), OL14 Roma Whiteley tel:02920 752 680	**C** leis **10m**/16km
Wed 25th 9:30am	**Waterfall Circuit from Porth yr Ogof** Jim Riley tel:029 2052 9993	**B** stren **10m**/16km
Wed 25th 9:30am	**Henllys** Maggie Thomas tel:01495 273057	**C** mod **9m**/15km
Wed 25th 9:30am	**Into the dunes: Merthyr Mawr** Adrian Wilson tel:07909 986736	**C** leis **8m**/13km
Wed 25th 9:30am	**CADW Heritage Hike: Grosmont Castle** (extended lunch time to view castle) Gwyn Lewis tel:07910 595265	**C** mod **7m**/11km
Thu 26th 7:00pm	**Meet at Norwegian Church, Cardiff Bay** Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 28th 10:00am	**Tintern Abbey/Madgett's Hill/Brockweir** *Meet at 3 Elms Whitchurch* Paul (T) tel:07527 443037	**C** leis **6m**/10km
Sun 29th 9:00am	**Sennybridge Three Peaks** Views from three tops, an Elizabethan stone bridge and an ogam stone. Map: Landranger 160 Diane Davies tel:02920 752 464	**A** stren **15m**/24km

September

Wed 1st 9:30am 	**Coach Trip: Kenfig** Celebrating Anniversaries longer than the Ramblers 75th. Choice of walks (10 or 7 miles) organised by Michael Belton and Don Fox. Contact Gwyn Lewis for tickets. Fare includes contribution towards post-walk buffet *Meet at Three Elms, Whitchurch.* tel:07910 595265 Advance booking essential. Fare 10 pounds	
Sat 4th 10:00am	**Bagging Caerphilly Mountain Trig Point** *Meet at Taffs well railway station* Gwyn Lewis tel:07910 595265	**C** mod **8m**/13km
Sun 5th 9:00am	**Black Mountains** Map: OL13 Richard Ash tel:02920 254 470	**A** stren **12m**/19km
Sun 5th 11:00am	 **Family Walk: Pen y Fan and Corn Du. Dress for mountain terrain and conditions.** *Meet at Car park just south of Storey Arms A470* Calum Taylor, assisted by Louis (aged 10) tel:029 2061 3909	**B** mod **5m**/8km
Tue 7th 7:30pm	**Social evening: Gatekeeper (Wetherspoons) Westgate St.**	
Wed 8th 9:30am	**Exploring the Beacons** Calum Taylor tel:029 2061 3909	**A** stren **12m**/19km
Wed 8th 9:30am	**Abercynon and Ynysybwl** Jean James tel:029 2061 0290	**B** mod **9m**/15km
Wed 8th 9:30am	**Rising from the Lake: Llangorse and up Allt yr Esgair** Adrian Wilson tel:07909 986736	**C** mod **8m**/13km
Wed 8th 9:30am	**CADW Heritage Hike: Skenfrith Castle** (extended lunch hour to view castle) Gwyn Lewis tel:07910 595265	**C** mod **7m**/11km
Sat 11th 10:00am	**Usk Castle and Pwll Melyn Woods (including visits to castle and museum)** *Meet at 3 Elms, Whitchurch* Paul (T) tel:07527 443037	**D** leis **5m**/8km
Sat 11th 2:00pm	**Navigation from Eastbrook railway station** An afternoon (approx. 3hrs) for practicing map reading and navigation skills. Bring a map (Explorer 151) and compass if you have one. *Meet at East Brook railway station* Jane Willock tel:02920 623 954	**C** leis **4m**/6km
Sun 12th 9:00am	**Upper Chapel/Lower Chapel** OS Landranger 160 Soo Turnbull tel:01874 622 136	**B** mod **13m**/21km

September

Wed 15th 9:30am	**Beacons Way Day 4(2): Blaen-y-Glyn to Craig Cerrig Gleisiad.** Booking for mini-bus (£6 pp per walk) essential. Details from leader Kathryn Bennett tel:029 2056 2703	**A** stren **9m**/15km
Wed 15th 9:30am	**Bal Bach and Grwyne Fawr Reservoir. Lovely ridge, valley and woodland walk.** Wyn Rosser tel:029 2073 1272	**B** mod **11m**/18km
Wed 15th 9:30am	**Redbrook and Clearwell** Alan Whitlow tel:029 2062 8577	**C** mod **8m**/13km
Wed 15th 9:30am	**Tintern Abbey, Madgett's Hill and Brockweir** Paul (T) tel:029 2036 1766	**C** leis **6m**/10km
Sat 18th 11:30am	**Visit to Flat Holm, spending 3 hours on the island** Tickets: £16.50 Adult; £8 Children (4 - 17). Book direct with Flat Holm Project 029 2087 7912. Book early to avoid disappointment. Departure time 12:15. Return time 17:45. Need to be at departure point (currently Channel View Centre Jim Driscoll Way Grangetown but this may change) at 11:30am Contact Gwyn Lewis tel:07910 595265	
Sun 19th 9:00am	**LLangattock Escarpment** Map: OL13 Alan Parry tel:02920 419 584	**B** easy **12m**/19km
Sun 19th 12:00pm	 **Stepping Stones: Roath Park and Church of St Margaret of Antioch** Meet 12noon outside Penylan Library for circular walk to Roath Park followed (optional) with visit to the parish church of Roath for its Open Day and an exploration of this most interesting church (strong links with the Bute Family). Gwyn Lewis tel:07910 595265	**D** easy **5m**/8km
Wed 22nd 9:30am	**The Ridgeway Walk: Llantrisant to Newport** Linear walk. Meet 0930 at Pontyclun railway station. Either drive direct there or catch 0918 train from Cardiff Central railway station. Catch direct train back from Newport station to Pontyclun (via Cardiff Central). Details from Leader. John Cunnane tel:01443 207836	**A** stren **22m**/36km
Wed 22nd 9:30am	**Craig y Nos, Cribarth and Henrhyd Falls** Alan Parry tel:029 2041 9584	**C** stren **9m**/15km
Wed 22nd 9:30am	**Craig Llanishen** Bette Griffiths tel:029 2056 2041	**C** leis **8m**/13km
Wed 22nd 9:30am	**Pendoylan, Hensol and Ponds** Margaret Wallis tel:01633 441054	**D** leis **8m**/13km

September

Sept 24 - 28 North Wales Three full day walks and two half-day ones exploring the Rhinogs and Cadair Idris. Sorry fully booked but contact Jen Richards (02920 764640) if you would like to go on a reserve list.

Sat 25th 9:45am 	**Rail Ramble: Taffs Well To Radyr (via The Wenallt).** Linear Walk. Book to Taffs Well. *Meet at either - front of Cardiff Central railway station to catch 0956 train; or join train on route (eg Radyr).* Gwyn Lewis tel:07910 595265	**C** mod **8m**/13km
Sun 26th 9:00am	**Caerleon/Llangybi/Llandegveth** Map: OS Explorer 152 John Newton tel:01633 440 630	**B** stren **12m**/19km
Wed 29th 9:30am	**Toward Mynydd Epynt** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 29th 9:30am	**Bal-mawr (parking at Llanthony Priory)** Jude Coor tel:029 2025 4201	**B** stren **10m**/16km
Wed 29th 9:30am	**Llantwit Major - Nash Point** Gwyn Lewis tel:07910 595265	**D** leis **9m**/15km

October

Wed 20th 9:00am 	**Coach Trip: Westonbirt Arboretum, Tetbury** Usual choice of linear walks organised by Wendy Winney. Contact Gwyn Lewis for tickets *Meet at Three Elms, Whitchurch* tel:07910 595265 Advance booking essential. Fare 10 pounds
Tue 26th 7:30pm	**Group AGM** City United Reformed Church, Windsor Place, Cardiff CF10 3BZ

The inevitable changes to the Group's Walk Programme will be announced: on Group walks; via the Group email E-Bulletin (email gwynrambler@hotmail.co.uk to sign up for the E-Bulletin); and on the Group web page http://www.cardifframblers.org.uk/progcardiff.html.

Countryside Code

~ Be safe - plan ahead and follow any signs
~ Leave gates and property as you find them
~ Protect plants and animals, and take your litter home
~ Keep dogs under close control
~ Consider other people.

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Themed Walks



Family Walks - child friendly walks continuing last year's successful programme of family walks.



Cerig Camu / Stepping Stones - Cerrig Camu/ Stepping Stones walks should be easy, suitable for people without special walking boots or clothing. No steep gradients or significant obstacles - preferably no stiles. Normally about 3 - 5 miles in length, or not more than 2.5 hours duration.



Get Walking Day 2010 - One of a series of short, easy, welcoming walks and events that are taking place on 22-23 May.



Rail Rambles - part of a programme of guided walks from railway stations in Wales and the Marches. Mostly linear walks from station to station taking advantage of the local railway network.



Coach Trips
Wed 5th May: Kington to Knighton
Wed 9th June: Newton St Loe, near Bath, Avon
Wed 14th July: Bosherston, Pembrokeshire
Wed 4th August: Millennium Park, Llanelli
Sat 14th August: Gorge-ous Bristol and balloon festival
Wed 1st September: Kenfig
Wed 20th October: Westonbirt Arboretum, Tetbury

First or second Tuesday of every month Get together in the Gatekeeper, Westgate St, Cardiff, unless otherwise stated.

Children

Children are welcome to join Group walks, or take part in other Group activities when accompanied by their parent/carer, provided the leader/organiser is comfortable that it is suitable for them. Responsibility for children remains with the parent/carer at all times. Some older children may be welcome to walk with the group unaccompanied provided express consent is given by their parent/carer.

Parents, Guardians and carers should sign a consent form to state that they will supervise their child(ren) at all times and that they understand that walk leaders are not experienced to supervise their children and provide an emergency contact number in case they have an accident or become ill, advising of any medication they may take so an ambulance driver can note this. This protects/safeguards both the volunteer and adult. Contact Committee Member to discuss.

If you encounter any **FOOTPATH PROBLEMS** please report them to the Footpath Officer with full details and a grid reference.

COMMITTEE MEMBERS

vacant	chairman	
Diane Davies	secretary	029 2075 2464
	9 Cyncoed Rise, Cyncoed, Cardiff, CF23 6SF	
	email secretary@cardifframblers.org.uk	
Jeff Hobden	treasurer	029 2075 2327
Roma Whiteley	membership	029 2075 2680
	49 Norwood, Thornhill, Cardiff CF14 9DE	
Gwyn Lewis	rambles, footpaths	029 2090 2633 07910 595265
John Newton	countryside, environment	01633 440630
Paul Davies	Publicity	029 2062 0897
Mike Kohnstamm	publications	029 2075 7642
Gillian Masters	Walk Talk	029 2061 5094
Jane Willock		029 2062 3954
Dave Willock		029 2062 3954
Kathryn Bennett		029 2056 2703

HONORARY PRESIDENT

2009-10 John Isaacs

Previous holder 2008-9 Yvonne Weeding

Group Grading System

A : Over 2000 feet (600m.) of climbing
B : 1200 to 2000 feet (350 - 600m.) of climbing
C : 500 to 1200 feet (150 - 350m.) of climbing
D : Less than 500 feet (150m.) of climbing

R.A. Grading System in brief

Easy : Slow pace, good surface, suitable for (almost) all.
Leisurely : Fair pace, may be hilly or muddy with stiles.
Moderate : Moderate pace, open hillsides, boots essential.
Strenuous : Brisk pace, steep climbs / rough country.



The Ramblers' Association is a registered charity (England & Wales no 1093577, Scotland no SC039799) and a company limited by guarantee, registered in England & Wales (no 4458492).Registered office: 2nd floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW

Mae Cymdeithas y Cerddwyr yn elusen cofrestredig, (rhif Cymru a Lloegr: 1093577, rhif yr Alban SC039799) ac yn gwmni cyfyngedig trwy warant, wedi ei gofrestru yng Nghymru a Lloegr (rhif cofrestru'r cwmni 4458492). Swyddfa Cofrestredig Cymdeithas y Cerddwyr: Ail lawr, Tŷ Camelford, 87-90 Glannau Albert, Llundain, SE1 7TW.