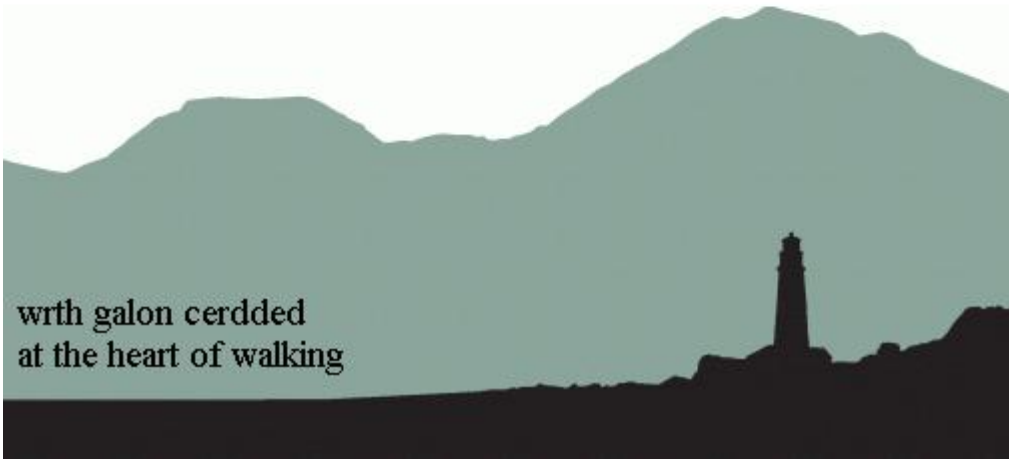
y cerddwyr
ramblers cymru

Cardiff Group

Walks Programme

April - September 2011



GENERAL INFORMATION

• MEETING POINTS

Weekends / bank holidays: By the Sherman Theatre, Senghenydd Road, Cardiff CF24 4YE unless otherwise stated. Please check for variations.

Thursday evenings: as stated for each walk

Wednesdays: at rear of Ararat Centre, Whitchurch Common, Cardiff CF14 1PT

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

Sat 2nd 10:00am	**Cefn Onn** *Meet at Cefn Onn Park car park* Jean James tel:029 2061 0290	**C** mod **9m**/15km
Sun 3rd 9:00am	**Bryn Arw and Sugar Loaf** The woods and ridges north of Abergavenny plus two peaks on the way round Diane Davies tel:029 2075 2464	**A** stren **12m**/19km
Tue 5th 7:30pm	**Social evening: Aneurin Bevan (Wetherspoons) Caerphilly Road**	
Wed 6th 9:30am	**Tintern and Bigsweir** Robert Smith tel:029 2088 0305	**A** stren **14m**/23km
Wed 6th 9:30am	**Upper Chapel and Pant-y-Llyn (no dogs please)** Wendy Winney tel:029 2062 8861	**B** mod **12m**/19km
Wed 6th 9:30am	**Cefn Gelligaer and Capel Gwladys from Bargoed** Claire Edwards tel:029 2075 6493	**C** mod **9m**/15km
Wed 6th 9:30am	**Striding from St Briavels** Joint walk with Lower Wye Ramblers Len Potter tel:029 2075 0167	**C** mod **9m**/15km
Fri 8th 11:00am	**Strolling from Cardiff Central to Cardiff Bay (via the Wetlands).** Circular walk with option to leave walk at halfway point to catch bus back. *Meet at Cardiff Central railway station inside station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 9th 9:30am 	**Rail Ramble: Rhoose to Barry** Linear walk. *Meet at 09.30 outside Cardiff Central railway station to catch 09.41 train to Rhoose.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 9th 2:00pm	**Navigation Practice around Llandaf** A short walk identifying map features, Map Explorer 151 (Also bring compass if you have one) *Meet at Llandaf railway station* Dave and Jane Willock tel:029 2062 3954	**C** leis **4m**/6km
Sun 10th 9:00am	**Abertillery** Robert Smith tel:029 2088 0305	**A** stren **14m**/23km
Wed 13th 9:30am	**Waun Fach** Calum Taylor tel:029 2061 3909	**A** stren **13m**/21km
Wed 13th 9:30am	**Cwm Du and Fran Frynych from Brecon Mountain Centre** Claire Edwards tel:029 2075 6493	**C** mod **9m**/15km
Wed 13th 9:30am	**Cross Inn and Efail Isaf** Daphne Little tel:01443 207689	**D** leis **7m**/11km

April

Sat 16th 10:00am	**Walk4Life: 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** easy **5m**/8km
Sun 17th 9:00am	**Wye Valley** A Whitebrook and Newlands roller coaster. No Dogs Please Wendy Winney tel:029 2062 8861	**A** stren **15m**/24km
Wed 20th 9:30am	**The icing on the cake Pen Carrig Calch via The Darren; other toppings available.** Kathryn Bennett tel:029 2056 2703	**A** stren **13m**/21km
Wed 20th 9:30am	**365 Steps, Wye Valley** Brian Congreve tel:029 2052 0640	**C** mod **10m**/16km
Wed 20th 9:30am	**Bedwas Bluebells** Adrian Wilson tel:07909 986736	**C** mod **9m**/15km
Wed 20th 9:30am	**Llanishen Wander (bring your camera)** Eddie Thomas tel:029 2061 1235	**D** leis **7m**/11km

April 21 - 25: Backpacking trip on Glyndwr's Way Part 1: Knighton to Aberhosan 65 miles
Contact Roma Whiteley tel:029 2075 2680

Fri 22nd 11:00am	**Strolling from Cardiff Central to Roath Park.** Linear Walk catching bus back. *Meet at Cardiff Central railway station inside station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** mod **5m**/8km
Sat 23rd 11:00am	**Cardiff Walks: Garth Hill from Taffs Well** *Meet at Taffs Well railway station* Gwyn Lewis tel:07910 595265	**C** mod **6m**/10km
Sun 24th 11:00am	**Cardiff Bay Trail (Clockwise).** *Meet at Norwegian Church. Council car parking ticketing does not apply near Norwegian Church on Sundays.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Mon 25th 11:00am	**Round Bute Park.** *Meet at National Museum, Cathays* Gwyn Lewis tel:07910 595265	**D** easy **5m**/8km
Wed 27th 9:00am	**The Glamorgan Heritage Coast: Bridgend to Barry Island.** A beautiful, varied and scenic walk along the Heritage coast *Meet at 9am outside Cardiff Central railway station to catch 0914 train to Bridgend. Returning from Barry Island station - frequent trains,* John Cunnane tel:01443 207836	**A** stren **25m**/41km
Wed 27th 9:30am	**Blaina (Cordell Country)** Gwyn Harvey tel:029 2051 3014	**A** mod **10m**/16km

April

Wed 27th 9:30am	**Hatterall Ridge** Jude Coor tel:029 2025 4201	**B** mod **10m**/16km
Wed 27th 9:30am	**Cefn Mably and Ruperra Castle. Back via The Unicorn.** alternative meeting point 10am Pentwyn Leisure Centre Jeff Bonsey tel:029 2049 0681	**C** mod **9m**/15km
Sat 30th 10:00am	**Dinas Powys and Salmon Leaps** *Meet at Dinas Powys at War Memorial, the Twyn (Village Square)* Gwyn Lewis tel:07910 595265	**C** mod **7m**/11km

May

Sun 1st 9:00am	**Gower coast** A walk taking in the views of the Gower Coastal Walk and the chance of an ice cream stop. Map: Explorer 164 Jen Richards tel:029 2076 4640	**B** stren **12m**/19km
Tue 3rd 7:30pm	**Social evening: Gatekeeper (Wetherspoons) Westgate St**	
Wed 4th 9:00am 	**Coach Trip: The Gower Way - Penmaen to Rhossili.** Choice of linear walks led by Claire Edwards and Len Bowker. Contact Claire (029 2075 6493) for walk details. Contact Gwyn Lewis (07910 595265) for coach tickets. *Meet at Three Elms Pub, Whitchurch Common* Advance booking essential. Fare 9 pounds	
Thu 5th 7:00pm	**Meet Plymouth Arms, St Fagans.** Peter Gifford tel:029 2089 0168	**D** leis **3m**/5km
Sat 7th 9:45am 	**Rail Ramble: Lisvane to Caerphilly** Linear walk *Meet at 09.45 outside Cardiff Central railway station to catch 10.01 train to Lisvane; or, meet 10.15 at Lisvane railway station for start of walk.* Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km
Sun 8th 9:00am	**Area walk** Hosted by Swansea Group. Choice of walks (15, 10 and 5 miles). Details to be announced on internet and Group's E-Bulletin. Or contact Gwyn 07910 595265 for details nearer the day	
Wed 11th 9:30am	**North of Crumlin** Robert Smith tel:029 2088 0305	**A** stren **15m**/24km
Wed 11th 9:30am	**Partrishow** Wyn Rosser tel:029 2073 1272	**B** mod **11m**/18km
Wed 11th 9:30am	**Newnham Bluebells** Digna Liepa tel:029 2052 0640	**C** mod **10m**/16km
Wed 11th 9:30am	**Llanfrynach to Brecon by canal and river** Len Bowker tel:029 2075 8493	**D** leis **8m**/13km

May

Thu 12th 7:00pm	**Meet Barry Island railway station.** Dave Osborn tel:029 2073 6657	**D** easy **4m**/6km
Fri 13th 11:00am	**Strolling from Cardiff Central to St Fagans.** Linear Walk catching bus back. Option to leave walk early at Pumping Station, Penarth Road. *Meet at Cardiff Central railway station inside station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sat 14th 10:30am	**Walk4Life: Pontprennau/Cefn Mably Circular** *Meet at rear of BandQ (Pontprennau) car park (opposite ASDA). (Bus route 57 and 58)* Mike and Mary Sullivan tel:029 2049 2145	**D** leis **4m**/6km
Sun 15th 9:00am	**Black Mountains Northern Circuit** Climbing up lesser used tracks to the tops of Chawrel Y Fan, Pen-y-Gadair Fawr, Waun Fach, and Hatterall Ridge. Jason Winney tel:077 9852 1550	**A++** stren **16m**/26km
Sun 15th 11:00am 	**Family Walk: The Knap and Porthkerry Country Park** Find the fossil "the devil's toenail" on our Jurassic coast *Meet at car park on the front at the Knap at end of Bryn y Mor Terrace, Barry OS Grid Ref ST 098 665* Claire Edwards tel:029 2075 6493	**C** easy **3m**/5km
Wed 18th 9:30am	**Trefil and Dyffryn Crawnon** Ian Palmer tel:029 2070 1204	**A** stren **12m**/19km
Wed 18th 9:30am	**Chepstow/Tintern Abbey Circular** Gwyn Lewis tel:07910 595265	**B** stren **13m**/21km
Wed 18th 9:30am	**Sirhowey Valley and Mynydd Islwyn area** Len Bowker tel:029 2075 8493	**C** mod **8m**/13km
Wed 18th 9:30am	**Southerndown and Ogmore** Peter Gifford tel:029 2089 0168	**D** leis **7m**/11km
Thu 19th 7:00pm	**Meet outside National Museum, Cathays** Gwyn Lewis tel:07910 595265	**D** easy **4m**/6km
Sat 21st 10:00am	**Cambrian Way (The Mountain Connoisseur's Walk) Stage 1: Cardiff Castle to Castell Coch** Linear walk, bring bus fare/pass *Meet at National Museum, Cathays* Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Sun 22nd 9:00am	**Fan Brycheiniog and 2 lakes approached from the north** OL12 Roma Whiteley tel:029 2075 2680	**A** stren **10m**/16km
Sun 22nd 11:00am	**Cardiff Bay Trail. (Anti-Clockwise)** *Meet at Norwegian Church. Council car parking ticketing does not apply near Norwegian Church on Sundays.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

May

Wed 25th 9:15am	**Beacons Way: Storey Arms to Craig y Nos.** Booking for coach essential - contact Kathryn Bennett 029 2056 2703. Jim Riley tel:029 2052 9993	**A** stren **13m**/21km
Wed 25th 9:30am	**Brecon Beacons** John Henn tel:029 2062 1286	**A** stren **7m**/11km
Wed 25th 9:30am	**Around Tor y Foel and Talybont on Usk** Len Bowker tel:029 2075 8493	**C** mod **8m**/13km
Wed 25th 9:30am	**Ynysybwl** Alan Parry tel:029 2041 9584	**C** mod **8m**/13km
Thu 26th 7:00pm	**Meet at Lisvane and Thornhill station** Mike Kohnstamm tel:029 2075 7642	**D** leis **4m**/6km
Fri 27th 11:00am	**Strolling from Cardiff Central 'Round International Sports Village.** Circular walk with option to leave walk at halfway point. *Meet at Cardiff Central railway station inside station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

May 28 - June 2: Backpacking trip on Glyndwr's Way Part 2: Aberhosan to Welshpool (68 miles)
Contact Roma Whiteley tel:029 2075 2680

Sat 28th 10:00am	**Goodrich** *Meet at Sherman Theatre* John Newton tel:01633 440630	**C** mod **10m**/16km
Sun 29th 9:00am	**North of Brecon** Exploring Brycheiniog Forest and several patches of access land to the east of it. Map: Builth Wells Explorer 188 Soo Turnbull tel:018 7462 2136	**A** mod **15m**/24km

June

Wed 1st 9:00am 	**Coach Trip: Bewdley and Severn Valley Railway.** Steam train ride and NEW linear walk (C11 Moderate) led by Geoff Trinick. Contact Geoff (029 2049 5016) for walk details. Contact Gwyn Lewis (07910 595265) for coach tickets. *Meet at Three Elms Pub, Whitchurch common* Advance booking essential. Fare 18 pounds	
Thu 2nd 7:00pm	**Meet outside Norwegian Church, Cardiff Bay.** Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 4th 10:30am	**Barry** *Meet at 9.30 outside Cardiff Central railway station to catch 09.41 to Barry; or, 10.30 at Cold Knap beach car park for start of walk.* Gwyn Lewis tel:07910 595265	**C** leis **8m**/13km

June

Sun 5th 9:00am	**Pen Cerrig-calch** Some off path exploration Map: OL13 Gillian Masters tel:029 2061 5094	**A** stren **13m**/21km
Sun 5th 11:00am	**Walk4Life: Meet at Scott Memorial, Roath Park.** Gwyn Lewis tel:07910 595265	**D** easy **5m**/8km
Tue 7th 7:30pm	**Social evening: Aneurin Bevan (Wetherspoons) Caerphilly Road**	
Wed 8th 9:30am	**Y Grib and Waun Fach** Wyn Rosser tel:029 2073 1272	**A** stren **12m**/19km
Wed 8th 9:30am	**Bal-mawr (parking at Llanthony Priory)** Jude Coor tel:029 2025 4201	**B** mod **10m**/16km
Wed 8th 9:30am	**Ton Pentre and Craig Ogwr** John Henn tel:029 2062 1286	**B** mod **8m**/13km
Wed 8th 9:30am	**Swansea Bay and Clyne Gardens** Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Thu 9th 7:00pm	**Meet Pentwyn Leisure Centre.** Gwyn Lewis tel:07910 595265	**D** easy **4m**/6km
Fri 10th 11:00am	**Strolling from Cardiff Central to Penarth Pier.** Linear walk catching bus or train back. *Meet at Cardiff Central railway station inside station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 11th 10:00am	**Cardiff Walks: Castell Coch and Craig yr Allt** *Meet at Castell Coch lower car park* Gwyn Lewis tel:07910 595265	**C** mod **7m**/11km
Sun 12th 8:00am	**The Doethie Valley** Note early start time. Map Explorer 187 Jason Winney tel:077 9852 1550	**A+** stren **16m**/26km
Wed 15th 9:30am	**Capel y Ffin** Calum Taylor tel:029 2061 3909	**A** stren **12m**/19km
Wed 15th 9:30am	**Devauden/Kilgwrrwg** Geoff Trinick tel:029 2049 5016	**B** mod **10m**/16km
Wed 15th 9:30am	**Dinas Powys** Nigel Williams tel:029 2051 2050	**C** leis **7m**/11km
Wed 15th 9:30am	**Merthyr Mawr** Peter Gifford tel:029 2089 0168	**D** leis **7m**/11km
Thu 16th 7:00pm	**Meet at Pentyrch Green (opposite shops)** Peter Gifford tel:029 2089 0168	**D** leis **4m**/6km

June

Sat 18th 9:45am 	**Rail Ramble: Quakers Yard to Pontypridd** Linear walk *Meet at 09.45 outside Cardiff Central railway station to catch 09.56 train to Quakers Yard. (or join train on route, eg Radyr, Taffs Well)* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sat 18th 2:00pm	**Navigation Practice around Thornhill** A short walk identifying map features, Map Explorer 151 (Also bring compass if you have one) *Meet at Lisvane and Thornhill railway station* Dave and Jane Willock tel:029 2062 3954	**C** leis **4m**/6km
Sun 19th 9:00am	**The Black Mountain** Map OL 12 Dave and Jane Willock tel:029 2062 3954	**A** stren **14m**/23km
Sun 19th 11:00am 	**Family Walk: Merthyr Mawr sand dunes and beach** - Explore the largest sand dune complex in Britain *Meet at Candleston Castle car park, Merthyr Mawr. OS Grid Ref SS 871 772.* Kathryn Bennett tel:029 2056 2703	**D** easy **3m**/5km
Wed 22nd 9:15am	**Beacons Way: Craig y Nos to Llanddeusant.** Leader Wyn Rosser. Booking for coach essential - contact Kathryn Bennett 029 2056 2703. Wyn Rosser tel:029 2073 1272	**A** stren **11m**/18km
Wed 22nd 9:30am	**Volunteer needed** to lead Moderate/Leisurely Walk. Contact either John Henn (029 2062 1286) or Gwyn Lewis (07910 595265).	
Wed 22nd 9:30am	**Sugar Loaf** Marilyn Woods tel:01873 831106	**B** mod **12m**/19km
Wed 22nd 9:30am	**Maesteg and Afan Argoed** Gwyn Lewis tel:07910 595265	**C** mod **10m**/16km
Thu 23rd 7:00pm	**Meet opposite Hollybush Pub, Coryton.** Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km
Fri 24th 11:00am	**Strolling from Cardiff Central 'Round Bute Park.** Circular walk. *Meet at Cardiff Central railway station inside station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 25th 10:00am	**Pen y Fan and Corn Du (Brecon Beacons)** *Meet at Three Elms Pub, Whitchurch Common to car share to start point.* Gwyn Lewis tel:07910 595265	**B** mod **6m**/10km
Sun 26th 9:00am	**Wotton-under-Edge** No Dogs Please. Map: Explorer 167 Wendy Winney tel:029 2062 8861	**C** mod **13m**/21km

June

Sun 26th 11:00am	**Cardiff Bay Trail. (including Penarth Heights)** *Meet at Norwegian Church. Council car parking ticketing does not apply near Norwegian Church on Sundays.* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Wed 29th 8:30am	**Coach Trip: Preseli Mountains.** Choice of linear walks led by Alan Parry and Peter Gifford. Contact Alan (029 2041 9584) for walk details. Contact Gwyn Lewis (07910 595265) for coach tickets. *Meet at Three Elms Pub, Whitchurch Common* Advance booking essential. Fare 12 pounds	
Thu 30th 7:00pm	**Meet at Marshfield village hall** Mike Kohnstamm tel:029 2075 7642	**C** leis **5m**/8km

July

Sat 2nd 10:00am	**Walk4Life: Cosmeston. (no dogs, please)** *Meet at Cosmeston Lakes car park* John and Brenda Issacs tel:029 2055 5970	**D** easy **5m**/8km
Sun 3rd 9:00am	**Cwm Clydach** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Tue 5th 7:30pm	**Social evening: Gatekeeper (Wetherspoons) Westgate St**	
Wed 6th 9:30am	**Skirrid and Llangattock Lingoed (no dogs please)** Wendy Winney tel:029 2062 8861	**B** mod **13m**/21km
Wed 6th 9:30am	**Up from the Lake: Llangorse** Adrian Wilson tel:07909 986736	**B** stren **9m**/15km
Wed 6th 9:30am	**Draethen and Michaelston y Fedw** Bette Griffiths tel:029 2056 2041	**C** leis **8m**/13km
Wed 6th 9:30am	**CADW Heritage Hike: Tintern** Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Thu 7th 7:00pm	**Meet outside ASDA, Ferry Road Retail Park, Cardiff Bay** Gwyn Lewis tel:07910 595265	**C** leis **4m**/6km
Fri 8th 11:00am	**Strolling from Cardiff Central to Coryton.** Linear walk catching bus or train back. (Option of lunch at Holybush Inn) *Meet at Cardiff Central railway station inside station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sat 9th 10:00am	**Cardiff Walks: Nant Fawr Corridor** *Meet at Scott Memorial, Roath Park* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km

July

Sun 10th 9:00am	**Banwen Gwys and the area north of Cribarth** Map: Brecon Beacons National Park, OL12. Roma Whiteley tel:029 2075 2680	**A** stren **14m**/23km

Leader's Evening to kick-start the Autumn/Winter Walks Programme to be held week commencing July 11. Details of date/time/venue to be announced when available. Walks can be offered anytime via email: to Gwyn Lewis gwynrambler@hotmail.co.uk for Wednesday and Saturday walks; Dave Willock willockdj@cardiff.ac.uk. for Sunday walks.

Wed 13th 9:30am	**Wyse Offa (Chepstow)** Rob Wilkinson tel:01633 872183	**A** stren **16m**/26km
Wed 13th 9:30am	**Blaenavon and Blorenge** Margaret Wallis tel:01633 441054	**B** mod **10m**/16km
Wed 13th 9:30am	**Pontfaen/Battle** Streams, Farms and views near Brecon Mike and Mary Sullivan tel:029 2049 2145	**C** mod **8m**/13km
Wed 13th 9:30am	**Quakers Yard and Trevethick Trail** Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km
Thu 14th 7:00pm	**Meet Cathedral Green, Llandaff. To go Down-River. (no dogs, please)** John and Brenda Isaacs tel:029 2055 5970	**D** easy **4m**/6km
Sat 16th 10:00am	**Caerwent.** *Meet at Rhiwbina Library to car share to start point* John Henn tel:029 2062 1286	**C** leis **6m**/10km
Sun 17th 9:00am	**Felindre (north of Talgarth)** Map Brecon Beacons Eastern, OL13. Soo Turnbull tel:018 7462 2136	**A** mod **15m**/24km
Sun 17th 11:00am 	**Family Walk: Southerndown and Dunraven Castle** A treasure hunt in the secret garden of the ruined castle *Meet at Dunraven Bay car park (possible car park fee payable). OS Grid Ref SS 885 732* Sue Davies tel:029 2140 1381	**D** easy **3m**/5km
Wed 20th 9:15am	**Beacons Way: Llanddeusant to Carreg Cennen** Leader Robert Smith. Booking for coach essential - contact Kathryn Bennett 029 2056 2703. Robert Smith tel:029 2088 0305	**A** stren **14m**/23km
Wed 20th 9:30am	**Gower: Oxwich to Foxhole Slade** Alan Parry tel:029 2041 9584	**C** leis **13m**/21km
Wed 20th 9:30am	**Tirphil** Gwyn Lewis tel:07910 595265	**C** mod **8m**/13km

July

Thu 21st 7:00pm	**Meet Cathedral Green, Llandaff. To go Up-River. (no dogs, please)** John and Brenda Isaacs tel:029 2055 5970	**D** easy **4m**/6km
Fri 22nd 11:00am	**Strolling from Cardiff Central to Cathays Cemetery for Cemetery Trail.** Linear Walk catching bus back. *Meet at Cardiff Central railway station inside station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 23rd 9:15am 	**Rail Ramble: Cwmparc horseshoe, Rhondda** good views from the cliff tops *Meet at 09.15 outside Cardiff Central railway station to catch 09.36 train to Treorchy* Mike Kohnstamm tel:029 2075 7642	**B** mod **8m**/13km
Sun 24th 9:00am	**Bargoed** John Newton tel:016 3344 0999	**A** stren **12m**/19km
Sun 24th 11:00am	**Cardiff Bay Trail (Clockwise)** *Meet at Norwegian Church. Council car parking ticketing does not apply near Norwegian Church on Sundays.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Wed 27th 9:00am 	**Coach Trip: The Malvern Hills.** Choice of linear walks organised by Adrian Wilson. Contact Adrian (07909 986736) for walk details. Contact Gwyn Lewis (07910 595265) for coach tickets. *Meet at Three Elms Pub, Whitchurch Common* Advance booking essential. Fare 11 pounds	
Thu 28th 7:00pm	**Meet Creigiau Recreational Field.** Peter Gifford tel:029 2089 0168	**D** leis **4m**/6km
Sat 30th 10:00am	**Llandegfedd. Meet outside Sherman Theatre.** *Meet at Sherman Theatre* John Newton tel:01633 440630	**C** mod **10m**/16km
Sun 31st 9:00am	**Fan Fawr and Fan Ilia** Map: Brecon Beacons National Park, OL12. Gillian Masters tel:029 2061 5094	**A** stren **14m**/23km

August

Tue 2nd 7:30pm	**Social evening: Aneurin Bevan (Wetherspoons) Caerphilly Road**	
Wed 3rd 9:20am	**Table Mountain to Holy Mountain.** A walk in the most scenic parts of the Black Mountains, visiting Table Mountain, the Sugar Loaf and the Skirrid *Meet at 9.20am at Abergavenny bus station to catch 09.33 bus to Crickhowell.* John Cunnane tel:01443 207836	**A+** stren **17m**/28km

August

Wed 3rd 9:30am	**Goodrich and Symonds Yat** Diane Davies tel:029 2075 2464	**B** mod **12m**/19km
Wed 3rd 9:30am	**Eastern Beacons** Margaret Wallis tel:01633 441054	**B** stren **9m**/15km
Wed 3rd 9:30am	**Pentyrch, The Garth and Castell Coch** Daphne Little tel:01443 207689	**C** mod **10m**/16km
Thu 4th 7:00pm	**Meet Radyr railway station.** Rob Jewels tel:029 2055 3843	**D** easy **4m**/6km
Sat 6th 10:00am	**Round Castell Coch** *Meet at Radyr railway station* Rob Jewels tel:029 2055 3843	**C** leis **8m**/13km
Sun 7th 9:00am	**Sirhowy Valley** John Newton tel:016 3344 0999	**A** stren **12m**/19km
Wed 10th 9:30am	**The Raven Walk.** The classic walk from Cwmcarn - over two ridges and along one with four sculptures to find. Diane Davies tel:029 2075 2464	**A** stren **12m**/19km
Wed 10th 9:30am	**Gilwern/Cwm Llanwenarth** Marilyn Woods tel:01873 831106	**B** mod **10m**/16km
Wed 10th 9:30am	**Ystradowen/Llansannor** Geoff Trinick tel:029 2049 5016	**C** mod **7m**/11km
Wed 10th 9:30am	**Goldcliff and Redwick** Peter Gifford tel:029 2089 0168	**D** leis **8m**/13km
Thu 11th 7:00pm	**Meet Scott Memorial, Roath Park.** Gwyn Lewis tel:07910 595265	**D** easy **4m**/6km
Fri 12th 11:00am	**Strolling from Cardiff Central to Cardiff Bay Lightship and back.** Option to leave walk at halfway point and return by bus. *Meet at Cardiff Central railway station inside station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 13th 10:00am	**Ogmore** *Meet at Three Elms Pub, Whitchurch Common, for car sharing to start point.* Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Sat 13th 2:00pm	**Navigation Practice around Taffs Well** A short walk identifying map features, Map Explorer 151 (Also bring compass if you have one) *Meet at Taffs Well Railway station* Dave and Jane Willock tel:029 2062 3954	**C** leis **4m**/6km
Sun 14th 9:00am	**Fan y Big** Map: Brecon Beacons National Park, OL12. Dave and Jane Willock tel:029 2062 3954	**A+** stren **16m**/26km

August

Sun 14th 11:00am 	**Family Walk: A walk from the Mountain Centre in the Beacons** Climb to the white trig point for some hill rolling! *Meet at the Brecon Beacons Mountain Centre, signposted north of Merthyr Tydfil off the A470 close to the village of Libanus. OS Grid Ref SN 9* Jim Riley tel:029 2052 9993	**D** easy **3m**/5km
Wed 17th 9:15am	**Beacons Way: Carreg Cennen to Bethlehem and Llangadog** Leader Kathryn Bennett. Booking for coach essential - contact Kathryn Bennett tel:029 2056 2703	**B** stren **10m**/16km
Wed 17th 9:30am	**Tragedy and Spectacle on the Beacons Horseshoe** Gwyn Lewis tel:07910 595265	**A** stren **9m**/15km
Wed 17th 9:30am	**Dare Valley** Brian Congreve tel:029 2052 0640	**C** mod **10m**/16km
Wed 17th 9:30am	**Ogmore and St Brides** Alan Parry tel:029 2041 9584	**C** leis **7m**/11km
Thu 18th 7:00pm	**Meet Machen Village Hall, Machen.** Margaret Wallis tel:01633 441054	**D** easy **4m**/6km
Sat 20th 10:00am	**Penarth Pier via Lavernock Nature Reserve** *Meet at Cosmeston Lakes car park.* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sun 21st 9:00am	**Pen-y-Fan and Fan Frynach.** John Newton tel:016 3344 0999	**A** stren **14m**/23km
Sun 21st 11:00am	**Walk4Life/Cardiff Walks: Radyr Woods and Glamorgan Canal** *Meet at Radyr railway station car park* Gwyn Lewis tel:07910 595265	**D** easy **5m**/8km
Wed 24th 9:00am 	**Coach Trip: Builth Wells to Llandrindod Wells.** Choice of linear walks led by Margaret Wallis and John Henn. Contact Margaret (01633 441054) or John (029 2062 1286) for walk details. Contact Gwyn Lewis (07910 595265) for coach tickets. *Meet at Three Elms Pub, Whitchurch Common* Advance booking essential. Fare 11 pounds	
Thu 25th 7:00pm	**Meet outside Norwegian Church, Cardiff Bay.** Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

August 26 - 30: Bank Holiday Walking Weekend based at Lampeter University.
Limited places available
Contact Jen Richards tel:029 2076 4640

August

Fri 26th 11:00am	**Strolling from Cardiff Central 'Round Llandaff Cathedral.** Circular walk with option to leave walk at halfway point and return by bus. *Meet at Cardiff Central railway station inside station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 27th 9:30am 	**Rail Ramble: Llantwit Major - Nash Point Circular.** *Meet at 09.30 outside Cardiff Central railway station to catch 0941 train to Llantwit Major, or meet Llantwit Major railway station car park at 1025 for start of walk* Gwyn Lewis tel:07910 595265	**D** mod **9m**/15km
Sun 28th 9:00am	**Fforest Fawr and Fan Nedd** Map: Brecon Beacons National Park, OL12. Dave and Jane Willock tel:029 2062 3954	**A** stren **13m**/21km
Sun 28th 11:00am	**Cardiff Bay Trail. (Anti-Clockwise)** Council car parking ticketing does not apply near Norwegian Church on Sundays. *Meet at Norwegian Church, Cardiff Bay* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Wed 31st 9:30am	**Upper Rhiangoll** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 31st 9:30am	**Fan Frynach from Storey Arms** John Henn tel:029 2062 1286	**B** mod **7m**/11km
Wed 31st 9:30am	**14 Locks: Newport Canal** Eddie Thomas tel:029 2061 1235	**C** mod **9m**/15km
Wed 31st 9:30am	**Tondu: Old Industries and New Parks** Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km

September

Sat 3rd 9:30am 	**Rail Ramble: Bargoed to Hengoed** *Meet at 09.30 outside Cardiff Central railway station to catch 09.46 train to Bargoed* Mike Kohnstamm tel:029 2075 7642	**C** leis **8m**/13km
Sun 4th 9:00am	**Llangwm Circular** A walk visiting six churches. George Baugh tel:029 2025 1389	**B** mod **11m**/18km
Tue 6th 7:30pm	**Social evening: Gatekeeper (Wetherspoons) Westgate St**	
Wed 7th 9:30am	**Longtown, Llanthony and Cwmyoy** Ian Palmer tel:029 2070 1204	**A** stren **13m**/21km
Wed 7th 9:30am	**Grwyne Fawr and Craig Mawr** Alan Parry tel:029 2041 9584	**B** mod **8m**/13km

September

Wed 7th 9:30am	**Porthkerry Park/Penmark** Gwyn Lewis tel:07910 595265	**C** mod **9m**/15km
Fri 9th 11:00am	**Strolling from Cardiff Central to climb "ASDA Mountain" for spectacular views of IKEA.** Circular walk with option of leaving walk at halfway point and returning by bus. *Meet at inside Cardiff Central railway station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 10th 10:00am	**Caerphilly Mountain** *Meet at Castell Coch lower car park.* Gwyn Lewis tel:07910 595265	**C** mod **7m**/11km
Sun 11th 9:00am	**Tor y Foel and the Chartist Cave** A steep climb for fine views plus a remote valley, a prehistoric cairn and an historic cave. Map: OL 13 Diane Davies tel:029 2075 2464	**A** stren **12m**/19km
Sun 11th 11:00am 	**Family Walk: Pen y Fan. Climb the highest mountain in South Wales. (886m 2924ft)** It could be cold and wet at the top, bring good footwear, warm fleeces and jackets. OS Grid Ref SN 987 199. *Meet at car park just south of the Storey Arms A470.* Wyn Rosser tel:029 2075 1973	**B** mod **5m**/8km
Wed 14th 9:30am	**Whitebrook and Newlands Switchback (no dogs please)** Wendy Winney tel:029 2062 8861	**A** stren **15m**/24km
Wed 14th 9:30am	**Above Abergavenny** Alan Parry tel:029 2041 9584	**C** mod **10m**/16km
Wed 14th 9:30am	**Into the forest from Redbrook** Adrian Wilson tel:07909 986736	**C** mod **9m**/15km
Wed 14th 9:30am	**Linear walk starting at Arrarat Church, Whitchurch, to Lightship (Cardiff Bay) that avoids the Taff Trail.** Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Sat 17th 10:00am	**The Haunted Field, Wenvoe** *Meet at St Mary's Church, Wenvoe* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 18th 9:00am	**Around the Gwent Levels** Follow in the footsteps of Romans and monks through a historical landscape of reclaimed land. Map: Explorer 152 Dave and Jane Willock tel:029 2062 3954	**D** mod **12m**/19km

September

Wed 21st 9:00am 	**Coach Trip: Cold Ashton to Bathampton.** Choice of linear walks (11 and 7 miles) led by Digna Liepa and Brian Congreve. Contact Digna (029 2052 0640) for walk details. Contact Gwyn Lewis (07910 595265) for coach tickets. *Meet at Three Elms Pub, Whitchurch Common* Advance booking essential. Fare 11 pounds	
Fri 23rd 11:00am	**Strolling from Cardiff Central to the Bay and back.** Circular walk with option of leaving walk at halfway point and return by bus. *Meet at Cardiff Central railway station inside station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 24th 11:00am	**Walk4Life: Meet outside National Museum, Cathays** Gwyn Lewis tel:07910 595265	**D** easy **4m**/6km
Sun 25th 9:00am	**Mynydd Blaenrhonda** A largely forest walk with occasional waterfalls.Map: Explorer 166. Dave and Jane Willock tel:029 2062 3954	**B** mod **12m**/19km
Sun 25th 11:00am	**Cardiff Bay Trail (including Penarth Heights)** *Meet at Norwegian Church. Council car parking ticketing does not apply near Norwegian Church on Sundays* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Wed 28th 9:30am	**Brecon Round** Calum Taylor tel:029 2061 3909	**A** stren **14m**/23km
Wed 28th 9:30am	**Cwm Dimbath** Bette Griffiths tel:029 2056 2041	**C** mod **10m**/16km
Wed 28th 9:30am	**Llantwit Circular (history and cliff walk)** Mike and Mary Sullivan tel:029 2049 2145	**C** leis **8m**/13km

September 30 - October 4: Lake District Walking Weekend based at Ambleside YHA

Contact Wendy Winney tel:029 2062 8861

October

Wed 19th 9:00am 	**Coach Trip: Marlborough.** Choice of linear walks organised by Kath Edwards. Contact Kath (029 2051 2609) for walk details. Contact Gwyn Lewis (07910 595265) for coach tickets. *Meet at Three Elms Pub, Whitchurch Common* Advance booking essential. Fare 12 pounds

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.

Also see the Cardiff Ramblers page on Facebook for notices and photographs of our activites.

Themed Walks



Family Walks - child friendly walks where all the family are welcome.



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. For the full Rail Rambles programme see http://www.railrambles.com.



Coach trips - an opportunity to go a little further away.
May 4th - the Gower Way
June 1st - Bewdley and Severn Valley Railway
June 29th - Preseli Mountains
July 27th - the Malvern Hills
Aug 24th - Builth Wells to Llandrindod
Sept 21st - Cold Ashton to Bathampton
Oct 19th - Marlborough

Walk4Life (replacing Stepping Stones): the 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.

Friday Strolls - weekly easy/leisurely Friday walks in months November - February inclusive. Meet 11am inside Cardiff Central railway station near the Information booth.

First or second Tuesday of every month - Social get-together. this season alternating between the Gatekeeper, Westgate Street in town, and the Aneurin Bevan, near the Gabalfa flyover.

Change4Life - Change4Life is an NHS initiative to get us to "Eat well, Move more and Live longer". See the web page at http://www.nhs.uk/Change4Life for details (or http://www.wales.gov.uk/change4life for the Wales version). The Ramblers have teamed up with Change4Life to encourage us to get walking. Walk4Life and the Festival of Winter Walks are included in this initiative.

Children

Walkers must be 18+ or accompanied by an adult holding parental responsibility.

Unaccompanied walkers aged 15-17 are welcome (except on overnight stays) with a valid 15-17 Year Old Parental Consent Card, obtainable free from Ramblers main office, tel 020 7339 8500. Contact Committee Member to discuss.

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 440999
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

2010-11 Richard Garman

Previous holders

2009 - 10 John Isaacs

2008 - 09 Yvonne Weeding

Group Grading System

A+ : Over 3000 feet (900m.) of climbing
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: All lawr, Tŷ Camelford, 87-90 Glannau Albert, Llundain, SE1 7TW.