y cerddwyr
ramblers cymru

Cardiff Group

October 2012 - March 2013
Walks Programme



GENERAL INFORMATION

• MEETING POINTS

Saturdays: No fixed meeting point - please check Programme entries

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

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, 10p 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.

• 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.

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.

Cover picture: Eppynt Way near Llanfihangel Nant Bran

October

Tue 2nd 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina, CF14 6NB**	
Wed 3rd 9:30am	**Cat's Back (Crib y Garth, Beacons)** Marilyn Woods tel:01873 831106	**B** mod **11m**/18km
Wed 3rd 9:30am	**Chepstow Gloucester Way & Offa´s Dyke** Len Bowker tel:029 2075 8493	**C** mod **9m**/15km
Wed 3rd 10:00am	**Cosmeston/Sully** *Meet: Leader at Cosmeston Lakes car park.* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Fri 5th 11:00am	**Strolling from Cardiff Central to Llandaff Cathedral.** Circular walk (option of catching bus back from Llandaff) *Meet: inside Cardiff Central railway station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 6th 9:30am	**Newport Canal/Allt yr yn.** *Meet: at Fourteen Locks Centre (off Junction 27 of M4 Post Code NP10 9GN)* John Newton tel:01633 440999	**C** leis **5m**/8km
Sun 7th 9:00am	**Dare Valley** Jen Richards tel:02920 624 885	**A** stren **12m**/19km
Sun 7th 11:00am 	**Family Walk: Come and see what Tinkin buried in his wood.** *Meet: Dyffryn Gardens, St Nicholas Vale of Glamorgan CF5 6SU [GR 096723]* Kathryn Bennett tel:029 2056 2703	**D** easy **3m**/5km
Wed 10th 8:30am 	**Coach Trip: Quantock Combes and Ridge. [Note 8.30am departure time]** Choice of linear walks organised by Martin Bye and Vic Chambers. Contact Martin (029 2075 6618) for walk details. Contact Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub Whitchurch Common. Advance booking essential. Fare 11 pounds	
Fri 12th 11:00am	**Cardiff Central Strollers On Tour - Newport Transporter Bridge.** Circular walk. Leaving from Stand E4 Cardiff Bus Station catching 11am X30 bus to Newport. Strollers intending to catch bus on route or meet walk at Newport bus station should advise Leader. *Meet: Stand E4 Cardiff Bus Station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 13th 9:30am	**Caerphilly Mountain** *Meet: Caerphilly Mountain car park* John Newton tel:01633 440999	**C** leis **7m**/11km

October

Sun 14th 8:30am	**Cwmbran Ridge** Note earlier meeting time than usual. Map: OS Explorer 152 (GR 298 957) Rob Wilkinson tel:01633 872183 mob: 0779 8562747	**A** stren **17m**/28km
Wed 17th 9:30am	**Mynydd y Glyn from Rhondda Heritage Park.** Gwyn Matthews tel:01443 404000	**A** stren **12m**/19km
Wed 17th 9:30am	**Blaen y Glyn, Craig Cwmoergwm and Cwar y Gigfran** Wyn Rosser tel:07811 464955	**B** mod **11m**/18km
Wed 17th 9:30am	**Crickhowell Gilwern and return by canal** Len Bowker tel:029 2075 8493	**C** mod **8m**/13km
Wed 17th 9:30am	**Views from Caerphilly Trig Point** Gwyn Lewis tel:07910 595265	**C** mod **8m**/13km
Fri 19th 11:00am	**Strolling from Cardiff Central to Roath Park** (Tea/ Coffee in Lakeside café optional). Linear walk bring bus fare/pass. Meet inside Cardiff Central railway station near the Information booth. *Meet: Cardiff Central railway station* Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km
Sat 20th 10:00am	**Cosmeston - Penarth Pier Circular** *Meet: Cosmeston Lakes car park* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 21st 9:00am	**Waterfalls Walk** Tour of the waterfalls of the Mellte, Hepste and Nedd Fechan, including Sgwd yr Eira. Diane Davies tel:029 2075 2464	**A** stren **11m**/18km
Tue 23rd 7:30pm	**Cardiff Ramblers AGM** at City United Reformed Church, Windsor Place, Cardiff CF10 3BZ. Slideshow: Dales High Way, with images from the group trip to the Yorkshire Dales, followed by refreshments and the AGM. Contact Diane Davies tel:029 2075 2464	
Wed 24th 9:30am	**Cwmcarn.** No dogs please Wendy and Malcolm Winney tel:029 2062 8861	**A** stren **14m**/23km
Wed 24th 9:30am	**Mynydd y Glyn from Rhondda Heritage Park.** Gwyn Matthews tel:01443 404000	**B** mod **11m**/18km
Wed 24th 9:30am	**Abertridwr** Terry Richards tel:07966 680993	**C** mod **7m**/11km
Wed 24th 9:30am	**A Perambulate around Peterston Super Ely** Eddie Thomas tel:029 2061 1235	**D** leis **7m**/11km

October

Fri 26th 11:00am	**Strolling from Cardiff Central in search of the Billy Banks** Meet inside Cardiff Central railway station near the Information Booth. Linear walk. Bring bus pass/ fare. *Meet: Cardiff Central railway station* Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km
Sat 27th 10:00am	**Coed Bedw - Garth - Garth Fawr - Lan Farm** *Meet: Taffs Well railway station* Paul (T) tel:029 2036 1766	**C** mod **6m**/10km
Sun 28th 9:00am	**Vale of Glamorgan coast and countryside** Along the coastal path from Nash Point to Dunraven including a stretch along the foreshore, weather and tides permitting (this part is rocky in places). Return over inland paths and fields. Map: 151 Stuart Neil tel:029 2038 9272	**B** mod **11m**/18km
Sun 28th 10:00am	**Abersychan - Lasgarn Wood - Mynydd Garnclochdy** *Meet: Eastern Leisure Centre, Llanrumney, car park to car share* Paul (T) tel:029 2036 1766	**C** mod **7m**/11km
Wed 31st 9:30am	**Staunton, Symonds Yat, Doward** Robert Smith tel:029 2088 0305	**A** stren **14m**/23km
Wed 31st 9:30am	**Blorenge** Alan Parry tel:029 2041 9584	**B** mod **9m**/15km
Wed 31st 9:30am	**Mynydd y Glyn from Rhondda Heritage Park.** Gwyn Matthews tel:01443 404000	**C** mod **8m**/13km
Wed 31st 9:30am	**Tintern Abbey and Devil's Pulpit** Paul (T) tel:029 2036 1766	**C** mod **5m**/8km

November

Fri 2nd 11:00am	**Cardiff Central Strollers Discovering Cardiff Suburbs: Old St Mellons and Pontyprennau** *Meet: inside Cardiff Central railway station near the Information Booth. Catching bus to Old St Mellons, bring bus fare/pass.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 3rd	**Area AGM hosted by Cardiff Ramblers** Walk at 10:00am followed by AGM at 2:00pm *Meet: Ararat Centre, Whitchurch common* Contact Diane Davies for more information tel:029 2075 2464	
Sun 4th 9:00am	**Upper Rhymney Valley** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km

November

Sun 4th 11:00am 	**Family Walk: Discover Dormouse Trails on this Woodland walk** *Meet: Woodland Walk Garden Centre (Brook Farm on map) Heol Cregiau Efail CF38 1BG [GR 078839]* Marie Lewis tel:029 2089 1218	**D** easy **3m**/5km
Tue 6th 7:30pm	**Social evening:Three Arches, Heathwood Road, Heath, CF14 4HS**	
Wed 7th 9:00am	**North of Usk.** Car sharing at Whitchurch to meet 9.45am Leader at Marypost Street North, Usk [Map 152 GR 377007] Rob Wilkinson tel:07798 562747	**B** stren **13m**/21km
Wed 7th 9:30am	**Standing Stone and Cefn Brithdir from Parc Cwm Darran.** Claire Edwards tel:029 2075 6493	**C** mod **8m**/13km
Wed 7th 9:30am	**Wenvoe (East Circular)** Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Fri 9th 11:00am	**Strolling from Cardiff Central to Porth Teigr, Cardiff Bay** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 10th 9:30am	**Rudry and Draethen Circuit** *Meet: at Coed Llwyncelyn car park (OS Explorer 151 Grid Ref 202 854).* John Newton tel:01633 440999	**C** mod **6m**/10km
Sun 11th 9:00am	**Rhymney River** A circular walk between Machen and Old St Mellons John Newton tel:01633 440 999	**C** mod **13m**/21km
Wed 14th 9:30am	**Nant Cwm Llwch- Neuadd Reservoir and return via Cribyn, Pen y Fan and Corn Ddu.** Jim Riley tel:07799 755121	**A** stren **12m**/19km
Wed 14th 9:30am	**Langstone - Penhow** Bette Griffiths tel:029 5056 2041	**C** leis **8m**/13km
Wed 14th 9:30am	**Fforest Fawr and Lower Craig yr Allt** Mike and Mary Sullivan tel:029 2049 2145	**C** mod **7m**/11km
Fri 16th 11:00am	**Cardiff Central Strollers On Tour - Cowbridge** Circular walk. Leaving from Stand B5 Cardiff Bus Station catching 11:05 X2 bus. Strollers intending to catch bus on route or meet walk at Cowbridge should advise Leader. *Meet: Cardiff Central bus station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

November

Sat 17th 9:30am	**Into the wind - Porthcawl to Kenfig** *Meet: at rear of Ararat Church. Whitchurch for car sharing.* Adrian Wilson tel:07909 986736	**C** mod **8m**/13km
Sun 18th 9:00am	**Towy Valley** Map: OL12 Roma Whiteley tel:02920 752 680	**B** mod **11m**/18km
Wed 21st 9:30am	**Blaenavon: Iron Mountain Trail** Gwyn Lewis tel:07910 595265	**B** mod **11m**/18km
Wed 21st 9:30am	**St Arvans (Chepstow)** Geoff Trinick tel:029 2049 5016	**C** mod **10m**/16km
Wed 21st 9:30am	**Redbrook - Penallt - Argoed House** Paul (T) tel:029 2036 1766	**C** leis **6m**/10km
Fri 23rd 11:00am	**Strolling from Cardiff Central to Victoria Park.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 24th 10:00am	**Parc Cefn Onn and Two Ridges** *Meet: Parc Cefn Onn car park* Gwyn Lewis tel:07910 595265	**C** mod **6m**/10km
Sun 25th 9:00am	**Llangattock** An adventure on the Llangattock escarpment. Map: OL13 (GR SO 212 176) Soo Turnbull tel:01874 622136	**B** mod **10m**/16km
Sun 25th 10:00am	**Redbrook (Wye Valley) - The Forgotten Valley - Cathedral of the Forest.** *Meet: Eastern Leisure Centre, Llanrumney, car park to car share.* Paul (T) tel:029 2036 1766	**D** leis **6m**/10km
Wed 28th 9:15am	**Llanbradach to Lisvane.** Linear walk. Bring rail fare. Alternative phone 029 2056 8222 *Meet: Lisvane railway station to catch 0915 train to meet Leader at Llanbradach.* Keith Donovan and Tony Howell tel:01495 223927	**B** mod **12m**/19km
Wed 28th 9:30am	**Cwmcarn** Kathy Edwards tel:029 2051 2609	**B** mod **9m**/15km
Wed 28th 9:30am	**Cleddon Falls and Manor Wood, Wye Valley** Len Potter tel:029 2075 0167	**C** mod **7m**/11km
Fri 30th 11:00am	**Strolling from Cardiff Central** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

December

Sat 1st 10:00am	**Brecon Beacons Visitors Centre for Mynydd Illtud** *Meet: at rear of Ararat Church, Whitchurch.* Paul (T) tel:029 2036 1766	**D** leis **6m**/10km
Sun 2nd 9:00am	**Cwm Crew** A mince pie walk. Gillian Masters tel:02920 615 094	**A** stren **10m**/16km
Tue 4th 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina, CF14 6NB**	
Wed 5th 9:30am	**Goytre Wharf** Gwyn Lewis tel:07910 595265	**B** mod **10m**/16km
Wed 5th 9:30am	**Ewenny and Southerndown** Peter Gifford tel:029 2089 0168	**C** mod **12m**/19km
Wed 5th 9:30am	**Magor and 2 castles** Wyn Rosser tel:07811 464955	**C** mod **8m**/13km
Fri 7th 11:00am	**Cardiff Central Strollers Discovering Cardiff Suburbs: Splott and Tremorfa** Linear Walk, bring bus pass/fare. *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 8th 9:30am	**St Mellons and Cefn Mably** *Meet: at church on Tyr Winch Road, Old St Mellons.* John Newton tel:01633 440999	**C** mod **7m**/11km
Sun 9th 9:00am	**Craig Cerrig-gleisiad** tour of the nature reserve with a severe climb at the start. Diane Davies tel:029 2075 2464	**A** stren **10m**/16km
Sun 9th 11:00am 	**Family Walk: RSPB Wetlands Nature Reserve** Bring your binocs for amazing sights at this nature reserve. Suitable for pushchairs http://www.rspb.org.uk/ reserves/ guide/n/newportwetlands/directions.aspx *Meet: RSPB Wetlands Nature Reserve Newport NP18 2BZ on the Nash Road between Nash Village and Usk Power Station. [GR ST 334834]* Wyn Rosser tel:029 2073 1272	**D 3m**/5km
Wed 12th 9:30am	**Mountain Centre and Fran Frynych** No dogs please Wendy Winney tel:029 2062 8861	**B** mod **10m**/16km
Wed 12th 9:30am	**Eglwysilan Common** Bette Griffiths tel:029 2056 2041	**C** leis **8m**/13km
Wed 12th 9:30am	**12 Taff Bridge Walk** Catching bus to Taffs Well to criss-cross Taff river bridges to Cardiff Bay, Linear walk, bring bus fare/pass. Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km

December

Fri 14th 11:00am	**Strolling from Cardiff Central to Lightship, Cardiff Bay** *Meet: . Meet inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 15th 10:00am	**Cardiff Bay Trail (Clockwise)** *Meet: Channel View Leisure Centre, Grangetown* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 16th 9:00am	**Foel Fraith** Wandering around on the Black Mountain. Map: OS Explorer OL12 Dave and Jane Willock tel:02920 623 954	**A** stren **13m**/21km
Sun 16th 10:00am	**Chepstow Castle - Piercefield Park** *Meet: Eastern Leisure Centre, Llanrumney, car park to car share.* Paul (T) tel:029 2036 1766	**D** easy **5m**/8km
Wed 19th 10:00am	**Mince Pie Walks.** Charge of £3ph payable on the day for Tea and Mince Pies. *Meet: Ty Mawr, Lisvane.* Martin and Mary Bye tel:029 2075 6618	
Fri 21st 11:00am	**Strolling from Cardiff Central to Christmas Lunch** at Morrisons, International Sports Village. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 22nd 10:00am	**National Museums Walk: Cardiff to St Fagans** Bring bus fare/pass. *Meet: outside National Museum, Cathays for linear walk to St Fagans.* Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Sun 23rd 9:00am	**North Cardiff** Optional meal at the Cottage Jen Richards tel:02920 624 885	**B** mod **10m**/16km

A Merry Christmas to all our members

Wed 26th 9:30am		**Gower** Please note the meeting point is not the usual for a Wednesday *Meet: Sherman Theatre* Jen Richards tel:02920 624 885	**B** mod **10m**/16km
Wed 26th 10:00am		**Cardiff Bay Circular.** Meet Channel View Leisure Centre, Grangetown. Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Thu 27th 11:00am		**Nant Fawr Corridor** *Meet: Scott Memorial. Roath Park* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Fri 28th 11:00am		**Strolling from Cardiff Central to Bute Park** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

December

Sat 29th 11:00am		**Taff Trail. Circular walk** *Meet: Taffs Well railway station* Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km
Sun 30th 11:00am		**Cardiff's 4-sided Clock Walk** *Meet: Outside National Museum, Cathays* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Mon 31st 11:00am		**Garth Hill from Taff's Well** *Meet: Taffs Well railway station* Gwyn Lewis tel:07910 595265	**C** mod **6m**/10km

January

Tue 1st 11:00am		**Canals and Wetlands** Canals and Wetlands. *Meet: Outside Millennium Centre, Cardiff Bay* Gwyn Lewis tel:07910 595265	**D** easy **5m**/8km
Wed 2nd 9:30am		**Beacons** No dogs please John Henn tel:029 2062 1286	**A** stren **7m**/11km
Wed 2nd 9:30am		**Barry - Penmark** Gwyn Lewis tel:07910 595265	**C** mod **10m**/16km
Wed 2nd 9:30am		**Manmoel and Sirhowy Valley** Bette Griffiths tel:029 2056 2041	**C** leis **8m**/13km
Fri 4th 11:00am		**Strolling from Cardiff Central to Whitchurch** Linear walk, bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 5th 10:00am		**Cosmeston - Sully Circular** *Meet: Cosmeston Lakes car park* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 6th 9:00am		**Twm Barlwm and Mynydd y Lan** Jason Winney tel:07798 521 550	**A** stren **13m**/21km
Tue 8th 7:30pm		**Social evening:Three Arches, Heathwood Road, Heath, CF14 4HS**	
Wed 9th 9:30am		**Pontypool - Blaenavon** Linear walk involving bus journey Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 9th 9:30am		**Craig yr Allt** Brian Congreve tel:029 2052 0640	**C** mod **9m**/15km
Wed 9th 9:30am		**Sand Dunes and Sea, Porthcawl** Claire Edwards tel:029 2075 6493	**D** mod **8m**/13km

January

Fri 11th 11:00am	**Strolling from Cardiff Central to Bute Dock and Atlantic Wharf.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 12th 9:30am	**Above Margam.** *Meet: rear of Ararat Church, Whitchurch for car sharing.* Adrian Wilson tel:07909 986736	**C** mod **8m**/13km
Sun 13th 10:00am	**Walk from Radyr Railway station** Note later time and meeting point. Map: OS Explorer 151 *Meet: Radyr Station* Rob Jewels tel:02920 553 843	**B** mod **11m**/18km
Tue 15th 7:00pm	**Leaders' Evening:** All Walk Leaders (past, present and future) are invited to attend Thornhill Centre, Thornhill at 7pm to launch planning of the Spring/Summer 2013 Walks Programme. Buffet. If you can't attend please contact Walk Programme Co-ordinators with details of your walk(s): Wednesday Walks - John Henn 029 2062 1286; Sundays - Dave Willock 029 2062 3954; Saturdays and Thursdays - Gwyn Lewis 07910 595265.	
Wed 16th 9:30am	**Abercynon** Alan Parry tel:029 2041 9584	**A** stren **12m**/19km
Wed 16th 9:30am	**Rhymney River circular Walk** Gwyn Lewis tel:07910 595265	**C** mod **9m**/15km
Wed 16th 9:30am	**Tongwynlais - Fforest Fawr - Wenalt** Eddie Thomas tel:029 2061 1235	**C** mod **7m**/11km
Sat 19th 10:00am	**Salmon Leaps, Dinas Powys.** *Meet: rear of Ararat Church, Whitchurch for car sharing.* Mike and Mary Sullivan tel:029 2049 2145	**C** leis **5m**/8km
Sun 20th 8:30am	**Goose and Cuckoo** Option of lunch at the Goose & Cuckoo, meal info from Jen, walk info from Jane & Dave (tel. 02920 623 954). Note meeting time Jen Richards tel:02920 624 885	**B** mod **12m**/19km
Sun 20th 11:00am 	**Family Walk: Climbing with Calum at the Castle.** *Meet: at Castell Coch Car Park (lower end). Entrance to Castle grounds is in Tongwynlais signposted from A470 [GR ST 131826]* Calum Taylor tel:029 2061 3909	**D 3m**/5km
Wed 23rd 9:00am	**Cwmbran Ridge (reverse of last time).** Meet 9am at Whitchurch for car sharing to meet Leader 9.45am at Oasis Leisure Centre near Cwmbran railway station [Map 152 GR 298957] Rob Wilkinson tel:07798 562747	**A** stren **17m**/28km

January

Wed 23rd 9:30am	**Caerphilly Mountain explored from Cefn Onn.** Meet 9.30am at Parc Cefn Onn. Claire Edwards tel:029 2075 6493	**C** mod **9m**/15km
Wed 23rd 9:30am	**Llanwonno** Peter Gifford tel:029 2089 0168	**C** mod **8m**/13km
Wed 23rd 9:30am	**Ogmore by Sea - Southerndown - St Brides Major** Paul (T) tel:029 2036 1766	**D** leis **6m**/10km
Sat 26th 10:00am	**Castell Coch - Craig yr Allt - Fforest Fawr.** *Meet: rear of Ararat Church, Whitchurch for car sharing.* Paul (T) tel:029 2036 1766	**C** mod **5m**/8km
Sun 27th 9:00am	**Pontypridd circular** John Newton tel:01633 440 999	**B** stren **13m**/21km
Sun 27th 10:00am	**Tintern Abbey - Black Morgan's Wood - Devil's Pulpit** *Meet: Eastern Leisure Centre, Llanrumney, car park to car share.* Paul (T) tel:029 2036 1766	**C** mod **5m**/8km
Wed 30th 9:30am	**Monknash** Barry Southwell tel:029 2051 3082	**C** mod **10m**/16km
Wed 30th 9:30am	**Dinas Powys: Coast and Return** Kathy Edwards tel:029 2051 2609	**C** leis **9m**/15km
Wed 30th 9:30am	**Henllys and Twmbarlwm** Maggie Thomas tel:01495 273057	**C** mod **8m**/13km

February

Sat 2nd 10:00am	**Pontypool Park - Folly Tower - Mynydd Garn Wen** *Meet: Ararat Church, Whitchurch* Paul (T) tel:029 2036 1766	**B** mod **6m**/10km
Sun 3rd 9:00am	**Somewhere from Ystrad Mynach** Jason Winney tel:07798 521 550	**A** stren **14m**/23km
Tue 5th 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina, CF14 6NB**	
Wed 6th 9:30am	**Abersychan - Lasgarb Wood - Mynydd Garnclochdy** Paul (T) tel:029 2036 1766	**B** mod **7m**/11km
Wed 6th 9:30am	**Draethen and Michaelstone y Fedw** Bette Griffiths tel:029 2056 2041	**C** leis **8m**/13km
Wed 6th 9:30am	**The 2 Super Ely's from the Downs** Mike and Mary Sullivan tel:029 2049 2145	**D** leis **7m**/11km

February

Fri 8th 11:00am	**Strolling from Cardiff Central to Conquer ASDA Mountain.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km
Sat 9th 10:00am	**Taffs Well - Caerphilly Circular.** (Option to leave walk at Caerphilly and catch bus back.) *Meet: Taffs Well railway station car park.* Gwyn Lewis tel:07910 595265	**C** mod **9m**/15km
Sun 10th 9:00am	**The Garth and Craig yr Allt** A walk from Llandaf to explore the hills. Map: OS Explorer 151 Dave and Jane Willock tel:02920 623 954	**B** stren **13m**/21km
Wed 13th 9:30am	**Pencelli and Carn Pica** Ian Palmer tel:029 2070 1204	**A** stren **10m**/16km
Wed 13th 9:30am	**Usk Valley Walk** No dogs please Margaret Wallis tel:01633 441054	**C** mod **8m**/13km
Wed 13th 9:30am	**Parc Cwm Darren** Bryn Ennis tel:029 2075 1919	**C** mod **7m**/11km
Fri 15th 11:00am	**Cardiff Central Strollers On Tour - Pontypridd.** Strollers intending to catch bus on route or meet walk at Pontypridd bus station should advise Leader. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km
Sat 16th 10:00am	**Tinkinswood and St Lythans** No dogs, please *Meet: rear of Ararat Church, Whitchurch for car sharing.* Margaret Wallis tel:01633 441054	**D** leis **6m**/10km
Sun 17th 9:00am	**Rhondda vertigo cliff top ramble** Mike Kohnstamm tel:02920 757 642	**B** stren **10m**/16km
Sun 17th 11:00am 	**Family Walk: Come to Crawshay's Cyfarthfa and explore the ponds that fed the iron works.** *Meet: at Cyfarthfa Castle Brecon Road Merthyr Tydfil CF47 8PA (park gates) [GR SO 042074]* Linda Hodgson tel:029 2084 3179	**D** easy **3m**/5km
Wed 20th 9:30am	**Storey Arms, Cerrig Gleisiad and Fan Frynych Circular** Jim Riley tel:07799 755121	**A** stren **11m**/18km
Wed 20th 9:30am	**Railways in the Forest of Dean** Geoff Trinick tel:029 2049 5016	**C** mod **9m**/15km
Wed 20th 9:30am	**St Brides and Ewenny Priory** George Baker tel:029 2019 5389	**C** mod **7m**/11km

February

Fri 22nd 11:00am	**Strolling from Cardiff Central to Penarth Pier.** Linear walk bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 23rd 9:45am 	**Rail Ramble: Taffs Well to Pontypridd.** Linear walk. *Meet: outside Cardiff Central railway station to catch 0956 train (or catch train on route; or 10.15am at Taffs Well railway station for start of walk). Book to Pontypridd* Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Sun 24th 9:00am	**Trallong** Exploring the area to the north east of Trallong. Map: OL 12 (GR SN 967 297) Soo Turnbull tel:01874 622136	**A** mod **10m**/16km
Sun 24th 10:00am	**Llanhennock (near Caerleon) - Tredunnock - Glen Usk.** *Meet: Eastern Leisure Centre, Llanrumney, car park to car share.* Paul (T) tel:029 2036 1766	**D** easy **5m**/8km
Wed 27th 9:30am	**Rhondda Fach and Cwmaman** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 27th 9:30am	**Sugar Loaf from Bell Inn** No dogs please Wendy Winney tel:029 2062 8861	**B** mod **10m**/16km
Wed 27th 9:30am	**Pontypool Park - Roman Road - Folly Tower** Paul (T) tel:029 2036 1766	**C** mod **6m**/10km

March

Fri 1st 11:00am	**Strolling from Cardiff Central.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

March 2 - 16: Cardiff Ramblers Overseas Holiday - Benidorm, Costa Blanca. Organisers Linda Hall (029 2061 6117) and Diane McNeil (029 2056 4545). If you missed out on this holiday and wish to be considered for future overseas holidays, register your interest with Linda or Diane.

Sat 2nd 9:30am	**East of Caerphilly around Rudry** *Meet: rear of Ararat Church, Whitchurch for car sharing.* Adrian Wilson tel:07909 986736	**C** mod **8m**/13km
Sun 3rd 9:00am	**Ystradfellte Waterfalls** Gillian Masters tel:02920 615 094	**A** stren **12m**/19km
Tue 5th 7:30pm	**Social evening:Three Arches, Heathwood Road, Heath, CF14 4HS**	
Wed 6th 9:30am	**Chepstow - Tintern Circular (Anti-Clockwise)** Gwyn Lewis tel:07910 595265	**B** stren **12m**/19km

March

Wed 6th 9:30am	**The Cider Walk** (car sharing at Whitchurch to meet Leader at car park Abercarn Primary School GR ST 217975 95620) Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Wed 6th 9:30am	**Porthcawl to Sker Point Circular** Brian Minshall tel:01443 404140	**D** leis **8m**/13km
Fri 8th 11:00am	**Cardiff Central Strollers Discovering Cardiff Suburbs: Cyncoed and Lakeside.** *Meet: inside Cardiff Central railway station near the Information Booth. Catching bus, bring bus pass/fare.* Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km
Sat 9th 10:00am	**Radyr Woods and Glamorgan Canal.** *Meet: Radyr railway station* Rob Jewels tel:029 2055 3643	**D** easy **5m**/8km
Sun 10th 9:00am	**Blorenge and Gilwern Hill** Map: OL 13 Roma Whiteley tel:02920 752 680	**B** mod **12m**/19km
Wed 13th 9:00am	**Skenfrith/Garway** Meet 9am at Whitchurch to car share to meet Leader 10am at Skenfrith Castle [Map 189 Hereford/Ross GR 457203] Rob Wilkinson tel:07798 562747	**A** stren **13m**/21km
Wed 13th 9:30am	**Pontneddfechan and Sgwd yr Eira.** No dogs please John Henn tel:029 2062 1286	**C** mod **10m**/16km
Wed 13th 9:30am	**Mynydd Illtud and Cefn Llechid (Libanus)** George Baker tel:029 2019 5389	**C** mod **8m**/13km
Wed 13th 9:30am	**Pentyrch to Whitchurch** Linear walk. Catching Bus 136 (fingers crossed it turns up this time!) to Pentyrch. Calling in at Pugh's Garden Centre for tea. Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Fri 15th 11:00am	**Strolling from Cardiff Central to International Sports Village.** Circular walk *Meet: inside Cardiff Central railway station near Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 16th 10:00am	**Cwm Carn - Twmbarlwm - Ebbw Forest.** *Meet: rear of Ararat Church, Whitchurch for car sharing.* Paul (T) tel:029 2036 1766	**B** stren **6m**/10km
Sun 17th 9:00am	**Pen-y-fan and Fan Fawr** Jason Winney tel:07798 521 550	**A+** stren **15m**/24km
Sun 17th 10:00am	**Ogmore by Sea - Dunraven Bay - St Bridges Major** *Meet: Eastern Leisure Centre, Llanrumney, car park to car share.* Paul (T) tel:029 2036 1766	**D** leis **6m**/10km

March

Wed 20th 9:30am	**Grwyne Fawr** Rob Smith tel:029 2088 0305	**A** stren **14m**/23km
Wed 20th 9:30am	**Crickhowell Skyline** Martin Bye tel:029 2075 6618	**B** stren **9m**/15km
Wed 20th 9:30am	**Goodrich and Coppet Hill** Alan Parry tel:029 2041 9584	**C** mod **8m**/13km
Fri 22nd 11:00am	**Strolling from Cardiff Central to The Heath.** Linear walk. Bring bus pass/fare. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 23rd	**23 - 24 March: Welsh Council 2013.** Cardiff Ramblers will be hosting this event and will be seeking volunteers to help. To register your interest in helping contact either Diane Davies (029 2075 2464) or Gwyn Lewis (029 2090 2633).	
Sun 24th 9:00am	**Upper Rhiangoll** Robert Smith tel:02920 880 305	**A** stren **13m**/21km
Sun 24th 11:00am 	**Family Walk: Flying high with Jim and his kites on the Mountain.** *Meet: at Cafe car park on Caerphilly Common at junction A469/B4600. [GR ST 156353]* Jim Riley tel:029 2052 9993	**D** easy **3m**/5km
Wed 27th 9:30am	**Cwm Blaenpelenna and Cwm Creggan** Ian Palmer tel:029 2070 1204	**A** stren **12m**/19km
Wed 27th 9:30am	**Abercynon and Devil's Bite** Trevor Davies tel:029 2061 2920	**C** mod **7m**/11km
Wed 27th 9:30am	**Newent Daffodils** Digna Liepa tel:029 2052 0640	**D** mod **9m**/15km
Fri 29th 11:00am	**Strolling from Cardiff Central to the Bay (via the Wetlands).** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 30th 11:00am	**Castell Coch.** *Meet: Taffs Well railway station* Gwyn Lewis tel:07910 595265	**C** mod **6m**/10km
Sun 31st 9:00am	**Ogmore Vale circular** Mike Kohnstamm tel:02920 757 642	**A** stren **12m**/19km
Sun 31st 11:00am	**Hailey Park** *Meet: Llandaf railway station* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km

April

Mon 1st 11:00am	**Cardiff Bay Trail (Anti-Clockwise)** *Meet: Channel View Leisure Centre, Grangetown* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

The Walking Partnership
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Ramblers Worldwide Holidays

• 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.

Themed Walks



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

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

Sunday Walks ***NEW*** Sunday Walks meeting at Eastern Leisure Centre (Llanrumney) - monthly Sunday walks (see Programme for details) meeting at 10am. Suitable as starter walks for anyone wishing to walk with the Ramblers.

First or second Tuesday of every month - Social get-together. this season alternating between the Butchers Arms in Rhiwbina, and the Three Arches, near Heath station.



Winter Walks - Walks over Christmas, published as part of the Ramblers' Festival of Winter Walks. All walks are FREE and you do not have to be a member of the Ramblers to take part.



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.

COMMITTEE MEMBERS

vacant	chairman	
Diane Davies	secretary	029 2075 2464
	9 Cyncoed Rise, Cyncoed, Cardiff, CF23 6SF	
	email secretary@cardifframblers.org.uk	
John Newton	treasurer, countryside, environment	01633 440999
Jeff Hobden		029 2075 2327
Kathryn Bennett	membership	029 2056 2703
	11 Bruton Place, Llandaff, Cardiff CF5 2ER	
Gwyn Lewis	rambles, footpaths	029 2090 2633 07910 595265
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
Roma Whiteley		029 2075 2680
Rob Wilkinson		01633 872183

HONORARY PRESIDENTS

2011-12 Val and Robin Hamilton

Previous holders

2010-11 Richard Garman

2009 - 10 John Isaacs

2008 - 09 Yvonne Weeding

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.



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.