y cerddwyr
ramblers cymru

Cardiff Group

Winter Walks Programme

October 2013 - March 2014



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.

Friday Strolls: generally inside Cardiff Central railway station, though check for rare exceptions.

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.

• 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.

• 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. Guide dogs are welcome, but please check the suitability of the walk with the leader in advance. *Ramblers Civil Liability Insurance does not cover incidents involving dogs and owners must take responsibility for their dogs.*

• 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.

• CHANGES 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 htp://www.cardifframblers.org.uk/progcardiff.html.

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

October

Tue 1st 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina, CF14 6NB**	
Wed 2nd 9:30am	**Olchon Valley** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 2nd 9:30am	**Fan y Big from Blaen y glyn** Peter Gifford tel:029 2089 0168	**B** mod **8m**/13km
Wed 2nd 9:30am	**Caerwent Old Roman Town.** Walk the walls & countryside. Mike & Mary Sullivan tel:029 2049 2145	**C** mod **7m**/11km
Fri 4th 11:00am	**Cardiff Central Strollers Bute Park & Llandaff Fields.** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 5th 11:00am 	**Family Friendly Walk: Forest Farm, Radyr.** Walk & Talk with Ranger. See the Melingriffith Water Pump in action. *Meet: 11am at Radyr railway staion car park.* Eddie Thomas & Monica Couch tel:029 2061 1235	**D** easy **4m**/6km
Sun 6th 9:00am	**Cwmyoy and Bal Bach** A 30th Anniversary walk. Map OL13. Gillian Masters tel:02920 615 094	**A** stren **10m**/16km
Wed 9th 9:30am	**Hewelsfield & Tintern.** Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**B** mod **12m**/19km
Wed 9th 9:30am	**Gelligaer Common and the Romans from Bargoed.** Claire Edwards tel:029 2075 6493	**C** mod **9m**/15km
Wed 9th 9:30am	**Ogmore.** Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Fri 11th 11:00am	**Cardiff Central Strollers march to Castell Coch.** Linear walk, bring bus fare/pass. Option to leave walk early. *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Sat 12th 10:00am	**Cosmeston to Sully (here´s hoping for no mud!).** *Meet: 10am at Cosmeston Lakes car park.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

October

Sun 13th 9:00am	**Workers co-operative walk** This walk will lead in sections by each member of the party. We will start heading west from Storey Arms (Map OL 12), but where we go is up to you, so a map and compass will be useful on this walk. Dave & Jane Willock tel:02920 623 954	**A** stren **12m**/19km
Wed 16th 9:30am	**Caerphilly to Llantrisant via Glamorgan Ridgeway.** Bus journey from and to Pontypridd. Bring bus pass/ fare. (This walk will repeated next week but as "A Moderate".) Gwyn Matthews tel:01443 404000	**A** stren **12m**/19km
Wed 16th 9:30am	**Ewenny, Castle-upon-Alun & Dunraven Bay.** Wyn Rosser tel:029 2073 1272	**C** mod **12m**/19km
Wed 16th 9:30am	**Sirhowy Valley.** Len Bowker tel:029 2075 8493	**C** mod **8m**/13km
Fri 18th 10:00am	**Cardiff Central Strollers on Tour: Pontypool.** Catching 10:15 X3 bus to Pontypool, bring bus fare/pass. NOTE the earlier meeting time. *Meet: 10am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 19th 10:00am	**Tongwynlais - Wenallt.** *Meet: 10am in Castell Coch lower car park.* Gwyn Lewis tel:07910 595265	**C** mod **7m**/11km
Sun 20th 9:00am	**Mynydd Meio Aber Valley** Map Explorer 166 Kathryn Bennett tel:0292056 2703	**A** stren **12m**/19km
Tue 22nd 7:30pm	**Cardiff Group Annual General Meeting** and Patagonia slideshow -pictures of Roma´s travels in South America earlier this year. Refreshments provided. *Meet: City United Reformed Church, Windsor Place, Cardiff CF10 3BZ*	
Wed 23rd 9:30am	**Caerphilly to Llantrisant via Glamorgan Ridgeway.** Bus journey from and to Pontypridd. Bring bus pass/ fare. Gwyn Matthews tel:01443 404000	**A** mod **12m**/19km
Wed 23rd 9:30am	**Garth from Gwaelod y Garth** Alan Parry tel:029 2041 9584	**C** mod **8m**/13km
Wed 23rd 9:30am	**north of Cowbridge** Mike Kohnstamm tel:02920 757642	**C** leis **8m**/13km

October

Fri 25th 11:00am	**Cardiff Central Strollers Discover Cathays.** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 26th 10:00am	**Redbrook - Forgotten Valley - Newland.** *Meet: 10am rear of Ararat Church, Whitchurch, for car sharing.* Paul (T) tel:029 2036 1766	**C** mod **6m**/10km
Sun 27th 9:00am	**Dolygaer** Map OL12 Jeff Hobden tel:02920 752 327	**B** mod **11m**/18km
Sun 27th 11:00am 	**Family Friendly Walk: Cefn Onn Park.** The Pool, the Station and the Quarry. The Story of the Park. *Meet: 11am at Cefn Onn Park car park.* Jim Riley tel:029 2052 9993	**D** easy **4m**/6km
Wed 30th 9:00am	**North & West of Usk.** Note: car sharing to leave Ararat Church, Whitchurch, at 9am; or meet Leader 9.45am for start at Maryport North car park, Usk (GR Map152 377009) Rob Wilkinson tel:07798 562747	**B** mod **12m**/19km
Wed 30th 9:30am	**Nightingale Valley & Mynydd Henllys** Nigel Williams tel:029 2051 2050	**B** mod **8m**/13km
Wed 30th 9:30am	**Llantwit Major to Nash Point.** Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km

November

Fri 1st 11:00am	**Cardiff Central Strollers to Pumping Station & Back.** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 2nd 10:00am	**Glamorgan Area AGM hosted by Taff Ely at All Hallow´s Church Hall, Miskin [Post Code CF72 8PG].** Short walk from church at 10am. AGM starting 2pm. Contact Gwyn Lewis 07910 595265 for more info.	
Sun 3rd 9:00am	**Upper Rhiangoll** Robert Smith tel:02920 880 305	**A** stren **13m**/21km
Tue 5th 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina, CF14 6NB**	
Wed 6th 9:30am	**Llandogo** Robert Smith tel:029 2088 0305	**B** stren **13m**/21km

November

Wed 6th 9:30am	**Fan Frynach from Storey Arms.** Registered Assistance Dogs Only by prior arrangement with the Walk Leader. John Henn tel:029 2062 1286	**B** mod **7m**/11km
Wed 6th 9:30am	**Former Railways in the Forest of Dean** Geoff Trinick tel:029 2049 5016	**C** mod **9m**/15km
Fri 8th 11:00am	**Cardiff Central Strollers on Tour: St Nicholas/ Dyffryn Gardens.** Catching 11:05 X2 bus to St Nicholas, bring bus fare/pass. WARNING: wear boots for countryside walking and expect stiles. *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 9th 10:30am 	**Rail Ramble: Rhoose to Barry Island.** Walkers without rail card should come early to arrange group discount ticket. *Meet: 10.30am outside Cardiff Central railway station to catch 10:41 train to Rhoose (or catch train on route eg Cogan 10:48).* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 10th 9:00am	**Central Beacons** Map OL12 Claire Britton tel:079 7384 7908	**A** stren **12m**/19km
Wed 13th 9:30am	**Bryn Arw - Skirrid.** Jim Riley tel:029 2052 9993	**A** stren **13m**/21km
Wed 13th 9:30am	**Llanwonno** Peter Gifford tel:029 2089 0168	**C** mod **8m**/13km
Wed 13th 9:30am	**Caerphilly Mountain from Castell Coch.** Gwyn Lewis tel:07910 595265	**C** mod **7m**/11km
Fri 15th 11:00am	**Cardiff Central Strollers Llandaff Fields Circular.** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Carol Britton tel:07968 649627	**D** leis **5m**/8km
Sat 16th 10:00am	**Parc Cefn Onn.** *Meet: 10am at Parc Cefn Onn car park.* Rob Jewels tel:029 2055 3843	**C** mod **6m**/10km
Sun 17th 9:00am	**Llangynidr** Map OL13 Soo Turnbull tel:01874 622136	**B** mod **11m**/18km
Wed 20th 9:00am	**Half an Offaring.** Note: car sharing to leave Ararat Church, Whitchurch, at 9am; or meet Leader 9.45am for start at Watery Lane, Monmouth (GR Map OL14 495 127). Rob Wilkinson tel:07798 562747	**A** stren **17m**/28km

November

Wed 20th 9:30am	**Craig Ogwr from Ton Pentre.** Registered Assistance Dogs Only by prior arrangement with the Walk Leader. John Henn tel:029 2062 1286	**B** mod **8m**/13km
Wed 20th 9:30am	**Redwick Circular** Eddie Thomas tel:029 2061 1235	**C** leis **6m**/10km
Fri 22nd 11:00am	**Cardiff Central Strollers Geological Walk: Building Stones of Cardiff Bay.** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 23rd 11:00am 	**Family Friendly Walk: Bute Park.** Discover more about the Park´s heritage & wildlife. *Meet: 11am outside Education Centre (Secret Garden cafe), Bute Park.* Kathryn Bennett tel:029 2056 2703	**D** easy **5m**/8km
Sun 24th 9:00am	**Gray Hill and Penhow** Map OL14 and Explorer 154 Stuart Neil tel:02920 389 272	**B** mod **11m**/18km
Wed 27th 9:30am	**Senghenydd 3 Peaks.** (this walk will be repeated next week but as a "B Moderate") Gwyn Matthews tel:01443 404000	**A** stren **14m**/23km
Wed 27th 9:30am	**The Canyons & Three Counties.** Car sharing from Ararat for walk starting from Welfare Ground, Hafodrynys ST 277 990. Contact Leader 07516 863398 for emergencies on the day only. Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Wed 27th 9:30am	**Merthyr: Viaducts & Quarries.** Gwyn Lewis tel:07910 595265	**C** leis **8m**/13km
Fri 29th 11:00am	**Cardiff Central Strollers Discover Tongwynlais.** Catching bus to Tongwynlais, bring bus fare/pass. *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 30th 10:00am	**Radyr Woods - Hailey Park - Glamorgan Canal Nature Reserve.** *Meet: 10am at Radyr railway station.* Paul (T) tel:029 2036 1766	**D** leis **5m**/8km

December

Sun 1st 9:00am	**Cwm Llwch** A mince pie walk. Map OL12 Gillian Masters tel:02920 615 094	**A** stren **10m**/16km
Tue 3rd 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina, CF14 6NB**	

December

Wed 4th 9:30am	**From Castell Coch, The Garth & Craig y Allt.** Kathryn Bennett tel:029 2056 2703	**A** stren **12m**/19km
Wed 4th 9:30am	**Senghenydd 3 Peaks.** Gwyn Matthews tel:01443 404000	**B** mod **12m**/19km
Wed 4th 9:30am	**Graig Syfyrddin from Grosmont** Marilyn Woods tel:01873 831106	**C** mod **8m**/13km
Fri 6th 11:00am	**Cardiff Central Strollers (Volunteer Leader needed).** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 7th 9:30am	**Ogmore Circular.** *Meet: 9.30am at rear of Ararat Church, Whitchurch, for car sharing.* Adrian Wilson tel:07909 986736	**C** mod **8m**/13km
Sun 8th 9:00am	**Heritage Coast Path** Llantwit Major to Cwm Nash. Map Explorer 151 Roma Whiteley tel:02920 752 680	**C** mod **11m**/18km
Wed 11th 9:00am	**Cwmcarvan Alpaca Walk.** Note: car sharing to leave Ararat Church, Whitchurch, at 9am; or meet Leader 9.45am at Somerset Arms, Nr Dingestow (GR Map OL14 467 099) Rob Wilkinson tel:07798 562747	**A** stren **13m**/21km
Wed 11th 9:30am	**Pandy & Bryn Arw** Wyn Rosser tel:029 2073 1272	**B** mod **9m**/15km
Wed 11th 9:30am	**Newbridge Station to Crosskeys.** Linear walk. Car sharing from Ararat to meet Leader 10.20am at Newbridge railway station car park [Post Code NP11 5FH]. Bring bus pass/fare. Contact Leader on 07516 863398 for emergencies on the day only. Maggie Thomas tel:01495 273057	**D** mod **8m**/13km
Wed 11th 9:45am	**Miskin to Tongwynlais.** Linear walk. Bring bus pass/fare. Meet Leader 9.45am at Greyfriars Road, near New Theatre, Cardiff, to catch 0955 Stagecoach bus Service 122 to Miskin. *Meet: New Theatre, Cardiff* Peter Gifford tel:029 2089 0168	**C** leis **8m**/13km
Fri 13th 11:00am	**Cardiff Central Strollers "next stop" Cosmeston Lakes.** Linear walk, bring bus pass/fare. *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km

December

Sat 14th 10:00am	**Craig yr Allt.** *Meet: 10am at Taffs Well railway station.* Gwyn Lewis tel:07910 595265	**C** mod **6m**/10km
Sun 15th 9:00am	**Mynydd Rudry and Caerphilly Mountain** Diane Davies tel:0292075 2464	**B** mod **10m**/16km
Wed 18th 9:30am	**Mince Pie Walks at Dare Country Park (Aberdare).** Choice of walks. Usual car sharing from Ararat Church. Charge of £3ph (TBC) payable on the day for Tea & Mince Pies. Contact Gwyn Lewis 07910 595265 for more info.	
Fri 20th 11:00am	**Cardiff Central Strollers Christmas Lunch at Morrisons, Cardiff Bay.** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 21st 10:00am	**Tintern Abbey - Devil´s Pulpit.** *Meet: 10am rear of Ararat Church, Whitchurch, for car sharing.* Paul (T) tel:029 2036 1766	**C** mod **6m**/10km
Sun 22nd 9:00am	**South Gower** Map: Explorer 10 Roma Whiteley tel:02920 752 680	**C** mod **10m**/16km

Wishing you a Merry Christmas. Checkout our website for self-guided walks around Cardiff for your Christmas Day walk.

Thu 26th 10:00am	**Cardiff Bay Trail.** *Meet: 10am outside Millennium Centre, Cardiff Bay* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Fri 27th 11:00am	**Cardiff Central Strollers take Tea in Bute Park (somewhere must be open!).** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 28th 10:00am	**In search of Pugh´s Garden Centre.** *Meet: 10am at Radyr railway station.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sun 29th 9:00am	**Two Castles** Caerphilly and Castell Coch, Maps 151 & 166 John Newton tel:01633 440 999	**B** stren **11m**/18km
Sun 29th 11:00am	**Penarth Heights.** *Meet: 11am outside Millennium Centre, Cardiff Bay.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

January

Wed 1st 9:30am	**Garth - Creigiau** Bette Griffiths tel:029 2056 2041	**C** mod **10m**/16km
Wed 1st 9:30am	**Whitchurch - Tongwynlais - Rhiwbina - Whitchurch.** Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Fri 3rd 11:00am	**Cardiff Central Strollers Roath Park via Cathays Cemetery.** Linear walk, bring bus fare/pass. *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 4th 9:45am 	**Rail Ramble: Merthyr Vale to Cyfarthfa Castle.** Walkers without rail card should come early to arrange group discount ticket. *Meet: 9.45am outside Cardiff Central railway station to catch 09:56 train to Merthyr Vale (or catch train on route eg Radyr 10:10). Book to Merthyr.* Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Sun 5th 9:00am	**Rhymney Valley Circular** Map: Explorer 166 Roma Whiteley tel:02920 752 680	**B** mod **11m**/18km
Tue 7th 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina, CF14 6NB**	

Spring/Summer 2014 Walks Programme: Walk Leaders are asked to submit their walks to the Walk Co-ordinators: Sunday Walks - Dave Willock; Family Friendly Walks - Kathryn Bennett; Other Walks - Gwyn Lewis.

Wed 8th 8:45am	**Wednesday Leaders´ "Breakfast" Programme Meeting at Ararat Centre.** Tea & biscuits. Contact Gwyn Lewis 07910 595265.	
Wed 8th 9:30am	**North of Merthyr** Robert Smith tel:029 2088 0305	**B** stren **12m**/19km
Wed 8th 9:30am	**Sand Dunes & Sea, Porthcawl** Claire Edwards tel:029 2075 6493	**C** mod **8m**/13km
Wed 8th 9:30am	**Pentyrch to Whitchurch (via Pugh´s).** Linear Walk. Bring bus pass/fare. Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Fri 10th 11:00am	**Cardiff Central Strollers visit Cardiff Wetlands.** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 11th 10:00am	**Roath Park.** *Meet: 10am at Scott Memorial, Roath Park* Mike & Mary Sullivan tel:029 2049 2145	**D** leis **5m**/8km

January

Sun 12th 9:00am	**Ogmore-by-Sea** Pants, Quarries, Coasts. Diane Davies tel:0292075 2464	**C** mod **10m**/16km
Wed 15th 9:30am	**Abercynon** Alan Parry tel:029 2041 9584	**A** stren **12m**/19km
Wed 15th 9:30am	**Maesteg & Afan Argoed** Gwyn Lewis tel:07910 595265	**B** mod **10m**/16km
Wed 15th 9:30am	**Sirhowy Valley** Len Bowker tel:029 2075 8493	**C** mod **8m**/13km
Fri 17th 11:00am	**Cardiff Central Strollers along canal & dock to Porth Teigr.** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 18th 10:00am	**Barry.** *Meet: 10am at Cold Knap beach car park.* Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km
Sun 19th 8:30am	**Goose and Cuckoo** Note earlier starting time. Option of lunch at Goose & Cuckoo - if you wish to have lunch at the pub, please phone to make meal bookings a few days before if possible. Jen Richards, Jane & Dave Willock tel:02920 623 954	**B** mod **8m**/13km
Wed 22nd 9:30am	**Chepstow - Tintern Circular** Gwyn Lewis tel:07910 595265	**B** stren **12m**/19km
Wed 22nd 9:30am	**Blorenge.** Alan Parry tel:029 2041 9584	**B** mod **10m**/16km
Wed 22nd 9:30am	**Radyr to Cardiff. Linear walk.** Carol Britton tel:07968 649627	**D** leis **8m**/13km
Fri 24th 11:00am	**Cardiff Central Strollers Discover Grangetown.** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 25th 10:00am	**Pontypool Park - Canal - Roman Road - Folly Tower.** *Meet: 10am rear of Ararat Church, Whitchurch, for car sharing.* Paul (T) tel:029 2036 1766	**C** mod **6m**/10km
Sun 26th 10:00am	**Garth Hill** Note: Meet Radyr Station, at start time 10:00 am. Map Explorer 151 *Meet: Radyr Station* Rob Jewels tel:02920 553 843	**B** mod **11m**/18km

January

Sun 26th 11:00am	**Family Friendly Walk: Castell Coch, Tongwynlais.** Callum´s Classic Climbs - come if you dare! *Meet: 11am Castell Coch, Tongwynlais CF15 7JS (signposted from A470).* Calum Taylor tel:029 2061 3909	**D** easy **4m**/6km
Wed 29th 9:30am	**Cwmdu 3 Peaks** Gwyn Matthews tel:01443 404000	**A** stren **10m**/16km
Wed 29th 9:30am	**Parc Slip Tondu** Mike & Mary Sullivan tel:029 2049 2145	**C** mod **7m**/11km
Wed 29th 9:30am	**Rymneys River** Eddie Thomas tel:029 2061 1235	**D** leis **7m**/11km
Fri 31st 11:00am	**Cardiff Central Strollers off to St Fagans.** Linear walk, bring bus fare/pass. *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km

February

Sat 1st 10:00am	**Lavernock & Penarth Pier.** *Meet: 10am at Cosmeston Lakes car park.* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sun 2nd 9:00am	**Goytre/Llanover** 9am from Senghenydd Road...9.45 from Goytre Wharf car park (small charge) Map OL 13, GR 313065 Rob Wilkinson tel:01633 872 183	**B** stren **11m**/18km
Tue 4th 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina, CF14 6NB**	
Wed 5th 9:00am	**Ponthir and Llangibby.** Note: car sharing to leave Ararat Church, Whitchurch, at 9am; or meet Leader 9.45am at Ponthir Village Hall (GR Map152 325 928) Rob Wilkinson tel:07798 562747	**B** stren **13m**/21km
Wed 5th 9:30am	**Ross on Wye & Penyard Hill** Geoff Trinick tel:029 2049 5016	**C** mod **8m**/13km
Wed 5th 9:30am	**Barry Waterfront.** Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Fri 7th 11:00am	**Cardiff Central Strollers tackle ASDA Mountain.** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

February

Sat 8th 10:00am	**Wenvoe East Circular.** *Meet: 10am at St Mary's Church, Wenvoe.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 9th 9:00am	**Craig-yr-Allt** Map 151 Dave & Jane Willock tel:02920 623 954	**A** stren **12m**/19km
Wed 12th 9:30am	**Pencelli & Carn Pica** Ian Palmer tel:029 2070 1204	**A** stren **10m**/16km
Wed 12th 9:30am	**Clydach Gorge** Pam Knowles tel:01873 812582	**B** mod **11m**/18km
Wed 12th 9:30am	**Craig Llanishen** Bette Griffiths tel:029 2056 2041	**C** mod **9m**/15km
Fri 14th 11:00am	**Cardiff Central Strollers follow Cardiff Centenary Walk (what´s left of it!).** *Meet: at 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 15th 10:00am	**Taff Bridge Walk. Linear Walk to Cardiff Central.** *Meet: 10am at Taffs Well railway station car park. Bring bus/train fare/pass.* Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Sun 16th 9:00am	**Carn Pica** Map OL12 Gillian Masters tel:02920 615 094	**A** stren **10m**/16km
Wed 19th 9:30am	**Crumlin to Abertillery.** Linear walk. Bring bus pass/ fare. Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 19th 9:30am	**Mynydd Machen & Ridgeway from Machen** Vic Chambers tel:029 2076 6125	**B** mod **8m**/13km
Wed 19th 9:30am	**Pontneddfechan & Sgwd yr Eira.** Registered Assistance Dogs Only by prior arrangement with the Walk Leader. John Henn tel:029 2062 1286	**C** mod **9m**/15km
Fri 21st 11:00am	**Cardiff Central Strollers Discover Rumney.** *Meet: 11am inside Cardiff Central railway station near the Information Booth. Catching bus to New Road, bring bus fare/pass.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 22nd 10:00am	**Brecon Beacons Visitors Centre for Mynydd Illtud.** *Meet: 10am rear of Ararat Church, Whitchurch, for car sharing.* Paul (T) tel:029 2036 1766	**D** leis **6m**/10km

February

Sun 23rd 9:00am	**Sirhowy/Ebbw Valley** Rob Smith tel:02920 880 305	**A** stren **15m**/24km
Wed 26th 9:20am	**Pontypridd to Penrhys (part of the Cistercian Way).** Note: meet Leader 9.20am at Cardiff Central railway station to catch 09:36 train to Pontypridd. Buy return ticket to Llwynypia. *Meet: Cardiff Central railway station* Peter Gifford tel:029 2089 0168	**B** mod **10m**/16km
Wed 26th 9:30am	**Tylorstown Tip (Old Smokey).** (This walk will be repeated next week but as "B Moderate) Gwyn Matthews tel:01443 404000	**A** stren **12m**/19km
Wed 26th 9:30am	**Twmbarlwm: woodland, forest & common land.** Car sharing from Ararat to meet Leader at Risca Leisure Centre (ST 260 901). Contact Leader on 07516 863398 for emergencies on the day only. Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Wed 26th 9:30am	**Draethen & Michaelston y Fedw** Bette Griffiths tel:029 2056 2041	**D** leis **8m**/13km
Fri 28th 11:00am	**Cardiff Central Strollers on Penarth Pier via Penarth Heights.** Linear walk, bring bus fare/pass. *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

March

Sat 1st 10:00am	**Cardiff Bay Trail.** *Meet: 10am outside Channel View Leisure Centre, Grangetown.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 2nd 9:00am	**Tintern to Botany Bay** ...and then back to the past. Diane Davies tel:0292075 2464	**B** mod **11m**/18km
Sun 2nd 11:00am 	**Family Friendly Walk: RSPB Newport Wetlands Nature Reserve.** Calling all bird lovers - see our winter visitors. *Meet: 11am at RSPB Wetlands Nature Reserve, Newport, on the Nash Road between Nash village and Usk Power Station NP18 2BZ.* Wyn Rosser tel:029 2073 1272	**D** easy **3m**/5km
Tue 4th 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina, CF14 6NB**	
Wed 5th 9:30am	**Y Grib, Pwll y Wrach, Troed** Kathryn Bennett tel:029 2056 2703	**A** stren **13m**/21km
Wed 5th 9:30am	**Tylorstown Tip (Old Smokey).** Gwyn Matthews tel:01443 404000	**B** mod **12m**/19km

March

Wed 5th 9:30am	**Wenvoe** Bette Griffiths tel:029 2056 2041	**C** leis **7m**/11km
Fri 7th 11:00am	**Cardiff Central Strollers (Volunteer Leader needed).** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 8th 9:30am	**Abergavenny Canal & former rail line.** *Meet: 9.30am at rear of Ararat Church, Whitchurch for car sharing.* Adrian Wilson tel:07909 986736	**C** mod **8m**/13km

Cardiff Ramblers Overseas Holiday 9 – 23 March 2014: Benalmadena, Costa del Sol, Spain. Organisers Linda Hall (029 2056 4545) and Diane McNeil (029 2061 6117). If you missed out on this holiday and wish to be considered for future overseas holidays please register your interest with Linda or Diane.

Sun 9th 9:00am	**Tor y Foel** Jeff Hobden tel:02920 752 327	**A 11m**/18km
Wed 12th 9:30am	**Cwm Blaenpelenna & Cwm Creggan** Ian Palmer tel:029 2070 1204	**A** stren **12m**/19km
Wed 12th 9:30am	**Ewyas Harold & Abbey Dove.** Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**C** mod **9m**/15km
Wed 12th 9:30am	**Sully, Lavernock & Penarth.** Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Fri 14th 10:45am	**Cardiff Central Strollers on Tour: Cosmeston Lakes Country Park.** NOTE the earlier meeting time. *Meet: 10.45am inside Cardiff Central railway station near the Information Booth. Catching 10:57 bus to Cosmeston from Wood Street, bring bus fare/pass.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 15th 9:30am	**Caerphilly Circular.** *Meet: 9.30am at Caerphilly railway station.* John Newton tel:01633 440999	**C** mod **7m**/11km
Sun 16th 9:00am	**Llandegfedd and Llandegveth** John Newton tel:01633 440 999	**B** stren **13m**/21km
Wed 19th 9:30am	**Pen Tir, Mynydd Llangorse, Tretower** Kathryn Bennett tel:029 2056 2703	**A** stren **14m**/23km
Wed 19th 9:30am	**Senghenydd Dyke** Peter Gifford tel:029 2089 0168	**B** mod **9m**/15km
Wed 19th 9:30am	**Cardiff Fforests & Craig yr Allt** Martin Bye tel:029 2075 6618	**B** mod **8m**/13km

March

Fri 21st 11:00am	**Cardiff Central Strollers Discover Ely.** Catching bus to Ely, bring bus fare/pass. *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 22nd 9:45am 	**Rail Ramble: Bristol Harbour.** *Meet: 9.45am outside Cardiff Central railway station to catch 10:00 train to Bristol. Walkers without a national rail card should come early to arrange group discount ticket.* Paul (T) tel:029 2036 1766	**D** leis **6m**/10km
Sun 23rd 9:00am	**Ponthir / Llangibby** Car sharing at Ararat to meet Leader at Ponthir Village Hall, Map 152, Ref 325928. Rob Wilkinson tel:01633 872 183 / 07798 562747	**B** stren **13m**/21km
Wed 26th 9:00am	**Skenfrith/Garway.** Note: car sharing to leave Ararat Church, Whitchurch, at 9am; or meet Leader 10am at Skenfrith Castle (GR Map189 457 203) Rob Wilkinson tel:07798 562747	**A** stren **16m**/26km
Wed 26th 9:30am	**Loxidge Tump & Capel y Ffin** Marilyn Woods tel:01873 831106	**B** mod **9m**/15km
Wed 26th 9:30am	**Mynydd Dimlaeth: forest & common land.** Car sharing at Ararat to meet Leader at river bridge Cwmfelinfach (ST 189 912). Contact Leader on 07516 863398 for emergencies on the day only. Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Fri 28th 11:00am	**Cardiff Central Strollers (Volunteer Leader needed).** *Meet: 11am inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 29th 10:00am	**Short walk from St Fagans.** *Meet: 10am at St Fagans level crossing.* John Henn tel:029 2062 1286	**D** leis **5m**/8km
Sun 30th 9:00am	**Llanfihangel Nant Bran** Soo Turnbull tel:01874 622136	**B** mod **10m**/16km
Sun 30th 11:00am 	**Family Friendly Walk: Cyfarthfa Castle, Merthyr.** A fascinating glimpse into our recent past. *Meet: 11am at Cyfarthfa Castle top car park, Brecon Road, Merthyr Tydfil CF47 8PA.* Linda Hodgeson tel:029 2084 3179	**D** easy **4m**/6km

• 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 participant(s) who in their opinion are inadequately equipped or unfit and for whom the walk is unsuitable. 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 Friendly Themed Walks - walks with a theme, suitable for children and families, but all are welcome.

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

First Tuesday of every month - Social get-together. This winter at the Butchers Arms in Rhiwbina.



Rail Rambles - Mostly linear walks from station to station taking advantage of the local railway network.

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

Ramblers 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.

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Ramblers Worldwide Holidays

COMMITTEE MEMBERS

chairman	vacant	
secretary	Diane Davies	029 2075 2464
	9 Cyncoed Rise, Cyncoed, Cardiff, CF23 6SF	
	email secretary@cardifframblers.org.uk	
treasurer, countryside, environment	John Newton	01633 440999
membership	Kathryn Bennett	029 2056 2703
	11 Bruton Place, Llandaff, Cardiff CF5 2ER	
rambles, footpaths	Gwyn Lewis	029 2090 2633 07910 595265
publicity	Rob Wilkinson	01633 872183
publications	Mike Kohnstamm	029 2075 7642
Walk Talk	Gillian Masters	029 2061 5094
	Jane Willock	029 2062 3954
	Dave Willock	029 2062 3954
	Jeff Hobden	029 2075 2327
	Roma Whiteley	029 2075 2680

HONORARY PRESIDENT: Eric Markland

Previous holders

2011-12 Val and Robin Hamilton

2010-11 Richard Garman

2009 - 10 John Isaacs

2008 - 09 Yvonne Weeding



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 Gleannau Albert, Llundain, SE1 7TW.