y cerddwyr
ramblers cymru

Cardiff Ramblers

Summer Walks Programme

April - September 2015



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.

Thursday evenings: as stated for each walk

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.

April

Wed 1st 9:30am	**Troed, Y Grib** Kathryn Bennett tel:029 2056 2703	**A+** stren **12m**/19km
Wed 1st 9:30am	**Fan Frynach from Storey Arms** Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Margaret Wallis tel:01633 441054	**B** mod **7m**/11km
Wed 1st 9:30am	**Barry** Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Wed 1st 9:30am 	**Rail Ramble: Hengoed to Llanbradach via Mynydd Dimlaith** *Meet leader at 9:15 at Lisvane & Thornhill station for 9:30 train, or catch 9:16 Rhymney train from Cardiff Central. Walk from Hengoed station* Mike Kohnstamm tel:029 2075 7642	**C** mod **7m**/11km
Fri 3rd 11:00am	**Cardiff Central Strollers on Porth Teigr Circular (Cardiff Bay)** *Meet inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 4th 11:00am	**Radyr Woods and Glamorgan Canal Nature Reserve.** *Meet at Radyr railway station* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sun 5th 9:00am	**Cwmparc and Valley Circular** Cwmparc and Upper Rhondda Valley Leighton Hill tel:07469 88069	**B** mod **12m**/19km
Sun 5th 11:00am	**Cardiff Parks & Gardens.** *Meet outside National Museum, Cathays. Note: Cardiff's Pay&Display charges do not apply on Easter Sunday.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Tue 7th 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina**	
Wed 8th 9:30am	**Allt Lllwyd and Waun Rydd** Roma Whiteley tel:029 2075 2680	**A** mod **10m**/16km
Wed 8th 9:30am	**West of Whitchurch** Arny Williams tel:07976 483329	**B** mod **15m**/24km
Wed 8th 9:30am	**Blaenavon** Gwyn Lewis tel:07910 595265	**C** mod **8m**/13km
Wed 8th 9:30am	**Caerphilly Mountain** Bette Griffiths tel:029 2056 2041	**C** mod **7m**/11km
Fri 10th 11:00am	**Cardiff Central Strollers: Volunteer Leader needed.** *Meet inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	leis

April

Sat 11th 10:00am	**Craig yr Allt Circular** *Meet Taffs Well railway station* Leighton Hill tel:07469 880699	**B** mod **7m**/11km
Sun 12th 9:00am	**Black Mountain** from Craig Y Nos to bomber on Garreg Goch and on to the ridge Arny Williams tel:02920 613035	**A** stren **12m**/19km
Wed 15th 9:30am	**Aber Valley** Kathryn Bennett tel:029 2056 2703	**A** stren **14m**/23km
Wed 15th 9:30am	**Two sides of the Beacons Way from Cwmdu** Moderate pace. Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**B** mod **13m**/21km
Wed 15th 9:30am	**Shell House and Folly** usual car sharing at Whitchurch with walk starting at Pontypool Leisure Centre. Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Wed 15th 9:30am	**Garth** Gwyn Lewis tel:07910 595265	**C** mod **7m**/11km
Fri 17th 10:00am	**Cardiff Central Strollers On Tour: Cyfarthfa Castle (Merthyr)** Note earlier meeting time. Catching bus to Merthyr, bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 18th 10:30am 	**Family Friendly Walk: The water mill, Hailey Park, Spring flowers and maybe the first blue bell.** *Meet at Radyr railway station car park.* Maire Kite tel:029 20621096	**D** easy **3m**/5km
Sun 19th 9:00am	**Llanthony from Longtown via The Darren** Kathryn Bennett tel:029 20562703	**A** stren **12m**/19km
Wed 22nd 9:30am	**Strenuous/Moderate Walk needed. Contact Gwyn Lewis**	
Wed 22nd 9:30am	**Merthyr (Vaynor & Quarries)** Gwyn Lewis tel:07910 595265	**C** mod **9m**/15km
Wed 22nd 9:30am	**Mynydd Machen** Bette Griffiths tel:029 2056 2041	**C** mod **6m**/10km
Fri 24th 11:00am	**Cardiff Central Strollers visit Bute Park and Llandaff Fields** *Meet inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 25th 10:00am	**Lavernock Nature Reserve and Penarth Pier.** *Meet: Cosmeston Lakes* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

April

Sun 26th 9:00am	**Capel Beiliheulog from Erwood** Exploring the ridges north of Brecon and visiting a remote chapel Diane Davies tel:029 2075 2464	**A** mod **11m**/18km
Wed 29th 9:30am	**Cwmcaravan and Trellech** *Meeting 9.30am at Ararat for car sharing; or, 10.20am at Somerset Arms, Dingestow (near Mitchell Troy) NP25 4BP [OS map OL14 467 099].* Rob Wilkinson tel:07798 562747 or 01633 527314	**A** stren **13m**/21km
Wed 29th 9:30am	**Machen/Sirhowy Valley** Claire Edwards tel:029 2075 6493	**B** mod **9m**/15km
Wed 29th 9:30am	**Abertillery** Steve Brigley tel:07473 959822	**C** mod **8m**/13km
Wed 29th 9:30am	**Wenvoe** Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km

May

May'15 BIG Welsh Walk: organised by Ramblers Cymru: "Walking for all ages 8-80"

Fri 1st 11:00am	**Cardiff Central Strollers follow the Rhymney Trail from Rumney Hill Gardens.** Catching bus to start and back from finish, bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 2nd 10:00am	**Bluebells(?) in Green Meadow(!) [near Wenallt]** *Meet at rear of Ararat Centre, Whitchurch* Mike & Mary Sullivan tel:029 20492145	**C** mod **7m**/11km
Sun 3rd 9:00am	**Blaen-y-Cwm circuit** Roma Whiteley tel:029 20752680	**B** mod **10m**/16km
Tue 5th 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina**	
Wed 6th 9:30am	**Cwm Crew** Kathryn Bennett tel:029 2056 2703	**A** stren **13m**/21km
Wed 6th 9:30am	**Pontypridd Circular** Carol Britton tel:029 20592 932	**B** mod **9m**/15km
Wed 6th 9:30am	**Mynydd Dimlaeth** usual car sharing at Whitchurch with walk starting at Pont Lawrence Bridge, Cwmfelinfach. Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Wed 6th 9:30am	**Brecon by canal and river from Llanfrynach** Len Bowker tel:029 2075 8493	**D** mod **8m**/13km

May

Fri 8th 11:00am	**Cardiff Central Strollers: Parc Cefn Onn.** Catching train to Lisvane, bring fare and bus or rail pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Graeme Milnes tel:029 2062 7553	**D** leis **5m**/8km
Sun 10th 9:30am	**Glamorgan Area Walk hosted by Penarth Group.** Choice of walks (5, 8, 12/15 miles) all starting 9.30 at Bonvilston Reading Rooms [CF5 6TR], Bonvilston village. Contact Gwyn Lewis for more info 07910 595265. *Meet: Bonvilston Reading Rooms*	
Wed 13th 9:30am	**Lydbrook and River Wye** Robert Smith tel: 029 2088 0305	**B** mod **13m**/21km
Wed 13th 9:30am	**Hatterall Hill and Bent Church** Jude Corr tel:029 2025 4201	**B** mod **10m**/16km
Wed 13th 9:30am	**Tintern Circular via Penterry Church and Barbados Hill** Claire Edwards tel:029 2075 6493	**C** mod **9m**/15km
Wed 13th 9:30am	**Kenfig and Margam Burrows** Bryn Ennis tel:029 2075 1919	**D** mod **7m**/11km
Fri 15th 11:00am	**Cardiff Central Strollers Pumping Station Circular** *Meet inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 16th 10:30am	**Llantwit Major** *Meet at Llantwit Major railway station car park.* Larry Cody tel:01446 418606	**C** mod **8m**/13km
Sun 17th 9:00am	**Gower** Jen Richards tel:029 20624885	**B** mod **12m**/19km
Sun 17th 11:00am	**Cardiff Bay Circular** *Meet outside Millennium Centre, Cardiff Bay.* Paul (T) tel:029 20361766	**D** easy **5m**/8km

Wed 20th 8:00am



Coach Trip: Church Stretton Choice of walks organised by Martin Bye and Vic Chambers . Contact Martin (029 2075 6616) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8am from Three Elms Pub, Whitchurch Common
Advance booking essential. Fare 10 pounds

Fri 22nd 11:00am	**Cardiff Central Strollers Discover Llanrumney** *Meet inside Cardiff Central railway station near the Information Booth. Catching bus to start/from finish, bring bus fare/pass.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 23rd 9:30am	**Oxwich Bay and Port Eynon** *Meet at rear of Ararat Centre, Whitchurch for car sharing.* Leighton Hill tel:07469 880699	**B** mod **8m**/13km

May

Sun 24th 9:00am	**Rhymney Valley and area** Usual car sharing at Sherman to meet leader (9:30am) at Machen Village Hall Car Park CF83 8ND John Newton tel:01633 440999	**C** mod **12m**/19km
Wed 27th 9:30am	**Capel y Ffin / Olchon Valley** Jim Riley tel:07799 755121	**A** stren **12m**/19km
Wed 27th 9:30am	**Vale of Glamorgan** Barry Southwell tel:029 2051 3082	**C** mod **8m**/13km
Wed 27th 9:30am	**Around Tor y Foel** Len Bowker tel:029 2075 8493	**C** mod **8m**/13km
Wed 27th 9:30am	**Piercefield Place (Chepstow)** Mike & Mary Sullivan tel:029 2049 2145	**C** mod **7m**/11km

The Cleveland Way This year's backpacking trip will be the 108 mile Cleveland Way - a challenging National Trail winding around the North York Moors National Park starting at Helmsley and then following the coast from Saltburn on Sea to finish at Filey.Dates are Friday 29th May to Monday 8th June 2015. Now fully booked - if interested in future back packing trips contact Roma Whiteley on 029 20752680 or email romawhiteley@talktalk.net

Fri 29th 11:00am	**Cardiff Central Strollers Roath Park Lake** *Meet inside Cardiff Central railway station near the Information Booth. Linear walk, bring bus fare/pass for return journey.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 30th 10:00am	**Tintern Abbey - Brockweir - Tintern Old Station (Cafe)** *Meet at rear of Ararat Centre, Whitchurch for car sharing.* Paul (T) tel:029 20361766	**D** leis **6m**/10km
Sat 30th 10:30am 	**Family Friendly Walk: A "Teddy Bears' Picnic" for everyone** All ages are invited to bring their teddies. *Meet: Radyr railway station car park.* Eddie Thomas & Monica Couch tel:029 20611235	**D** easy **3m**/5km
Sun 31st 9:00am	**Strenuous/Moderate Walk needed** Contact Gwyn Lewis 07910 595265 to advertise walk in Group's E-Bulletin.	

June

Tue 2nd 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina**	
Wed 3rd 9:30am	**Olchon Valley** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 3rd 9:30am	**Port Eynon and Rhossili.** Car park charge. Due to late start refreshment stops will be later than usual. Gwyn Matthews tel:07773 688492 or 01443 404000	**B** mod **13m**/21km

June

Wed 3rd 9:30am	**Blaen Bran - Upper Cwmbran** Nigel Williams tel:07749 426866	**B** mod **9m**/15km
Wed 3rd 9:30am	**Michaelston y Fedw** Scenic walk, wild flowers. Eddie Thomas tel:029 2061 1235	**C** leis **8m**/13km
Thu 4th 7:00pm	**Thursday Evening Walk (Launch): Bay Circular** *Meet outside Millennium Centre, Cardiff Bay.* Paul (T) tel:029 20361766	**D** leis **5m**/8km
Fri 5th 11:00am	**Cardiff Central Strollers feed the seal (Victoria Park)** *Meet inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 6th 9:15am	**Porthkerry Park & Church** *Meet: either 9.15am at Barry railway station; Or, 10am at Cold Knap beach car park. Walk to start from Cold Knap beach car park.* Larry Cody tel:01446 418606	**C** mod **7m**/11km
Sun 7th 9:00am	**Cotswolds Way Hill Forts and Villlas** Great Witcombe Roman Villa, Crickley Hill and Leckhampton Hill Forts Stuart Neil tel:029 20389272	**B** mod **13m**/21km
Sun 7th 11:00am	**Cardiff Bay Circular** *Meet outside Millennium Centre, Cardiff Bay.* Paul (T) tel:029 20361766	**D** easy **5m**/8km
Wed 10th 9:30am	**Fan y Big and Cwm Cwareli from Llanfrynach** Arny Williams tel:07976 483329	**A** stren **13m**/21km
Wed 10th 9:30am	**White Castle and Offa's Dyke** Roma Whiteley tel:029 2075 2680	**B** mod **12m**/19km
Wed 10th 9:30am	**Aberdare - Parc Cwm Dare** By Special Request Len Bowker tel:029 2075 8493	**C** mod **8m**/13km
Wed 10th 9:30am	**Caerphilly and Rudry Mountain** Bryn Ennis tel:029 2075 1919	**C** mod **8m**/13km
Thu 11th 7:00pm	**Thursday Evening Walk: Llandaff & Taff Trail** *Meet at Llandaff Cathedral Village Green* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Fri 12th 11:00am	**Cardiff Central Strollers On Tour: Barry Island.** *Meet inside Cardiff Central railway station near the Information Booth. Catching train to Barry Dock, bring bus pass for concessionary fare.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 13th 9:30am	**Ogmore by Sea** *Meet at Eastbrook railway station car park for car sharing.* Su Green tel:07954 139946	**C** leis **7m**/11km

June

Sun 14th 9:00am	**Boughrood** Up and down on both sides of the Wye Soo Turnbull tel:01874 622136	**B** mod **14m**/23km
Wed 17th 9:30am	**Mid-Summer Gathering:** Choice of Moderate walks starting/finishing at Llanthony Priory: A(10 mile) led by Wyn Rosser; B(9.5 mile) led by Jude Corr; C(9 mile) led by Marilyn Woods. Options to mix&match walks. Meet at Ararat for car sharing. Contact Marilyn 01873 831106 for further details.	
Thu 18th 7:00pm	**Thursday Evening Walk: Cefn Onn** *Meet at Lisvane railway station car park.* Graeme Milnes tel:029 2062 7553	**D** mod **4m**/6km
Fri 19th 11:00am	**Cardiff Central Strollers take Wales Coast Path to Pengam Green (Tesco).** *Meet inside Cardiff Central railway station near the Information Booth. Catching bus for return journey, bring bus fare/pass.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 20th 10:00am	**Caerphilly circular** *Meet at Taffs Well railway station car park,* Gwyn Lewis tel:07910 595265	**C** mod **9m**/15km
Sun 21st 9:00am	**Llanthony Priory and Capel Y Ffin** One steep climb, two ridges and three sacred sites Diane Davies tel:029 20752464	**A** mod **10m**/16km
Sun 21st 11:00am	**Cardiff Bay Circular** *Meet outside Millennium Centre, Cardiff Bay.* Paul (T) tel:029 20361766	**D** easy **5m**/8km
Wed 24th 8:30am 	**Coach Trip: New Radnor/Kington** Choice of walks organised by Wendy Winney. Contact Wendy (029 2062 8861) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common Advance booking essential. Fare 8 pounds	
Thu 25th 7:00pm	**Thursday Evening Walk: Caerphilly to Lisvane (Linear)** Catching train from Lisvane railway station. *Meet: Lisvane railway station in good time for 7:15 train to Caerphilly* Mike Kohnstamm tel:029 20757642	**B** mod **5m**/8km
Fri 26th 11:00am	**Cardiff Central Strollers: Cardiff Bay Wetlands** *Meet inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km

June

Sat 27th 9:40am 	**Rail Ramble: Bristol Harbour Circular** *Meet at Cardiff Central railway station. Bring train fare/rail card.* Paul (T) tel:029 20361766	**D** easy **5m**/8km
Sun 28th 9:00am	**Upper Sirhowy and Rhymney Valleys** Mike Kohnstamm tel:029 20757642	**B** stren **13m**/21km
Sun 28th 10:30am 	**Family Friendly Walk: The sand dunes of Kenfig and pond dipping in the lake.** *Meet: at Kenfig National Nature Reserve visitor's car park, Ton Kenfig CF33 4PT Grid Ref SS 802809* Linda Hodgson tel:029 20843179	**D** easy **3m**/5km

July

Autumn/Winter 2015/16 Walks Programme: Walk Leaders are asked to submit their walks to the Walk Co-ordinators.

Wed 1st 8:45am	**Wednesday Leaders' "Breakfast" Programme Meeting** 8.45 - 9.15am at Ararat Centre. Tea & Biscuits. Contact Gwyn Lewis 07910 595265	
Wed 1st 9:30am	**Cwm Gwdi - N Face Cribyn** Jim Riley tel:07799 755121	**A** stren **12m**/19km
Wed 1st 9:30am	**Oxwich Bay and Cefn Bryn** Due to late start refreshment stops will be later than usual. Gwyn Matthews tel:07773 688492 or 01443 404000	**B** mod **13m**/21km
Wed 1st 9:30am	**Manmoel and Sirhowy** Bette Griffiths tel:029 2056 2041	**C** mod **8m**/13km
Wed 1st 9:30am	**Bus Ramble: Pentyrch to Whitchurch (Linear Walk)** Catching Stagecoach 136 bus at Whitchurch. Bring bus fare/ pass. Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Thu 2nd 7:00pm	**Thursday Evening Walk: ASDA Mountain & International Sports Village** *Meet outside ASDA, Ferry Road, Cardiff Bay* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Fri 3rd 11:00am	**Cardiff Central Strollers: Volunteer Leader needed.** *Meet inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	leis
Sat 4th 9:30am	**Maid of Sker and Kenfig Burrows** *Meet at rear of Ararat Centre, Whitchurch for car sharing.* Leighton Hill tel:07469 880699	**D** leis **6m**/10km

July

Sun 5th 9:00am	**Trellech area** Roma Whiteley tel:029 20752680	**B** mod **12m**/19km
Tue 7th 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina**	
Wed 8th 9:30am	**The Bryn and Usk Valley Walk** Moderate pace. Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**A** mod **13m**/21km
Wed 8th 9:30am	**Gray Hill and Penhow** Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Margaret Wallis tel:01633 441054	**B** mod **9m**/15km
Wed 8th 9:30am 	**Rail Ramble: Pontlottyn - Bargoed (Linear Walk)** Catching 9.25am train from Heath High Level, 9.28am Llanishen, 9.30am Lisvane. Bring fare and bus pass or rail card. *Meet: Lisvane railway station* Martin Bye and Vic Chambers tel:029 2076 6125	**B** mod **9m**/15km
Wed 8th 9:30am	**Iolo Morganwg Heritage Trail (Cowbridge)** Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Thu 9th 7:00pm	**Thursday Evening Walk: Nant Fawr Corridor.** *Meet at Wild Gardens Road, Roath Park Lake.* Diane Davies tel:029 20752464	**D** leis **5m**/8km
Fri 10th 11:00am	**Cardiff Central Strollers try to get to Dyffryn Gardens (Third time lucky)** *Meet inside Cardiff Central railway station near the Information Booth. Catching X2 bus bring bus fare/pass. Crossing fields and stiles.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 11th 9:30am	**Pen y Fan (Brecon Beacons)** *Meet at rear of Ararat Centre, Whitchurch for car sharing.* Gwyn Lewis tel:07910 595265	**C** mod **6m**/10km
Sun 12th 9:00am	**Fan Frynch, Cwm Llwch and Penyfan** Stuart Neil tel:029 20389272	**A+** stren **12m**/19km
Sun 12th 11:00am	**Cardiff Bay Circular** *Meet outside Millennium Centre, Cardiff Bay.* Paul (T) tel:029 20361766	**D** easy **5m**/8km
Wed 15th 8:30am 	**Coach Trip: Stonehouse to Painswick (Cotswold Way)** Choice of walks organised by Rob Jewels and Gwyn Lewis . Contact Gwyn (07910 595265) for walk details and coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common Advance booking essential. Fare 9 pounds	

July

Thu 16th 7:00pm	**Thursday Evening Walk: Towards the Garth.** *Meet at Taffs Well railway station.* Gwyn Lewis tel:07910 595265	**C** mod **5m**/8km
Fri 17th 11:00am	**Cardiff Central Strollers Discover Heath** *Meet inside Cardiff Central railway station near the Information Booth. Catching a bus, bring bus fare/pass.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 18th 10:00am	**Castell Coch Area** *Meet at Radyr railway station car park.* Rob Jewels tel:029 20553843	**C** leis **8m**/13km
Sun 19th 9:00am	**Usk** Jen Richards tel:029 20624885	**B** mod **12m**/19km
Sun 19th 10:30am 	**Family Friendly Walk: Garwnant in the Brecon Beacons.** Walk the animal puzzle trail and willow tunnel. Toddler and adventure playground. Meet at Garwnant visitor centre car park, Merthyr Tydfil CF48 2HT. [5 miles north of Merthyr on A470. Follow the signs and turn off above Llwyn-on reservoir. Grid Ref SO 003131] *Meet: Garwnant Visitor Centre* Jim Riley tel:029 20529993	**D** easy **3m**/5km
Wed 22nd 9:30am	**Lynfi and Garw Valleys from Blackmill** Arny Williams tel:07976 483329	**A** stren **14m**/23km
Wed 22nd 9:30am	**Pen y Gadair and Grwyne Fawr Valley** Tackled at moderate pace Wyn Rosser tel:07811 464955 or 029 20731272	**A** mod **11m**/18km
Wed 22nd 9:30am	**Eglysilan Common** Bette Griffiths tel:029 2056 2041	**C** mod **8m**/13km
Wed 22nd 9:30am	**Machen and Draethen with trip to ice-cream parlour Hapus** *Meet: Whitchurch Common at 9:30 or meet Leader at Machen village car park for 10am start.* John Newton tel: 01633 440999	**C** leis **7m**/11km
Thu 23rd 7:00pm	**Thursday Evening Walk: Taff Trail & Fforest Fawr Circular** *Meet at Taffs Well railway station* Leighton Hill tel:07469 880699	**B** mod **5m**/8km
Fri 24th 11:00am	**Cardiff Central Strollers: Penarth Pier** *Meet inside Cardiff Central railway station near the Information Booth. Linear walk, catching bus back.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 25th 10:00am	**Brecon Beacons Visitor Centre - Mynydd Illtud** *Meet at rear of Ararat Centre, Whitchurch for car sharing.* Paul (T) tel:029 20361766	**D** mod **6m**/10km

July

Sun 26th 9:00am	**Ogmore Valleys** up the Ogwr Fawr and back via the Ogwr Fach Arny Williams tel:02920 613035	**A** mod **11m**/18km
Wed 29th 9:30am	**The Moors & Henrhyd Falls** Ian Palmer tel:029 2070 1204	**A** stren **14m**/23km
Wed 29th 9:30am	**Rhos Dirion and Dragons Back** Jude Corr tel:029 2025 4201	**B** mod **11m**/18km
Wed 29th 9:30am	**Vale of Usk** Graeme Milnes tel:029 2062 7553	**C** mod **11m**/18km
Wed 29th 9:30am	**Gwyddon Valley** Maggie Thomas tel:01495 273057	**C** mod **9m**/15km
Thu 30th 7:00pm	**Thursday Evening Walk: Llandaff North** *Meet at Llandaff North railway station car park* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Fri 31st 11:00am	**Cardiff Central Strollers: Volunteer Leader needed.** *Meet inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	

August

Sat 1st 9:30am	**Cwmparc Circular** *Meet: rear of Ararat Centre, Whitchurch for car sharing.* Leighton Hill tel:07469 880699	**B** mod **9m**/15km
Sun 2nd 9:00am	**Black Mountain Mystery Tour** Gillian Masters tel:02920 615094	**A** stren **15m**/24km
Tue 4th 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina**	
Wed 5th 9:30am	**Abersychan to Blaenavon (Linear walk)** Robert Smith tel:029 2088 0305	**A** stren **14m**/23km
Wed 5th 9:30am	**Pontypridd to Whitchurch** Linear walk. Catching bus to Pontypridd bus station, bring bus fare/pass. Walking back via Taff Trail to Whitchurch (option to leave walk early). Eddie Thomas tel:029 2061 1235	**C** mod **11m**/18km
Wed 5th 9:30am	**Little Mill (Usk Road) Northern Circular** Len Potter tel:07720 060017	**C** leis **7m**/11km
Wed 5th 9:40am	**Rail Ramble: Bristol Harbour Circular** Catching train to Bristol, bring fare/rail card. Arrive early to arrange Group Discount tickets. *Meet: Cardiff Central railway station* Paul (T) tel:029 2036 1766	**D 5m**/8km



August

Thu 6th 7:00pm	**Thursday Evening Walk: Radyr Woods & Nature Reserve** *Meet at Radyr railway station car park* Rob Jewels tel:029 20553843	**D** leis **4m**/6km
Fri 7th 11:00am	**Cardiff Central Strollers go Round the Barrage** *Meet inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sat 8th 9:30am	**Up the Taff from Cyfarthfa Castle, Merthyr** *Meet at rear of Ararat Centre, Whitchurch for car sharing.* Adrian Wilson tel:07909 986736	**C** mod **8m**/13km
Sun 9th 9:00am	**Parc Cwm Darran (near Bargoed)** Rob Jewels tel:029 20553843	**B** mod **10m**/16km
Sun 9th 11:00am	**Cardiff Bay Circular** *Meet outside Millennium Centre, Cardiff Bay.* Paul (T) tel:029 20361766	**D** easy **5m**/8km
Wed 12th 9:30am	**Black Mountain** Arny Williams tel:07976 483329	**A** stren **14m**/23km
Wed 12th 9:30am	**Sugar Loaf** Marilyn Woods tel:01873 831106	**B** mod **12m**/19km
Wed 12th 9:30am	**Taff Bargoed Valley** Nancy Hooper tel:029 2061 6631	**B** mod **10m**/16km
Wed 12th 9:30am	**Tintern Hidden Industries** Mike & Mary Sullivan tel:029 2049 2145	**C** mod **7m**/11km
Thu 13th 7:00pm	**Thursday Evening Walk: Bute Park** *Meet outside National Museum, Cathays* Graeme Milnes tel:029 2062 7553	**D** easy **4m**/6km
Fri 14th 10:00am	**Cardiff Central Strollers on Tour: Porthcawl** Note earlier meeting time. Catching X2 bus bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 15th 10:00am	**Parc Cefn Onn & Ridgeway** *Meet at Parc Cefn Onn car park* Gwyn Lewis tel:07910 595265	**C** mod **6m**/10km
Sun 16th 9:00am	**Llantwit Major to Dunraven and return** John Newton tel:01633 440999	**D** mod **13m**/21km

August

Wed 19th 8:30am 	**Coach Trip: Weston Super Mare** Choice of walks organised by Graham Dodd. Contact Graham (029 2076 2979) for walk details. Contact Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common Advance booking essential. Fare 8 pounds	
Thu 20th 7:00pm	**Thursday Evening Walk: Caerphilly Mountain** *Meet at Caerphilly Mountain car park* Leighton Hill tel:07469 880699	**B** mod **5m**/8km
Fri 21st 11:00am	**Cardiff Central Strollers Walk Through Caerau (in the dry!)** *Meet inside Cardiff Central railway station near the Information Booth. Catching bus, bring bus fare/pass.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 22nd 9:30am	**Crickhowell. In the footsteps of Weatherman Walking.** *Meet at rear of Ararat Centre, Whitchurch for car sharing.* Su Green tel:07954 139946	**B** mod **9m**/15km
Sun 23rd 9:00am	**Sennybridge/Brecon** A linear walk over the lower ridges of the Epynt Soo Turnbull tel:01874 622136	**A** mod **14m**/23km
Sun 23rd 11:00am	**Cardiff Bay Circular** *Meet outside Millennium Centre, Cardiff Bay.* Paul (T) tel:029 20361766	**D** easy **5m**/8km
Wed 26th 9:30am	**The Ridgeway, Mynydd Rudry & Ruperra Castle** Ian Palmer tel:029 2070 1204	**A** stren **13m**/21km
Wed 26th 9:30am	**Three Pens and a Table** Jude Corr tel:029 2025 4201	**B** mod **11m**/18km
Wed 26th 9:30am 	**Rail Ramble: Cheltenham Parks** Catching 9.45am train from Cardiff Central to Cheltenham Spa. Bring train fare/rail card. Arrive early to arrange Group Discount ticket. *Meet: Cardiff Central railway station* Janet Fisher tel:02920 759402	**D** leis **9m**/15km
Wed 26th 9:30am	**Around Penarth** *Meet 9.30am at Ararat to car share; or, 10am at Penarth Cliff Top car park.* Brian Minshall tel:01443 404140	**D** leis **7m**/11km
Thu 27th 7:00pm	**Thursday Evening Walk (Final): Bay Circular** *Meet outside Millennium Centre, Cardiff Bay.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Fri 28th 10:30am	**Cardiff Central Strollers: Caerphilly Mountain and Trig Point,** Note earlier meeting time. Catching bus out and back, bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

August

Sat 29th 10:00am	**Pontypool Park - Canal - Folly Tower** *Meet at rear of Ararat Centre, Whitchurch for car sharing.* Paul (T) tel:029 20361766	**C** mod **6m**/10km
Sun 30th 9:00am	**Beyond Margam Park** Mike Saunders	**B** mod **11m**/18km
Sun 30th 10:30am 	**Family Friendly Walk: Pen y Fan (Brecon Beacons)** Come prepared for this popular walking challenge. Take your time going up - a 3 year old made it last time. Meet National Trust car park just before (south) of Storey Arms on the A470. Grid Ref SN 987199. *Meet: car park south of Storey Arms, Brecon Beacons* Linda Hodgson tel:029 20843179	**C** mod **4m**/6km

September

Tue 1st 7:30pm	**Social evening: Butchers Arms in Heol y Felin, Rhiwbina**	
Wed 2nd 9:30am	**Crai Valley & Fan Gyhirych** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 2nd 9:30am	**River Deep Mountain High (River Usk and Blorenge)** Marilyn Woods tel:01873 831106	**B** mod **10m**/16km
Wed 2nd 9:30am	**Caerphilly Mountain** *Meet: Whitchurch Common or meet Leader at Caerphilly Mountain car park for 10am start.* John Newton tel:01633 440999	**C** mod **8m**/13km
Wed 2nd 9:30am	**Penhow** Graeme Milnes tel:029 2062 7553	**C** mod **7m**/11km
Fri 4th 11:00am	**Cardiff Central Strollers: International Sports Village** *Meet inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 5th 10:00am	**Penarth Pier/Gardens & Lavernock Nature Reserve** *Meet at Cosmeston Lakes car park.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 6th 9:00am	**Felindre and Y Twmpa** Around the foothills of the Black Mountains and a climb up onto the ridge Diane Davies tel:029 2075 2464	**A** mod **12m**/19km
Sun 6th 11:00am	**Cardiff Bay Circular** *Meet outside Millennium Centre, Cardiff Bay.* Paul (T) tel:029 20361766	**D** easy **5m**/8km

September

Wed 9th 8:30am 	**Coach Trip: Discover Ross on Wye** Choice of walks organised by Claire Edwards and Len Bowker. Contact Claire (029 2075 6493) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common Advance booking essential. Fare 7 pounds	
Fri 11th 10:45am	**Cardiff Central Strollers Discover Lisvane** Note earlier meeting time. Catching bus out and back, bring bus fare/ pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 12th 10:00am	**Garth Mountain** *Meet at Taffs Well railway station* Gwyn Lewis tel:07910 595265	**C** mod **6m**/10km
Sun 13th 9:00am	**Blackmill Hidden Gorge** Mike Saunders	**B** mod **10m**/16km
Wed 16th 9:30am	**Brecon Beacons** Neuadd Reservoir, Craig Fan Las, Blaen Taf Fachen Arny Williams tel:07976 483329	**A** stren **11m**/18km
Wed 16th 9:30am	**Ups and Downs of Gower** Car park charge. Due to late start refreshment stops will be later than usual. Gwyn Matthews tel:07773 688492 or 01443 404000	**B** mod **11m**/18km
Wed 16th 9:30am	**Barry (again but different)** Gwyn Lewis tel:07910 595265	**C** leis **8m**/13km
Wed 16th 9:30am	**Caerwent** Nigel Clifton tel:029 2040 0287	**D** leis **7m**/11km
Fri 18th 11:00am	**Cardiff Central Strollers: Volunteer Leader needed.** *Meet inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	leis
Sat 19th 9:30am	**Llangorse Lake upwards to Allt yr Esgair (up morning, down afternoon)** *Meet at rear of Ararat Centre, Whitchurch for car sharing.* Adrian Wilson tel:07909 986736	**C** mod **7m**/11km
Sun 20th 9:00am	**Llanthony Circuit** A popular walk done at an accommodating pace Kathryn Bennett tel:029 20562703	**A** mod **12m**/19km
Sun 20th 11:00am	**Cardiff Bay Circular** *Meet outside Millennium Centre, Cardiff Bay.* Paul (T) tel:029 20361766	**D** easy **5m**/8km
Wed 23rd 9:30am	**Cwmdu, Pen Tir, Llangorse** Kathryn Bennett tel:029 2056 2703	**A** stren **14m**/23km

September

Wed 23rd 9:30am	**Llangattock Round** Moderate pace. Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**B** mod **10m**/16km
Wed 23rd 9:30am	**Twmbarlwm via Medart** usual car sharing at Whitchurch with walk starting at Blackvein Road, Crosskeys Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Wed 23rd 9:30am	**Wick The Hidden Vale** Gwyn Lewis tel:07910 595265	**C** leis **8m**/13km
Fri 25th 11:00am	**Cardiff Central Strollers: Coryton (Hollybush)** Linear walk, bring bus fare/pass. Option of lunch at Hollybush. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sat 26th 9:30am 	**Rail Ramble: Rhoose - Coastal Path - Barry Island** *Meet outside Cardiff Central railway station. Catching train to Rhoose, bring fare/rail card.* Paul (T) tel:029 20361766	**D** easy **5m**/8km
Sat 26th 10:30am 	**Family Friendly Walk: Discover the trail to Tinkinswood.** See ancient remains of megalithic village and famous archaeological site. *Meet: at Dyffryn Gardens car park (outside tea rooms),St Nicholas, Vale of Glam CF5 6SU off the A48 Cardiff to Cowbridge road.* Kathryn Bennett tel:029 20562703	**D** easy **3m**/5km
Sun 27th 9:00am	**The Garw Valley** start at Blackmill, walk up the Llynfi valley and drop into the Garw valley Arny Williams tel:02920 613035	**A** stren **14m**/23km

Wed 30th 8:00am 	**Coach Trip: Laugharne** Choice of walks organised by Wyn Rosser and Pat Simpson. Contact Wyn (07811 464966 or 029 20731272) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8am from Three Elms Pub, Whitchurch Common Advance booking essential. Fare 9 pounds

COMMITTEE MEMBERS

chairman	Nigel Clifton	02920 400287
secretary	Diane Davies	029 2075 2464
	9 Cyncoed Rise, Cyncoed, Cardiff, CF23 6SF	
	email secretary@cardifframblers.org.uk	
treasurer	Elaine Shellard	029 2076 1465
membership	Kathryn Bennett	029 2056 2703
	11 Bruton Place, Llandaff, Cardiff CF5 2ER	
rambles, footpaths	Gwyn Lewis	029 2090 2633 07910 595265
publicity, countryside	vacant	
publications	Mike Kohnstamm	029 2075 7642
Walk Talk	Gillian Masters	029 2061 5094
	Leighton Hill	07469 880699
	Roma Whiteley	029 2075 2680

HONORARY PRESIDENT: Kath Edwards

Previous holders

2013 - 14 Michael Belton

2012 - 13 Eric Markland

2011 - 12 Val and Robin Hamilton

2010 - 11 Richard Garman

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

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.

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.

Accidents must be recorded in the accident book held by the group secretary.

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.