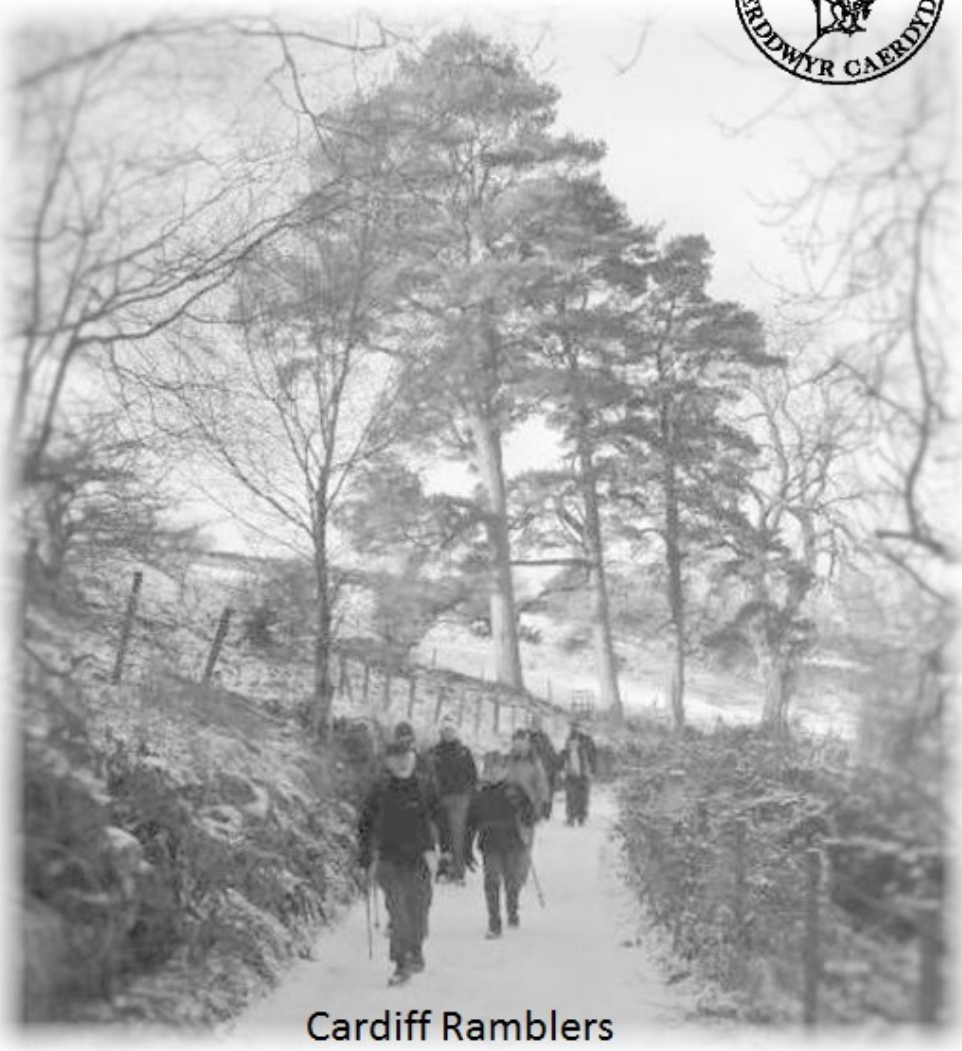


Cardiff Ramblers

Winter Programme 2016-17

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 (summer months only): 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.

• ACCIDENTS 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.

October

Sat 1st 10:00am	**Rhymney River. Car sharing from rear Ararat Centre, Whitchurch** *Meet: Ararat Centre Whitchurch* Leighton Hill tel:07469 880699	**C** leis **7m**/11km
Sun 2nd 9:00am	**Rhiangoll** Shades of Autumn on the peaks Kathryn Bennett tel:07934 538484	**A** stren **13m**/21km
Tue 4th 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 5th 9:15am	**Rail Ramble: Pontlottyn** Catch 9.16am Rhymney train from Cardiff Central (or on route, eg Lisvane 9.30am)) for Pontlottyn. Meeting Walk Leader on the train. *Meet: Cardiff Central railway station* John Newton tel:01633 440999	**C** mod **8m**/13km
Wed 5th 9:30am	**Mynydd Llangynidr and Llangattock Escarpment** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 5th 9:30am	**Defynnog (Beacons)** Wyn Rosser tel:029 2073 1272	**B** mod **10m**/16km
Fri 7th 11:00am	**Cardiff Central Strollers go in search of Insole Court (bring bus pass/fare for return journey)** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 8th 10:00am	**Round Radyr (incl. Radyr Weir Hydro and Forest Farm Open Day) from Radyr railway station** *Meet: Radyr railway station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 9th 9:00am	**Cwmyoy and Black Mountains ridges** Gillian Masters tel:02920 615094	**A** stren **12m**/19km
Wed 12th 9:30am	**Rhiangoll** Kathryn Bennett tel:029 2056 2703	**A** stren **13m**/21km
Wed 12th 9:30am	**Gilwern** Marilyn Woods tel: 01873 831106	**B** mod **9m**/15km
Wed 12th 9:30am	**Llanwonno Forest** Mike and Mary Sullivan tel:029 2049 2145	**C** leis **7m**/11km
Wed 12th 9:30am	**Eddie's 5miler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km



October

Fri 14th 11:00am	**Cardiff Central Strollers go retro at Pumping Station** *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 15th 10:00am	**Porthkerry Village and Country Park** *Meet: Cold Knap beach car park* Larry Cody tel:01446 418606 / 07510 353287	**C** leis **8m**/13km
Sat 15th 10:30am	**Family Walking Adventure: Exploring the Sculpture Park at Castell Coch** *Meet: top car park on the left 1 mile uphill past Castell Coch gates.* Eddie Thomas tel:029 2061 1235	**D** easy **3m**/5km
Sun 16th 9:00am	**Tintern** On the Welsh bank of the Wye Stuart Neil tel:029 2038 9272	**B** mod **12m**/19km
Wed 19th 9:30am	**Chepstow - Tintern Circular** Gwyn Lewis tel:07910 595265	**B** stren **12m**/19km
Wed 19th 9:30am	**Wenvoe** Bette Griffiths tel:029 2056 2041	**C** mod **8m**/13km
Wed 19th 9:30am	**Nant Fawr Trail and Cefn Onn.** Linear walk returning from Sainsbury's, Thornhill, bring bus pass/fare. Get to know the paths, woods, meadows and lanes of North Cardiff. *Meet: Scott Memorial, Roath Park* Claire Edwards tel:029 2075 6493	**D** leis **8m**/13km
Fri 21st 11:00am	**Cardiff Central Strollers: Guest Leader** Details to be announced in Group's E Bulletin; or contact Gwyn Lewis (07910 595265) nearer the day. *Meet: inside Cardiff Central railway station near the Information Booth*	
Sat 22nd 10:00am	**Craig yr Allt from Taffs Well railway station** *Meet: Taffs Well railway station* Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Sun 23rd 9:00am	**Waterfalls Walk** Tour of the Mellte, Hepste and Nedd Fechan waterfalls with autumnal tints (perhaps) Diane Davies tel:029 2075 2464	**B** stren **12m**/19km
Wed 26th 9:30am	**Cerrig Glesiad and Mountain Centre (lunch time)** Moderate pace. Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**C** mod **10m**/16km
Wed 26th 9:30am	**Welsh St Donats and Cowbridge** George Sheldrick tel:029 2062 3731	**C** leis **9m**/15km

October

Wed 26th 9:30am	**Quakers Yard** Gwyn Lewis tel:07910 595265	**C** leis **8m**/13km
Fri 28th 11:00am	**Cardiff Central Strollers cross the barrage to Penarth.** Bring bus pass/fare for return journey. *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 29th	**Glamorgan Area AGM** hosted by Tiger Bay Ramblers at Ty Mawr, Graig Road, Lisvane CF14 0UF. Short walk in morning, followed by AGM at 2pm.Details to follow. Contact Gwyn Lewis 07910 595265.	
Sun 30th 9:00am	**Llanwynno** Llanwynno and Cwm Clydach Leighton Hill tel:07469 880699	**B** mod **11m**/18km

November

Tue 1st 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 2nd 9:30am	**Llanover to Goose and Cuckoo Circular** Robert Smith tel:029 2088 0305	**B** stren **12m**/19km
Wed 2nd 9:30am	**St Hilary / Llantrithyd /Llancarfan** Vic Chambers tel:029 2076 6125	**C** mod **9m**/15km
Wed 2nd 9:30am	**Newent and Gorsley** Geoff Trinick tel:029 2049 5016	**C** mod **8m**/13km
Fri 4th 11:00am	**Cardiff Central Strollers explore Barry Island from Barry Dock.** Catching train to Barry Dock (book to Barry Island), bring fare and concessionary bus pass for discount. *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km
Sat 5th 10:00am	**Wenvoe Circular from St Mary's Church, Wenvoe** *Meet: St Mary's Church Wenvoe* Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Wed 9th 9:30am	**Brynarw - Skirrid** Jim Riley tel:07799 755121	**A** stren **12m**/19km
Wed 9th 9:30am	**Maesteg** Gwyn Lewis tel:07910 595265	**B** mod **10m**/16km
Wed 9th 9:30am	**Pen y Fan Pond and Manmoel** Car sharing at Ararat to meet Walk Leader at Pen y Fan Pond (NP12 0HY) Maggie Thomas tel:01495 273057	**C** mod **8m**/13km

November

Wed 9th 9:30am	**Eddie's 5miler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Fri 11th 11:00am	**Cardiff Central Strollers off to the Bay via Victoria Park.** Several options to leave the walk early and catch bus back to City Centre. *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sat 12th 9:30am	**St Donats. Car sharing from rear Ararat Centre, Whitchurch** *Meet: Ararat Centre Whitchurch* Leighton Hill tel:07469 880699	**B** mod **8m**/13km
Sun 13th 10:30am	**Family Walking Adventure: Cosmeston Country Park** *Meet: Cosmeston Country Park* Linda Hodgson tel:029 2084 3179	**D** easy **3m**/5km



Mon 14th 7:30pm	**Cardiff Group Annual General Meeting.** Held this year at the Ararat Centre, Plas Treoda, Cardiff CF14 1PT (by the common in Whitchurch). Preceded by a slideshow of this year's walk along the Angelsey Coastal Path, followed by refreshments.

Wed 16th 9:30am	**Llanfrynach** Claire Britton tel:07973 847908	**B** stren **11m**/18km
Wed 16th 9:30am	**Llanfoist Circuit (Blorenge)** Graeme Milnes tel:029 2062 7553	**C** mod **7m**/11km
Wed 16th 9:30am	**Sully - Penarth** Gwyn Lewis tel:07910 595265	**D** leis **9m**/15km
Fri 18th 11:00am	**Cardiff Central Strollers: Guest Leader** Details to be announced in Group's E Bulletin; or contact Gwyn Lewis (07910 595265) nearer the day. *Meet: inside Cardiff Central railway station near the Information Booth*	
Sat 19th 9:30am	**Hidden Vale (Valeways Walk) Car sharing to Wick from Eastbrook railway station.** *Meet: Eastbrook railway station* Su Green tel:07954 139946	**C** leis **8m**/13km
Sun 20th 9:00am	**Bishopston and Ilston valleys** Two valleys and a dramatic coastline Diane Davies tel:029 2075 2464	**B** mod **11m**/18km
Wed 23rd 9:30am	**Wye Valley Colours (Hewisfield)** Moderate pace. Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**C** mod **11m**/18km

November

Wed 23rd 9:30am	**Manmoel and Sirhowy** Bette Griffiths tel:029 2056 2041	**C** mod **8m**/13km
Wed 23rd 9:30am	**Kenfig** Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Fri 25th 11:00am	**Cardiff Central Strollers take indirect route to Roath Park lake and cafe.** Returning to City Centre by bus, bring bus pass/fare. *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 26th 9:45am 	**Rail Ramble: Quakers Yard to Merthyr** Catching 0956 train from Cardiff Central, buy return ticket to Merthyr. Or join train on route (eg Radyr 1010; Taffs Well 1014); or meet at Quakers Yard railway station 10.45am for start of walk. *Meet: Cardiff Central railway station* Gwyn Lewis tel:07910 595265	**D** leis **9m**/15km
Wed 30th 9:30am	**Senghenydd Dyke** Usual car sharing at Ararat to meet Walk Leader at Station car park Llanbraddach. John Newton tel:01633 440999	**B** stren **11m**/18km
Wed 30th 9:30am	**Newbridge railway station to Crosskeys (via Mynyddislwyn)** Maggie Thomas tel:01495 273057	**C** mod **9m**/15km
Wed 30th 10:00am	**Cefn Onn via Rudry** *Meet: Cefn Onn car park* Robert Jewels tel:029 2055 3843	**C** leis **7m**/11km

December

Fri 2nd 11:00am	**Cardiff Central Strollers take Ely Trail to St Fagans** Returning to City Centre by bus, bring bus pass/fare. *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sat 3rd 10:00am	**Round Taffs Well from Taffs Well railway station** *Meet: Taffs Well railway station* Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km
Sun 4th 9:00am	**Cwm Crew** Mince pie walk Gillian Masters tel:02920 615094	**A** stren **10m**/16km
Tue 6th 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	

December

Wed 7th 9:30am	**Twmbarlwm via Rhyswg Ganol from Cwmcarn Visitor Centre** Contact Walk Leader if going direct to start. Start walking 10.15am. Steve Burge tel:029 2073 4359 / 07771 504380	**B** mod **11m**/18km
Wed 7th 9:30am	**Wenallt and Rudry** Moderate pace. Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**C** mod **10m**/16km
Wed 7th 9:30am	**Redwick and Whitson (near Newport)** George Sheldrick tel:029 2062 3731	**D** leis **7m**/11km
Wed 7th 9:30am	**Eddie's 5miler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Fri 9th 11:00am	**Cardiff Central Strollers cross the barrage and back.** *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 10th 10:00am	**St Brides Major. Car sharing from rear Ararat Centre, Whitchurch** *Meet: Ararat Centre Whitchurch* Leighton Hill tel:07469 880699	**B** mod **7m**/11km
Sun 11th 9:00am	**Foothills of The Black Mountain** Follow a coffin route for views of Carmarthen Fan and a lake Roma Whiteley tel:07851 775937	**C** mod **11m**/18km
Wed 14th 9:30am	**Mince Pie Walks: Ty Mawr (Lisvane)** Choice of walks. Meet 10am at Ty Mawr, Graig Road, Lisvane CF14 0UF - park in Lower car park. Mince Pies and Tea/Coffee - price TBA. Contact Graham Dodd 029 2076 2979 for walk details *Meet: TY Mawr Lisvane*	
Fri 16th 11:00am	**Cardiff Central Strollers Morrison's (Cardiff Bay) Christmas Dinner Walk.** *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 17th 10:00am	**Round Cardiff Bay from Channel View Leisure Centre** *Meet: Channel View Leisure Centre, Grangetown* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 18th 9:00am	**Craig Yr Allt** The Craig, Caerphilly Common and a stretch of the ridgeway Stuart Neil tel:029 2038 9272	**B** mod **11m**/18km
Wed 21st 9:30am	**Pre Christmas Blow: Eglwysilan** Kathryn Bennett tel:029 2056 2703	**B** stren **12m**/19km

December

Wed 21st 9:30am	**Wenvoe - St Nicholas Circular** Peter Bryant tel:07954 139079	**C** mod **8m**/13km
Fri 23rd 11:00am	**Cardiff Central Strollers: Guest Leader** Details to be announced in Group's E Bulletin; or contact Gwyn Lewis (07910 595265) nearer the day. *Meet: inside Cardiff Central railway station near the Information Booth*	
Wed 28th 9:30am	**Post Christmas Stretch: Castell Coch** Kathryn Bennett tel:029 2056 2703	**B** stren **8m**/13km
Fri 30th 11:00am	**Cardiff Central Strollers visit Porth Teigr and Cardiff Wetlands** *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 31st 10:30am 	**Family Walking Adventure: Llandaff Fields - climb the belfry at the Cathedral** *Meet: at the cross on Llandaff village green* Kathryn Bennett tel:029 2056 2703	**D** easy **3m**/5km

January

Sun 1st 11:00am	**Bute Park and other Cardiff Parks from National Museum, Cathays** *Meet: National Museum, Cathays* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Tue 3rd 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 4th 9:30am	**Gelligaer Common and Parc Cwm Darran** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 4th 9:30am	**Aberdare** Gwyn Lewis tel:07910 595265	**C** mod **9m**/15km
Wed 4th 9:30am	**Porthcawl sea and Merthyr Mawr sand dunes** Claire Edwards tel:029 2075 6493	**C** mod **9m**/15km
Wed 4th 9:30am	**Eddie's 5miler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Fri 6th 11:00am	**Cardiff Central Strollers Cardiff Cathedrals walk** *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

January

Sat 7th 10:00am	**Castell Coch Area from Radyr railway station** *Meet: Radyr railway station* Robert Jewels tel:029 2055 3843	**C** mod **9m**/15km
Sun 8th 9:00am	**Heritage Coast Path** An exhilarating coastal walk from Llantwit Major Roma Whiteley tel:07851 775937	**C** mod **11m**/18km
Wed 11th 9:30am	**Goytre Wharf** Gwyn Lewis tel:07910 595265	**B** mod **10m**/16km
Wed 11th 9:30am	**Hensol Fforest Circular** Peter Bryant tel:07954 139079	**C** mod **9m**/15km
Wed 11th 9:30am	**Peterstone Super Ely** Bette Griffiths tel:029 2056 2041	**C** mod **8m**/13km
Fri 13th 11:00am	**Cardiff Central Strollers hit the Rhymney trail** Catching bus to Rumney Hill Gardens and return to City Centre. Bring bus pass/fare. *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 14th 10:00am	**Nant Fawr Corridor from Scott Memorial. Roath Park** *Meet: Scott Memorial Roath Park* Mike and Mary Sullivan tel:029 2049 2145	**D** leis **6m**/10km
Sun 15th 9:30am	**Castell Coch area** *Meet at 9:30am at Radyr railway station* Rob Jewels tel:029 2055 3843	**B** mod **11m**/18km
Sun 15th 10:30am 	**Family Walking Adventure: Climbing with Calum in snow and ice!** *Meet: and park outside Castell Coch gates* Calum Taylor tel:029 2061 3909	**D** easy **3m**/5km
Wed 18th 9:30am	**Abercynon** Linda Hodgson tel:029 2084 3179	**A** stren **12m**/19km
Wed 18th 9:30am	**Cwmbran - Twmbarlwm from Upper Cwmbran** Graeme Milnes tel:029 2062 7553	**C** mod **9m**/15km
Wed 18th 9:30am	**Ogmore by Sea** Gwyn Lewis tel:07910 595265	**C** leis **8m**/13km

January

Fri 20th 10:15am	**Cardiff Central Strollers: Pentyrch to Coryton, via Pugh's Garden Centre. Bring bus pass.** Note earlier meeting time to catch Stagecoach bus 136 at 10.30am Stop 1, Greyfriars Road. Crossing fields and rough track, wear suitable footwear. *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 21st 10:00am	**Penarth and Lavernock from Cosmeston Lakes** *Meet: Cosmeston Lakes car park* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 22nd 9:00am	**Ogmore by Sea** Pants, quarries and coast Diane Davies tel:029 2075 2464	**C** mod **10m**/16km
Wed 25th 9:30am	**Caerphilly Mountain** Car sharing at Ararat to meet Walk Leader at Caerphilly Mountain Snack Bar car park. John Newton tel:01633 440999	**B** stren **11m**/18km
Wed 25th 9:30am	**Sirhowy Valley Country Park - Mynydd y Grug** Car sharing at Ararat to meet Walk Leader at Crosskeys Rugby Club. Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Wed 25th 9:30am 	**Rail Ramble: Neath to Port Talbot** Linear walk. *Meet: Cardiff Central railway station* Robert Jewels tel:029 2055 3843	**D** leis **10m**/16km
Fri 27th 11:00am	**Cardiff Central Strollers: Guest Leader** Details to be announced in Group's E Bulletin; or contact Gwyn Lewis (07910 595265) nearer the day. *Meet: inside Cardiff Central railway station near the Information Booth*	
Sat 28th 9:30am	**Brecon Town** *Meet: Ararat Centre Whitchurch* Leighton Hill tel:07469 880699	**B** leis **7m**/11km
Sun 29th 9:00am	**Beacons Southern Horseshoe** A ridge walk from Neuadd Reservoir Leighton Hill tel:07469 880699	**A** stren **9m**/15km

February

Wed 1st 9:30am	**Wye Valley Snowdrops** Moderate pace. Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**C** mod **10m**/16km

February

Wed 1st 9:30am	**Barry** Gwyn Lewis tel:07910 595265	**C** leis **8m**/13km
Wed 1st 9:30am	**Eddie's 5miler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Wed 1st 9:41am 	**Rail Ramble: Mountain Ash to Abercynon** Linear walk. Catch 9.41am train from Cardiff Central or stations on route. Leader to join train at Llandaf railway station. *Meet: Cardiff Central railway station* Wyn Rosser tel:029 2073 1272	**B** mod **9m**/15km
Fri 3rd 11:00am	**Cardiff Central Strollers reach the Bay via Penarth Heights and Barrage.** *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sat 4th 9:30am	**Wentwood. Car sharing from Eastbrook railway station.** *Meet: Eastbrook railway station* Su Green tel:07954 139946	**B** mod **9m**/15km
Sun 5th 9:00am	**Cwm Llwch** On the northern slopes of Pen y Fan Gillian Masters tel:02920 615094	**A** stren **10m**/16km
Tue 7th 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 8th 9:30am 	**Rail Ramble: Hengoed - Cefn Onn** Catch 9.31am Bargoed train from Cardiff Central or at stations between. Return ticket to Hengoed (arr. 10.05), or single if you catch train from Lisvane/Thornhill. Leader on train from Heath High Level (9.40) Claire Edwards tel:029 2075 6493	**C** mod **12m**/19km
Wed 8th 9:30am	**Rudry Mountain** Gwyn Lewis tel:07910 595265	**C** mod **9m**/15km
Wed 8th 9:30am	**Sychpant Farm, Mynyddislwyn and Hafod Tudor Valley** Car sharing at Ararat to meet Walk Leader at Crosskeys Rugby Club. Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Fri 10th 10:00am	**Cardiff Central Strollers on Tour: Cyfarthfa Castle, Merthyr** Catching X4/T4 to Merthyr, bring bus pass/ fare *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km

February

Sat 11th 10:00am	**Barry Circular from Cold Knap beach car park.** *Meet: Cold Knap beach car park* Gwyn Lewis tel:07910 595265	**C** leis **8m**/13km
Wed 15th 9:30am	**Llanwonno** Claire Britton tel:07973 847908	**B** stren **12m**/19km
Wed 15th 9:30am	**Len Potter Memorial Walk: Little Mill (Usk Road) Northern Circular** Eddie Thomas tel:029 2061 1235	**C** leis **7m**/11km
Wed 15th 9:30am	**St Nicholas and St Lythans** George Sheldrick tel:029 2062 3731	**D** leis **7m**/11km
Fri 17th 11:00am	**Cardiff Central Strollers: Guest Leader** Details to be announced in Group's E Bulletin; or contact Gwyn Lewis (07910 595265) nearer the day. *Meet: inside Cardiff Central railway station near the Information Booth*	
Sat 18th 10:00am	**Beyond Hailey Park from Llandaff railway station** *Meet: Llandaff railway station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 19th 9:00am	**Craig Cerrig Gleisiad Nature Reserve** Some steep climbing to visit Maen Llia and a hidden valley Diane Davies tel:029 2075 2464	**A** stren **11m**/18km
Wed 22nd 9:30am	**Blaenavon Circumambulation** Robert Smith tel:029 2088 0305	**B** stren **13m**/21km
Wed 22nd 9:30am	**Wentwood Reservoir. Henge and Hillfort** Nigel Clifton tel:029 2040 0287	**B** mod **9m**/15km
Wed 22nd 9:30am	**Gethin Woods, Merthyr** Mike and Mary Sullivan tel:029 2049 2145	**C** leis **7m**/11km
Fri 24th 11:00am	**Cardiff Central Strollers: International Sports Village Circular** *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 25th 10:00am	**Radyr Woods and Glamorgan Canal from Radyr railway station** *Meet: Radyr railway station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 26th 10:30am	**Family Walking Adventure: Barry Island and Jackson Bay with Jody** *Meet: Barry Town railway station* Jodi Hill tel:07846 590440	**D** easy **3m**/5km



March

Cardiff Ramblers' Overseas Holiday, March 2017 Details of the overseas walking holiday were not available at time of printing this programme. Information is sent out in the weekly bulletin. The organisers, Linda Hall and Diane McNeil, can be contacted at lindamhall1@googlemail.com and diane.mcneil@talktalk.net or ring Linda (029 2061 6117) or Diane (029 2056 4545) .

Wed 1st 9:30am	**Twyn y Gaer and Cefn Lechid from Mountain Centre** Contact Walk Leader if going direct to start. Start walking 10.30am. Steve Burge tel:029 2073 4359 / 07771 504380	**B** mod **11m**/18km
Wed 1st 9:30am	**Mynydd Maen and Blaen Bran Reservoir** Car sharing at Ararat to meet Walk Leader at Hafodrynys Welfare Ground. Maggie Thomas tel:01495 273057	**C** mod **9m**/15km
Wed 1st 9:30am	**Around Penarth** Car sharing at Ararat to meet Walk Leader at Penarth Cliff Top car park to start walk at 10am. Brian Minshall tel:01443 404140	**D** leis **7m**/11km
Wed 1st 9:30am	**Eddie's 5miler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Fri 3rd 10:00am	**Cardiff Central Strollers visit Tredegar Park, Newport.** Note earlier meeting time and be prompt as there'll be dash for No.30 bus. Walk to include park and cafe but not House and Gardens. *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 4th 10:00am	**Rudry Mountain from Parc Cefn Onn** *Meet: Parc Cefn Onn car park* Gwyn Lewis tel:07910 595265	**C** mod **8m**/13km
Tue 7th 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 8th 9:30am	**Maesteg - Garth Circular** Gwyn Lewis tel:07910 595265	**C** mod **10m**/16km
Wed 8th 9:30am	**Downs to Wenvoe** Nigel Williams tel:07749 426866	**C** mod **8m**/13km
Wed 8th 9:30am	**Cwm Camlais from the Mountain Centre** Bette Griffiths tel:029 2056 2041	**C** mod **8m**/13km

March

Fri 10th 11:00am	**Cardiff Central Strollers visit Cathays Cemeteries.** Catching bus to Cathays Library for start of 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 11th 10:00am	**Garth from Taffs Well railway station** *Meet: Taffs Well railway station* Gwyn Lewis tel:07910 595265	**C** mod **6m**/10km
Sun 12th 9:00am	**Gower-the north side** A geological exploration Gillian Masters tel:02920 615094	**B** mod **11m**/18km
Sun 12th 10:30am 	**Family Walking Adventure: Flying kites from the tops** *Meet: Caerphilly Mountain car park* Jim Riley tel:029 2052 9993	**D** easy **3m**/5km
Wed 15th 9:30am	**Blaenavon (not the Iron Mountain Trail)** Gwyn Lewis tel:07910 595265	**C** mod **10m**/16km
Wed 15th 9:30am	**Redwick from Goldcliff** Graeme Milnes tel:029 2062 7553	**C** mod **9m**/15km
Wed 15th 9:30am	**Llandegfedd Reservoir Circular** Geoff Trinick tel:029 2049 5016	**C** mod **6m**/10km
Fri 17th 11:00am	**Cardiff Central Strollers circle Roath Park from Penylan Library** Catching bus to start, bring bus pass/fare *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 18th 10:30am	**Llantwit Major** *Meet 10.30am at Llantwit Major railway station car park Train from Cardiff Central (9.41am) arrives Llantwit Major 10.21am* Larry Cody tel:01446 418606 / 07510 353287	**D** leis **7m**/11km
Sun 19th 9:00am	**Mynydd Meio and the Garth** In the Taff valley with a less well known summit and an old friend Stuart Neil tel:029 2038 9272	**B** mod **13m**/21km
Wed 22nd 9:30am	**Lisvane Graig Circular** Martin Bye tel:029 2075 6618	**B** mod **8m**/13km

March

Wed 22nd 9:30am	**Rail Ramble: Rhoose to Llantwit Major** *Meet 9.30am to catch 0941 train to Rhoose from Cardiff Central, buy return to Llantwit Major. Or join train on route eg Cogan 0948; or meet at Rhoose railway station car park 10.15am for start of walk.* Gwyn Lewis tel:07910 595265	**C** mod **10m**/16km
Wed 22nd 9:30am	**Iolo Morganwg Heritage walk (Cowbridge)** Ann Dixey tel:01443 209226	**C** mod **7m**/11km
Fri 24th 11:00am	**Cardiff Central Strollers: Guest Leader** Details to be announced in Group's E Bulletin; or contact Gwyn Lewis (07910 595265) nearer the day. *Meet: inside Cardiff Central railway station near the Information Booth*	
Sat 25th 9:30am	**Sugar Loaf from Abergavenny. Car sharing from rear of Ararat Centre, Whitchurch** *Meet: Ararat Centre Whitchurch* Leighton Hill tel:07469 880699	**B** mod **9m**/15km
Sun 26th 9:00am	**Waterfall Country from Pontneddfechan** All the major waterfalls and fine woodland Leighton Hill tel:07469 880699	**B** mod **11m**/18km
Wed 29th 9:30am	**Llanthony, Bal Bach, Y Gaer and Cwmyoy** Marilyn Woods tel: 01873 831106	**B** mod **10m**/16km
Wed 29th 9:30am	**Half a Horseshoe: Fan y Big and Roman Road** Vic Chambers tel:029 2076 6125	**B** mod **8m**/13km
Wed 29th 9:30am	**Newent Daffodils** Digna Liepa tel:029 2052 0640	**C** mod **9m**/15km
Wed 29th 9:30am	**Eddie's 5miler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Fri 31st 11:00am	**Cardiff Central Strollers walk back from Coryton** Catching bus to Coryton, bring bus pass/fare. *Meet: inside Cardiff Central railway station near the Information Booth* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

April

Sat 1st 10:00am	**Pontypool Folly. Car sharing from Ararat Centre, Whitchurch** *Meet: Ararat Centre Whitchurch* Gwyn Lewis tel:07910 595265	**C** mod **7m**/11km

May

Backpacking holiday - destination to be decided. For further details or to register your interest Contact Roma Whiteley at romawhiteley@talktalk.net or tel:029 20752680

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.

• 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.

Ramblers
Worldwide Holidays

CHOOSE THE PATH LESS TAKEN...

...with the original walking experts



- worldwide & UK guided walking • trekking
- sightseeing • short breaks • great journeys
- special interest • small groups

Don't forget! When you book, tell us the name of your walking group, to ensure your group receives Walking Partnership funds.

For advice, rewards and a brochure call

01707 386804

www.ramblersholidays.co.uk

ramblers
at the heart of walking

Walking holiday partner

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: Tony Vinall

Previous holders

2014 - 15 Kath Edwards

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.

The Ramblers' Mission is to be:

- **The guardian of our footpath networks**
- **The advocate of the right to roam**
- **The protector of our countryside**
- **The champion of walking.**

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.