y cerddwyr
ramblers cymru

Cardiff Ramblers

Walks Programme

April - September 2017



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.

April

Sat 1st 10:00am	**St Brides Major, car sharing Ararat Centre. [Note: this walk replaces the April 1 walk shown in 2016 Winter Walks Programme]** *Meet: rear Ararat Centre, Whitchurch Common* Leighton Hill tel:07469 880699	**B** mod **8m**/13km
Sun 2nd 9:00am	**Lorna Doone Walk in The Brecon Beacons** Did you know that the BBC filmed Lorna Doone in Wales? Roma Whiteley tel:029 20752680	**B** mod **12m**/19km
Tue 4th 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 5th 9:30am	**Llanfrynach Circular** via Bryn Teg, Cribyn, Fan y Big, Rhiw Bwlch y Ddwyallt Chris Marshall tel:07909 966548	**A** stren **13m**/21km
Wed 5th 9:30am	**Hafodrynys to Blaen Bran Reservoir.** Car sharing at Ararat to meet walk Leader at Hafodrynys Welfare Ground (RFC) Maggie Thomas tel:01495 273057	**B** mod **9m**/15km
Wed 5th 9:30am	**Merthyr** Gwyn Lewis tel:07910 595265	**C** mod **8m**/13km
Fri 7th 11:00am	**Cardiff Central Strollers: Bute Park & Llandaff Fields** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 8th 10:00am	**Cardiff Bay to Radyr. Walk Leader catching 10:08 train from Radyr railway station to Cardiff Bay. Alternatively: catch train on route; or** meet 10.30am at Cardiff Bay railway station for start of walk. Bob Macey tel:029 2075 2003/ 07840 490492	**D** mod **8m**/13km
Wed 12th 9:30am	**Wye Valley** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 12th 9:30am	**Bryn Arw and the Gaer** Marilyn Woods tel:01873 831106	**B** mod **10m**/16km
Wed 12th 9:30am	**Bishton and Langstone (near Newport)** George Sheldrick tel:029 2062 3731	**C** leis **9m**/15km
Fri 14th 11:00am	**Cardiff Central Strollers: Penarth to Cosmeston Lakes via Lavernock Point** Linear walk. Catch bus from Wood Street to Penarth (Windsor Parade). *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 15th 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

April

Sun 16th 10:00am	**Cardiff's Parks and Gardens from National Museum, Cathays** *Meet: outside National Museum, Cathays. Note: Cardiff Council parking charges do not apply on Easter Sunday* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

Across the Valleys, East to West Join Barry Southwell on one or all of a series of walks that traverse across the South Wales valleys from Ebbw Vale to Maesteg. To and from each walk by train. Be "smart" when buying train tickets as different valleys served by different lines. Meet Barry at the start of walk railway station on each occasion.

Wed 19th 9:20am	**Across the Valleys, East to West: Ebbw Vale Town to Pontlottyn.** Linear walk. Meet Walk Leader at Ebbw Vale Town railway station. Catch Cardiff Central 0934 train arriving Ebbw Vale Town 1035 for start of walk. *Meet: Ebbw Vale railway station* Barry Southwell tel:029 2051 3082	**B** stren **11m**/18km
Wed 19th 9:30am	**Pontymister and Rhiwderin** Car share from Whitchurch to meet walk leader at Newport Canal Centre, High Cross John Newton tel:01633 440999	**C** mod **9m**/15km
Wed 19th 9:30am	**Ystradowen and Llansannor** Geoff Trinick tel:029 2049 5016	**C** mod **6m**/10km
Wed 19th 9:30am	**Eddie's 5miler Walk** Travel arrangements to start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Fri 21st 11:00am	**Cardiff Central Strollers: to Cardiff Bay & Back** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 22nd 10:00am	**Dare Country Park, Aberdare** Car sharing from rear of Ararat Centre, Whitchurch *Meet: Ararat Centre, Whitchurch* Gwyn Lewis tel:07910 595265	**C** mod **6m**/10km
Sun 23rd 9:00am	**Blorenge and Punchbowl** A Canal, a trig point and woods in springtime Diane Davies tel:029 2075 2464	**A** mod **10m**/16km
Wed 26th 9:30am	**Defynnog** Claire Britton tel:07973 847908	**A** stren **13m**/21km
Wed 26th 9:30am	**Garwnant Explore - Forest and Moorland** Claire Edwards tel:029 2075 6493	**C** mod **9m**/15km
Wed 26th 9:30am	**Mathern** Nigel Clifton tel:029 2040 0287	**C** mod **9m**/15km
Wed 26th 10:00am	**Towards Dinas Powys from Cosmeston Lakes** *Meet Walk Leader at Cosmeston Lakes car park.* Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km

April

Fri 28th 11:00am	**Cardiff Central Strollers: Search for Bluebells in Parc Cefn Onn.** Catching train to Lisvane station. Bring bus pass/ fare/railcard. *Meet: inside Cardiff Central railway station near the Information Booth.* Graeme Milnes tel:029 2062 7553	**C** mod **5m**/8km
Sat 29th 10:00am	**Round Radyr from Radyr railway station.** *Meet: Radyr railway station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 30th 9:00am	**Tintern and the English bank of the Wye** Parts of the Offas Dyke path and Gloucester Way Stuart Neil tel:029 2038 9272	**B** mod **12m**/19km

May

Tue 2nd 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 3rd 9:30am	**Darran Valley - discovering 10 historic features.** Catch 09.31 Bargoed train from Cardiff Central (or on route). Walk Leader to join train at Heath High Level (09.40). Arrive Bargoed 10.16. *Meet: Bargoed railway station* Claire Edwards tel:029 2075 6493	**B** mod **12m**/19km
Wed 3rd 9:30am	**Cwm Iau and Cwmyoy** Marilyn Woods tel:01873 831106	**C** mod **9m**/15km
Wed 3rd 9:30am	**Caerphilly Mountain from Vann Road** Bette Griffiths tel:029 2056 2041	**C** mod **7m**/11km
Wed 3rd 9:30am	**Crossing the Severn on Foot (Chepstow)** Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km
Fri 5th 10:00am	**Caerphilly to Bedwas via Trethomas** Note earlier meeting time. Catching 10.10 bus to Caerphilly. Alternatively, meet 10.50 at Caerphilly bus station. *Meet: inside Cardiff Central railway station near the Information Booth.* Janet Fisher tel:029 2075 9402	**D 5m**/8km
Sat 6th 9:30am 	**Rail Ramble: Bristol Harbour Circular.** Meet 9.30am at Cardiff Central railway station. Paul T. tel:029 2036 1766	**D** leis **6m**/10km
Sun 7th 9:00am	**Malvern Hills Switchback** The Northern half, including Worcestershire Beacon Gillian Masters tel:029 206 15094	**A** mod **12m**/19km
Wed 10th 9:30am	**Crosskeys to Rhiwderin Circular** Car sharing at Ararat Centre to meet Walk Leader at Blackvein Road, Crosskeys Maggie Thomas tel:01495 273057	**C** mod **10m**/16km

May

Wed 10th 9:30am	**Goodrich and Coppet Hill** Alan Parry tel:029 2041 9584	**C** mod **8m**/13km
Wed 10th 9:30am	**Eddie's 5miler Walk** Travel arrangements to start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Wed 10th 10:12am	**Across the Valleys, East to West: Pontlottyn to Merthyr (via Troedyrhiw).** Linear walk. Meet Walk Leader at Pontlottyn railway station. Catch 0916 Rhymney train from Cardiff Central arriving Pontlottyn 1012 for start of walk. Option to catch Rhymney train on route (eg Llanishen 0928, Lisvane 0930) *Meet: Pontlottyn railway station* Barry Southwell tel:029 2051 3082	**B** mod **10m**/16km
Fri 12th 11:00am	**Cardiff Central Strollers: to Victoria Park for group photo with Billy the Seal** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 13th 10:00am	**Cardiff Bay Trail from Channel View Leisure Centre** *Meet: Channel View Leisure Centre, Grangetown* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 14th 9:00am	**Talgarth** up to the tops and back Soo Turnbull tel:01874 622136	**A** mod **14m**/23km
Sun 14th 10:30am 	**Family Friendly Walk: Bluebell Walk in Parc Cefn Onn.** *Meet: Parc Cefn Onn car park* Jim Riley tel:07799 755121	**D** easy **4m**/6km

Wed 17th 8:30am 	**Coach Trip: Llandeilo.** Choice of walks organised by Wyn Rosser. Contact Wyn (029 2073 1272) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common. Fare £8. Advance booking essential

Fri 19th 9:45am	**Cardiff Central Strollers: Rhoose to Barry Island along the Wales Coast Path** Linear Walk. Note earlier meeting time. Catching NAT 303 bus (10:02) to Rhoose outside Open University building. Coastal Path goes through fields and may be some surface mud - wear suitable shoes. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 20th 9:30am	**Blaencwm Circular, car sharing at rear of Ararat Centre** *Meet: rear Ararat Centre, Whitchurch Common* Leighton Hill tel:07469 880699	**B** mod **8m**/13km

May

Sun 21st 9:00am	**More Cotswold villas and hill forts** Great Witcombe villa and Painswick hill fort Stuart Neil tel:029 2038 9272	**B** mod **13m**/21km
Wed 24th 9:30am	**Llangattock Escarpment** Robert Smith tel:029 2088 0305	**A** stren **12m**/19km
Wed 24th 9:30am	**Redbrook to St Briavels** Nigel Clifton tel:029 2040 0287	**B** mod **10m**/16km
Wed 24th 9:30am	**Darren Valley from Parc Cwm Darren** Bette Griffiths tel:029 2056 2041	**C** mod **9m**/15km
Fri 26th 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.	
Sat 27th 10:00am	**Tintern Abbey - Brockweir - Tintern Old Station.** **Car sharing Ararat Centre.** *Meet: rear Ararat Centre, Whitchurch Common* Paul T. tel:029 2036 1766	**D** mod **6m**/10km
Sun 28th 9:00am	**Wye Valley** Mike Kohnstamm tel:029 2075 7642	**B** mod **12m**/19km
Wed 31st 9:30am	**Dare Rhondda Amman Valleys from Aberdare** Visiting Dare Valley Country Park, Castell Nos reservoir, Cwmaman and Rhos Gwawr Mike Kohnstamm tel:029 2075 7642	**A** stren **10m**/16km
Wed 31st 9:30am	**Twyn y Gaer and Cefn Llechid** Digna Liepa tel:029 2052 0640	**C** mod **10m**/16km
Wed 31st 9:30am	**Kenfig** Gwyn Lewis tel:07910 595265	**C** mod **8m**/13km
Wed 31st 9:30am	**Cheltenham Parks and Gardens** Catching 09:45 train from Cardiff Central railway station to Cheltenham Spa. Bring train fare/railcard. Meet Cardiff Central railway station. *Meet: Cardiff Central railway station* Janet Fisher tel:029 2075 9402	**D** leis **9m**/15km

June

Thu 1st 7:00pm	**Thursday Evening Walk:** meet Taffs Well railway station for Taff Trail and Fforest Fawr Jody Hill tel:07846 590440	**C** mod **5m**/8km
Fri 2nd 11:00am	**Cardiff Central Strollers storm Caerau Fort and retreat to Dinas Powys.** Linear walk. Catching bus to Caerau and returning by bus from Dinas Powys. *Meet: inside Cardiff Central railway station near the Information Booth.* Geoff Trinick tel:029 2049 5016	**C** leis **5m**/8km

June

Sat 3rd 9:00am	**Crickhowell. Car sharing at Ararat Centre.** *Meet: rear Ararat Centre, Whitchurch Common* Su Green tel:07954 139946	**A** mod **9m**/15km
Sun 4th	**Area Walk hosted by Neath Port Talbot Group at Aberdulais Golf Range and Academy** Choice of walks: Long (starting 10am); Medium (10:15am); Short (10:30am). Contact Gwyn Lewis 07910 595265 nearer the day for further details. *Meet: Aberdulais Golf Range and Academy, Riverside Aberdulais, Neath SA10 8ES*	
Tue 6th 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 7th 9:30am	**Around Nant Bran** Ian Palmer tel:029 2070 1204	**A** stren **13m**/21km
Wed 7th 9:30am	**Llangatwg Quarries and Glan Usk Estate** Wyn Rosser tel:029 2073 1272/ 07811 464955	**B** mod **11m**/18km
Wed 7th 9:30am	**Pen y Fan at your own pace.** Gwyn Lewis tel:07910 595265	**B** mod **6m**/10km
Wed 7th 10:00am	**Creigiau - Pentyrch - the Garth Circular** *Meet Walk Leader at Canada Lodge ,Heol Pant y Gored, Creigiau CF15 9NF* Ann Dixey tel:07896 690727	**C** mod **7m**/11km
Thu 8th 7:00pm	**Thursday Evening Walk:** meet National Museum, Cathays for Bute Park and Llandaff Fields. Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km

9-18 June Cardiff Ramblers Trek: Arran Coastal Way A challenging and rugged route of 68 miles mostly around the coastline of Arran, but to include Goat Fell at 874 metres. Fully booked. Anyone interested in future long distance treks should contact Roma Whiteley on 029 20752680 to register their interest.

Fri 9th 11:00am	**Cardiff Central Strollers: revisit Insole Court** Linear walk, returning by bus from Llandaff Village. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 10th	**Glamorgan Area organised St Illtud's Walk: Stage 6 Resolven to Afan Argoed.** Linear walk including coach journey. Booking advisable - coach ticket cost TBA. Contact Gwyn Lewis (07910 595265) for details nearer the date.	
Sat 10th 9:30am 	**Rail Ramble: Swansea Maritime Museum Quarter - Sea Front - Clyne Gardens. Bring bus pass/fare for return to Swansea from Clyne Gardens.** Meet Cardiff Central railway station. Paul T. tel:029 2036 1766	**D** leis **6m**/10km
Sun 11th 9:00am	**Llangorse Loop** Around Llangorse Lake via Allt yr Esgair and Mynydd Llangorse Leighton Hill tel:07469 880699	**B** mod **12m**/19km

June

Wed 14th 9:15am	**Across the Valleys, East to West: Troedyrhiw to Aberdare.** Linear walk. Meet Walk Leader at Troedyrhiw railway station. Catch 0926 Merthyr train arriving Troedyrhiw 1020 for start of walk. Option to catch Merthyr train on route (eg Radyr 0940; Taffs Well 0945) *Meet: Troedyrhiw railway station* Barry Southwell tel:029 2051 3082	**B** mod **13m**/21km
Wed 14th 9:30am	**West of Tintern** Nigel Clifton tel:029 2040 0287	**B** mod **10m**/16km
Wed 14th 9:30am	**Wolvesnewton and Llanfihangel Tor y Mynydd (Near Usk)** George Sheldrick tel:029 2062 3731	**C** leis **10m**/16km
Wed 14th 9:30am	**Eddie's 5miler Walk** Travel arrangements to start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Thu 15th 7:00pm	**Thursday Evening Walk:** meet Lisvane railway station for Parc Cefn Onn Graeme Milnes tel:029 2062 7553	**C** mod **4m**/6km
Fri 16th 9:45am	**Cardiff Central Strollers: Newport Transporter Bridge Circular** Catching Bus 30 to Newport bus station. Note earlier meeting time. Alternatively: catch bus on route; or meet 11am at Newport bus station (Stand 13). Bring bus fare/pass and fare for Transporter Bridge [Skyline walk £3; Gondola £1] *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 17th 10:00am	**Roath Park & Reservoirs from Scott Memorial, Roath Park** *Meet: Scott Memorial, Roath Park* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 18th 9:00am	**Caerphilly/Wenallt** *Meet the leader at Caerphilly Mountain snack bar at 9.30 for a walk in the north Cardiff/Caerphilly area* John Newton tel:01633 440999	**C** mod **12m**/19km
Wed 21st 8:30am 	**Coach Trip: Preseli Mountains (Pembs).** Choice of rocky moorland walks organised by Alan Parry. Contact Alan (029 2041 9584) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common. Fare £10. Advance booking essential	
Thu 22nd 7:00pm	**Thursday Evening Walk:** meet Llandaff Village Cross Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km

June

Fri 23rd 11:00am	**Cardiff Central Strollers target Roath Park Lake.** Linear walk. Option to row (verb) on lake. Returning by bus from Roath Park. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 24th	**Ramblers Roadshow Event: Swansea.** Members are invited to training day with sessions (usually) covering: First Aid and Basic Navigation; Walk Leading; Social Media; Rights of Way and other topics. Contact Gwyn Lewis (07910 595265) for details nearer the day.	
Sat 24th 10:00am	**Ogmore by Sea - Dunraven Castle - St Brides. Car sharing at Ararat Centre.** *Meet: rear Ararat Centre, Whitchurch Common* Paul T. tel:029 2036 1766	**D** leis **6m**/10km
Sun 25th 9:00am	**A Tour of The Talybont Valley** A high level route contouring Talybont reservoir Roma Whiteley tel:029 20752680	**A** mod **13m**/21km
Wed 28th 9:30am	**Grwyne Fawr** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 28th 9:30am	**Crug Mawr and Bal Mawr at moderate pace.** Start 10.30am at point Cadwgan Forestry Car Park (SO 266 251). Contact Walk Leader if going direct to start. Steve Burge tel:029 2073 4359/ 07771 504380	**A** mod **11m**/18km
Wed 28th 9:30am	**Nash Point, St Donats, Llantwit** Bob Macey tel:029 2075 2003/ 07840 490492	**C** mod **9m**/15km
Wed 28th 9:30am	**Ruardean Hill** Geoff Trinick tel:029 2049 5016	**C** mod **6m**/10km
Thu 29th 7:00pm	**Thursday Evening Walk:** meet at Penarth railway station for Around Penarth Jody Hill tel:07846 590440	**C** mod **5m**/8km
Fri 30th 11:00am	**Cardiff Central Strollers tackle ASDA Mountain.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

July

Sat 1st 10:00am	**Dinas Powys from Eastbrook railway station** *Meet: Eastbrook railway station* Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Sat 1st 10:30am	**Family Friendly Walk: Merthyr Mawr - sand dunes & beach.** *Meet: Candleston Castle, Merthyr Mawr* Kathryn Bennett tel:029 2056 2703	**D** easy **3m**/5km



July

Sun 2nd 9:00am	**Sugar Loaf** Rob Jewels tel:029 2055 3843	**B** mod **10m**/16km
Tue 4th 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	

Weds 5th: Wednesday Leaders' "Breakfast" Autumn/Winter 2017/18 Walks Programme Launch. 8.45 - 9.15am at Ararat Centre, Whitchurch. Tea and Biscuits. Contact Gwyn Lewis 07910 595265 for more info.

Wed 5th 9:30am	**Mynydd Troed, Waun Fach and Y Grib** Chris Marshall tel:07909 966548	**A+** stren **13m**/21km
Wed 5th 9:30am	**Llwyn Onn Reservoir and Taff Fechan Valley** Wyn Rosser tel:029 2073 1272/ 07811 464955	**B** mod **12m**/19km
Wed 5th 9:30am	**Crickhowell to Sugar Loaf** Nigel Williams tel:07749 426866	**B** mod **8m**/13km
Wed 5th 9:30am	**Machen, Lower Machen, Draethen, Ruperra** Car sharing at Ararat to meet Walk Leader at Machen Village car park. John Newton tel:01633 440999	**C** leis **7m**/11km
Thu 6th 7:00pm	**Thursday Evening Walk:** meet outside ASDA, Ferry Road, Cardiff Bay Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km
Fri 7th 11:00am	**Cardiff Central Strollers explore Glamorgan Nature Reserve** Linear Walk. Catching bus to Village Hotel, Coryton. Returning from Whitchurch (probably). *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 8th 9:15am 	**Rail Ramble: Rhoose - Coastal Path - Barry Island.** Meet Cardiff Central railway station for 09:41 train to Rhoose; or catch train on route (eg Taffs Well 09:19; Radyr 09:23; Cogan 09:48) Bring concessionary bus pass for discount train fare. Paul T. tel:029 2036 1766	**D** leis **6m**/10km
Sun 9th 9:00am	**Goodrich and Symonds Yat** Over and around the River Wye and peregrine falcons (maybe). Meet at Ararat Centre, Whitchurch due to Velothon which will disrupt roads near the centre Diane Davies tel:029 2075 2464	**B** mod **12m**/19km
Wed 12th 9:30am	**Storey Arms, Cwm Gwdi, Pen y Fan** Jim Riley tel:029 2052 993/ 07799755121	**A+** stren **12m**/19km
Wed 12th 9:30am	**Vale of Usk** Graeme Milnes tel:029 2062 7553	**C** mod **11m**/18km
Wed 12th 9:30am	**Mynydd Machen from Sirhowy Valley Country Park car park.** Bette Griffiths tel:029 2056 2041	**C** mod **6m**/10km

July

Wed 12th 9:30am	**Eddie's 5miler Walk** Travel arrangements to start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Thu 13th 7:00pm	**Thursday Evening Walk:** meet Taffs Well railway station to head towards Pentyrch Gwyn Lewis tel:07910 595265	**C** mod **5m**/8km
Fri 14th 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.	
Sat 15th	**Glamorgan Area organised St Illtud's Walk: Final Stage Afan Argoed to Margam Park.** Linear walk including coach journey. Booking advisable - coach ticket cost TBA. Contact Gwyn Lewis (07910 595265) for details nearer the date.	
Sat 15th 9:00am	**Skirrid. Car sharing at Ararat Centre.** *Meet: rear Ararat Centre, Whitchurch Common* Su Green tel:07954 139946	**A** mod **8m**/13km
Sun 16th 9:00am	**Fan Nedd and Fan Gyhirych** Often looked at...OS Explorer OL12 Gillian Masters tel:029 2061 5094	**A** stren **14m**/23km
Wed 19th 8:30am	**Coach Trip: Northleach, Glos. Choice of walks organised by Digna.** Contact Digna (029 2052 0640) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common. Fare £10. *Meet: 3 Elms Pub, Whitchurch Common* Advance booking essential	
Thu 20th 7:00pm	**Thursday Evening walk:** meet Llandaff railway station for Taff Trail & Forest Farm Graeme Milnes tel:029 2062 7553	**D** leis **4m**/6km
Fri 21st 11:00am	**Cardiff Central Strollers: Taffs Well to Caerphilly.** Linear walk. Catching Stagecoach bus 132 to Taffs Well railway station. Alternatively: catch bus on route; or meet 11.30 at Taffs Well. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 22nd 10:00am	**Brecon Beacons Visitors Centre - Twyn y Gaer - Mynydd Illtud. Car sharing at Ararat Centre.** *Meet: rear Ararat Centre, Whitchurch Common* Paul T. tel:029 2036 1766	**D** mod **6m**/10km
Sun 23rd 9:00am	**West of Brecon(probably)** The southern ridges of the Epynt Soo Turnbull tel:01874 622136	**A** mod **14m**/23km



July

Wed 26th 9:00am	**Across the Valleys, East to West: Aberdare to Ton Pentre.** Linear walk. Meet Walk Leader at Aberdare railway station. Catch 0911 Aberdare train arriving Aberdare 1016 for start of walk. Option to catch Aberdare train on route (eg Radyr 0925; Taffs Well 0930) *Meet: Aberdare railway station* Barry Southwell tel:029 2051 3082	**A** stren **11m**/18km
Wed 26th 9:30am	**Nant Bwch and Grwyne Fawr Reservoir. Moderate pace.** Wyn Rosser tel:029 2073 1272/ 07811 464955	**B** mod **12m**/19km
Wed 26th 9:30am	**Pennard Cliffs, Gower** Peter Bryant tel:07954 139079	**C** mod **9m**/15km
Wed 26th 9:30am	**Barry - Rhoose - Porthkerry Park** Gwyn Lewis tel:07910 595265	**C** mod **8m**/13km
Thu 27th 7:00pm	**Thursday Evening Walk:** meet at Wild Gardens Road, Roath Park for Nant Fawr Corridor Diane Davies tel:029 2075 2464	**D** leis **5m**/8km
Fri 28th 11:00am	**Cardiff Central Strollers: Cardiff Bay via Barrage** Walk ends Cardiff Bay Millennium Centre. Options to leave 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 29th 9:30am	**St Donats Circular, car sharing at Ararat Centre** *Meet: rear Ararat Centre, Whitchurch Common* Leighton Hill tel:07469 880699	**B** mod **8m**/13km
Sun 30th 9:00am	**Big and little Skirrid** Two peaks from Abergavenny Stuart Neil tel:029 2038 9272	**B** mod **11m**/18km

August

Tue 1st 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 2nd 9:30am	**Capel y Ffin - Olchon Valley** Jim Riley tel:029 2052 993/ 07799755121	**A** stren **12m**/19km
Wed 2nd 9:30am	**Iron Mountain Trail** Malcolm Rayner tel:029 2115 8405	**B** mod **11m**/18km
Wed 2nd 9:30am	**Parc Cwm Darran** Robert Jewels tel:029 2055 3843	**C** mod **9m**/15km
Wed 2nd 9:30am	**Eddie's 5miler Walk** Travel arrangements to start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Thu 3rd 7:00pm	**Thursday Evening Walk:** meet Radyr railway station for Glamorgan Canal Nature Reserve Robert Jewels tel:029 2055 3843	**D** leis **4m**/6km

August

Fri 4th 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.	
Sat 5th 10:00am	**Pontypool Park - Canal - Roman Road - Folly Tower - Shell Grotto. Car sharing at Ararat Centre.** *Meet: rear Ararat Centre, Whitchurch Common* Paul T. tel:029 2036 1766	**C** stren **6m**/10km
Sun 6th 9:00am	**Parc Cwm Darran** Rob Jewels tel:029 20553843	**B** mod **12m**/19km
Wed 9th 8:30am	**Coach Trip: South Devon.** Choice of walks organised by Graham Dodd. Contact Graham (029 2076 2979) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common. Fare £12. Advance booking essential	
Thu 10th 7:00pm	**Thursday Evening Walk:** meet outside Barry Island railway station Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km
Fri 11th 10:45am	**Cardiff Central Strollers circle Cardiff's Reservoirs.** Catching bus 28 to Roath Park. Alternatively: meet 11:25 at Scott Memorial, Roath Park. Note earlier meeting time. Crossing fields - wear suitable footwear. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 12th 9:30am	**Dunraven Bay, St Brides, Ogmore. Car sharing at Ararat Centre.** *Meet: rear Ararat Centre, Whitchurch Common* Bob Macey tel:029 2075 2003/ 07840 490492	**C** mod **9m**/15km
Sun 13th 9:00am	**Llangattock and Craig y Cilau** A walk above the Usk Valley Leighton Hill tel:07469 880699	**B** mod **12m**/19km
Wed 16th 9:30am	**Dare Country Park, Aberdare** Gwyn Lewis tel:07910 595265	**C** mod **10m**/16km
Wed 16th 9:30am	**North Gower** Alan Parry tel:029 2041 9584	**C** mod **10m**/16km
Wed 16th 9:30am	**Skenfrith Castle to Llanrothal** Car sharing at Ararat Centre to meet Walk Leader at Skenfrith Castle Maggie Thomas tel:01495 273057	**C** mod **9m**/15km
Thu 17th 7:00pm	**Thursday Evening Walk:** meet outside Penylan Library, Penylan Road Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km
Fri 18th 11:00am	**Cardiff Central Strollers: Cardiff Parks & Gardens** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km



August

Sat 19th 10:00am	**Tintern Abbey - Brockweir - Tintern Old Station.** **Car sharing Ararat Centre.** *Meet: rear Ararat Centre, Whitchurch Common* Paul T. tel:029 2036 1766	**C** leis **6m**/10km
Sun 20th 9:00am	**Sirhowy Valley/Rhymney River** A contrating walk of scenery and meeting the leader at the walk start in Machen Village car park John Newton tel:01633 440999	**B** mod **12m**/19km
Sun 20th 10:30am 	**Family Friendly Walk: Pen y Fan** Join this popular climb to the highest peak in South Wales. Bring some water and warm clothing. Meet: Pont ar Daf car park just south of Storey Arms, Brecon Beacons on A470. *Meet: Pont ar Daf car park* Calum Taylor tel:029 2061 3909	**C** mod **4m**/6km
Wed 23rd 9:30am	**Fan Gyhirych and Fan Nedd** Claire Britton tel:07973 847908	**A** stren **13m**/21km
Wed 23rd 9:30am	**Pen Trumau. Waun Fach and the Dragon's Back** Marilyn Woods tel:01873 831106	**B** mod **10m**/16km
Wed 23rd 9:30am	**Rhondda/Ogmore Ridge Walk from Cwmparc** Peter Bryant tel:07954 139079	**B** mod **8m**/13km
Wed 23rd 9:30am	**Dinas Powys: Salmon Leaps, Hillfort & much more** Gwyn Lewis tel:07910 595265	**C** mod **7m**/11km
Thu 24th 7:00pm	**Thursday Evening Walk:** meet Caerphilly Mountain snack bar car park for Caerphilly Mountain. Jody Hill tel:07846 590440	**C** mod **5m**/8km

Cardiff Capital Walk Weekend: Friday to Monday. Series of linear walks using public transport that will circle Cardiff. Walks yet to be recced so Length/Grades are approximates. Do as many or as few of the walks as you wish.

Fri 25th 11:00am	**Cardiff Strollers kick-start Capital Walk: Cardiff Central to St Fagans.** Catching bus back from St Fagans to city centre. *Meet: Cardiff Central railway station* Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Sat 26th 9:45am	**Capital Walk Stage 2: St Fagans to Taffs Well.** Catching bus to St Fagans from Stand KN, Westgate Street. Catching bus or train from Taffs Well to city centre. *Meet: Westgate Street, Cardiff Stand KN.* Gwyn Lewis tel:07910 595265	**C** mod **8m**/13km
Sun 27th 9:30am	**Capital Walk Stage 3: Taffs Well to St Mellons.** Catching Stagecoach 132 bus 0949 outside Philharmonic Stand NC to Taffs Well. Catching bus from St Mellons to city centre. *Meet: outside Philharmonic, St Mary Street* Gwyn Lewis tel:07910 595265	**C** mod **11m**/18km

August

Mon 28th 9:30am	**Capital Walk Stage 4: St Mellons to Cardiff Bay/Cardiff Central.** Catching bus from Bute Terrace (near rear of John Lewis Store) to St Mellons (Tesco Store) *Meet: Bute Terrace (near rear John Lewis store)* Gwyn Lewis tel:07910 595265	**C** mod **12m**/19km
Wed 30th 9:30am	**North West of Brecon** Robert Smith tel:029 2088 0305	**A** stren **14m**/23km
Wed 30th 9:30am	**Maesteg - Afan Argoed** Gwyn Lewis tel:07910 595265	**B** mod **10m**/16km
Wed 30th 9:30am	**Penhow - Parc Seymour** Graeme Milnes tel:029 2062 7553	**C** mod **7m**/11km
Thu 31st 7:00pm	**Thursday Evening Walk:** meet outside Millennium Centre Cardiff Bay for Bay Trail Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

September

Fri 1st 11:00am	**Cardiff Central Strollers: Penarth Pier or bust** Linear walk. Catching bus or train back from Penarth. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 2nd 9:30am 	**Rail Ramble: Bristol - Cabot's Tower - Suspension Bridge - Harbour Trail.** Meet Cardiff Central railway station. Paul T. tel:029 2036 1766	**D** leis **6m**/10km
Tue 5th 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 6th 9:30am	**Pen y Fan, Cribyn and Corn Du** Roma Whiteley tel:029 2075 2680	**A** stren **13m**/21km
Wed 6th 9:30am	**Blackvein, Mynydd Machen and Mynydd y Grug** Car sharing at Ararat Centre to meet Walk Leader at Pandy Park Crosskeys RFC Maggie Thomas tel:01495 273057	**B** mod **9m**/15km
Wed 6th 9:30am	**Llanharen** Park near Llanharen railway station. Bette Griffiths tel:029 2056 2041	**C** mod **8m**/13km
Wed 6th 9:30am	**Eddie's 5miler Walk** Travel arrangements to start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km

September

Fri 8th 11:00am	**Cardiff Central Strollers: Tongwynlais and Whitchurch.** Linear walk catching bus to Tongwynlais. Bring bus pass/ fare. *Meet: inside Cardiff Central railway station near the Information Booth.* Graeme Milnes tel:029 2062 7553	**D** leis **4m**/6km
Sat 9th 8:00am 	**Coach Trip: Tenby, Pembs. Choice of walks organised by Leighton Hill.** Contact Leighton (07469 880699) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.00am from Three Elms Pub, Whitchurch Common. Fare £10. Advance booking essential	
Sun 10th 9:00am	**Crug Mawr and Sugarloaf** OS Explorer OL13 Gillian Masters tel:029 2061 5094	**A** stren **14m**/23km
Wed 13th 9:20am	**Across the Valleys, East to West: Ton Pentre to Maesteg.** Linear walk. Meet Walk Leader at Ton Pentre railway station. Catch 0936 Treherbert train arriving Ton Pentre 1031 for start of walk. Option to catch Treherbert train on route (eg Radyr 0950; Taffs Well 0955) *Meet: Ton Pentre railway station* Barry Southwell tel:029 2051 3082	**A** mod **13m**/21km
Wed 13th 9:30am	**Goytre Wharf** Gwyn Lewis tel:07910 595265	**B** mod **10m**/16km
Wed 13th 9:30am	**Ponthir and Llandegfedd** Geoff Trinick tel:029 2049 5016	**C** mod **8m**/13km
Fri 15th 11:00am	**Cardiff Central Strollers: paddle (optional) on Barry Island.** Catching 11:10 train to Barry Island for circular walk. Alternatively: catch train on route (eg Cogan 11:18; Dinas Powys 11:22); or meet 11:40 at Barry Island railway station. Bring bus concessionary pass for discount. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km
Sat 16th 10:00am	**Lavernock Point/Penarth Pier from Cosmeston Lakes** *Meet: Cosmeston Lakes car park* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Wed 20th 9:30am	**Hatterrall Hill, Cwmyoy and Twyn y Gaer** Ian Palmer tel:029 2070 1204	**A** stren **11m**/18km
Wed 20th 9:30am	**Kingcoed and Penyclawdd (near Raglan)** George Sheldrick tel:029 2062 3731	**C** leis **10m**/16km
Wed 20th 9:30am	**Pontypool Folly Circular** Gwyn Lewis tel:07910 595265	**C** mod **6m**/10km

September

Fri 22nd 11:00am	**Cardiff Central Strollers consider early Christmas Shopping(!) at Pumping Station** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 23rd 9:30am 	**Rail Ramble: Abergavenny - Govilon - Canal - Llanfoist Wharf.** Meet Cardiff Central railway station to catch 09:55 train. Paul T. tel:029 2036 1766	**D** leis **6m**/10km
Sun 24th 9:00am	**Y Gyrn and Fan Frynach** Woodland, moorland, hidden lake, monument and trig point Diane Davies tel:029 2075 2464	**A** stren **13m**/21km
Wed 27th 9:30am	**The Lorna Doone Walk in the Brecon Beacons.** Roma Whiteley tel:029 2075 2680	**B** mod **12m**/19km
Wed 27th 9:30am	**Rhyswg and Gwyddon** Car sharing at Ararat Centre to meet Walk Leader at Cwmcarn forest car park Maggie Thomas tel:01495 273057	**B** mod **8m**/13km
Wed 27th 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. Alternatively join train on route eg Cogan 0948; or meet at Rhoose railway station 10.15am for start of walk.* Rob Jewels tel:029 2055 3843	**C** mod **10m**/16km
Wed 27th 9:30am	**Pentyrch to Whitchurch** Linear walk. Catching 136 bus to Pentyrch, bring bus pass/fare. Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Fri 29th 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.	
Sat 30th 10:00am	**Llantrisant Forest, car sharing Ararat Centre.** *Meet: rear Ararat Centre, Whitchurch Common* Leighton Hill tel:07469 880699	**B** mod **8m**/13km

The inevitable changes to the Group's Walk Programme will be announced: on Group walks; via the Group email E-Bulletin (email gwyncrmail@gmail.com to sign up for the E-Bulletin); and on the Group web page http://www.cardifframblers.org.uk/progcardiff.html.

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

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
	Andrew Price	07777 630336

HONORARY PRESIDENT: Cyril Maskall

Previous holders

2015 - 16 Tony Vinall	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.

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.