y cerddwyr
ramblers cymru

Cardiff Ramblers

Walks Programme

October 2017 - March 2018



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. 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

Sun 1st 9:00am	**Tintern and Botany Bay** Visiting two unusual churches and an ancient iron foundry Diane Davies tel:029 2075 2464	**B** mod **10m**/16km
Tue 3rd 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 4th 9:30am	**Wentwood. A walk in the forest.** Ian Palmer tel:029 2070 1204	**B** stren **12m**/19km
Wed 4th 9:30am	**14 Locks to Duffryn** Nigel Clifton tel:07968 724078	**C** mod **10m**/16km
Wed 4th 9:30am	**Wenvoe** Bette Griffiths tel:029 2056 2041	**C** mod **8m**/13km
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 07967 684799	**D** leis **5m**/8km
Fri 6th 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 7th 9:30am 	**Rail Ramble: Swansea Maritime Quarter - Sea Front - Clyne Gardens (Autumn Colours).** *Meet 9.30am Cardiff Central railway station to catch train to Swansea. Bring bus pass/fare for return journey to Swansea from Clyne Gardens.* Paul (T) tel:029 2036 1766	**D** leis **6m**/10km
Wed 11th 9:30am	**Two Rivers and a Mountain (Rogerstone)** Andrew Price tel:07777 630336	**C** mod **10m**/16km
Wed 11th 9:30am	**Southerndown Beach, Marcross, Cwm Nash** Bob Macey tel:029 2075 2003/ 07840 490492	**C** mod **9m**/15km
Wed 11th 9:30am	**Wick and Colwinston (The Hidden Vale)** George Sheldrick tel:029 2062 3731	**D** leis **8m**/13km
Fri 13th 10:00am	**Cardiff Central Strollers On Tour: Merthyr Viaduct & Cyfarthfa Castle.** Catching X4 bus. Bring bus fare/pass. Note earlier meeting time. *Meet: Cardiff Central railway station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 14th 9:30am	**Four Waterfalls Walk (Pontneddfychan)** *Meet Ararat Centre, Whitchurch for car sharing.* Leighton Hill tel:07469 880699	**B** mod **6m**/10km
Sun 15th 9:00am	**West of Pontypool** Mike Kohnstamm tel:029 2075 7642	**B** stren **12m**/19km

October

Wed 18th 9:30am	**Wentwood and Cas-Troggi** Mike Kohnstamm tel:029 2075 7642	**B** mod **10m**/16km
Wed 18th 9:30am	**Pwll Tra** Walk start: Spiritualist Church, Pontywaun (adjacent to towpath) Maggie Thomas tel:01495 273057	**B** mod **8m**/13km
Wed 18th 9:30am	**Redwick from Goldcliff** Graeme Milnes tel:029 2062 7553	**C** mod **9m**/15km
Fri 20th 11:00am	**Cardiff Central Strollers explore Bute Park.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 21st	**Glamorgan Area AGM hosted by Swansea Group at Tower Hotel, Jersey Marine, Swansea SA10 6JL. Pre-AGM walk in morning. AGM business meeting starting 2pm. Contact Gwyn Lewis 07910595265 for details near the date.**	
Sun 22nd 9:00am	**Fan y Big Horseshoe** OS map OL12. From Pencelli Gillian Masters tel:029 2061 5094	**A** stren **10m**/16km
Sun 22nd 11:00am	**Cardiff Bay Trail** *Meet: Millennium Centre Cardiff Bay* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Wed 25th 9:30am	**Llangwn** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 25th 9:30am	**Beyond Taff Bargoed** Andrew Price tel:07777 630336	**B** mod **10m**/16km
Wed 25th 9:30am	**Ruardean Hill (postponed from 28/6/17)** Geoff Trinick tel:029 2049 5016	**C** mod **6m**/10km
Wed 25th 10:00am	**Penarth History Tour** *Meet Walk Leader at Penarth Leisure Centre, Cogan CF64 2NS* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Fri 27th 11:00am	**Cardiff Central Strollers circle the International Sports Village.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 28th 9:00am	**Catbrook** *Meet Ararat Centre, Whitchurch for car sharing* Su Green tel:07954 139946	**B** mod **7m**/11km
Sun 29th 9:00am	**Sugar Loaf and Bryn Arw** Ridges and valleys around Sugar Loaf Stuart Neil tel:029 2038 9272	**A** stren **12m**/19km

November

Wed 1st 9:30am	**Chepstow - Tintern Circular** Gwyn Lewis tel:07910 595265	**B** stren **12m**/19km
Wed 1st 9:30am	**Caerphilly and Rudry** Bryn Ennis tel:029 2075 1919	**C** mod **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 07967 684799	**D** leis **5m**/8km
Fri 3rd 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 4th 9:30am 	**Rail Ramble: Bristol Harbour Circular - Saint Nicholas Market** *Meet: Cardiff Central railway station* Paul (T) tel:029 2036 1766	**D** leis **6m**/10km
Sun 5th 9:00am	**Cefn Llechid and Drovers' Road** Roma Whiteley tel:029 2075 2680	**B** mod **10m**/16km
Tue 7th 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 8th 9:30am	**Ystradfellte, Fan Gyhirych, Fan Nedd** Jim Riley tel:07799 755121	**A** stren **12m**/19km
Wed 8th 9:30am	**Mitchel Troy to Redwick** Nigel Clifton tel:07968 724078	**B** mod **9m**/15km
Wed 8th 9:30am	**Dinas Powys (Hill Fort and Salmon Leaps)** Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Fri 10th 11:00am	**Cardiff Central Strollers amble to Whitchcurch.** Linear Walk, catching bus back from Whitchurch (after taking tea!) *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 11th 9:30am	**Garth** *Meet: Taffs Well railway station* John Newton tel:01633 440999	**C** mod **6m**/10km
Sun 12th 9:45am	**Vale of Henllys/Twmbarlwm** *Meet at 9:45am at Fourteen Locks Canal Centre. Joint walk with Caerphilly Ramblers* John Newton tel:01633 440999	**B** mod **10m**/16km
Mon 13th 7:30pm	**Cardiff Group Annual General Meeting.** Held at the Ararat Centre, Plas Treoda, Cardiff CF14 1PT - by the common in Whitchurch.	

November

Wed 15th 9:30am	**Storey Arms Pen y Fan Circular via Cribyn and Fan Ddu** Chris Marshall tel:07909 966548	**A+** stren **11m**/18km
Wed 15th 9:30am	**Mynydd Islwyn and Mynydd Maen** Walk start: Pont Lawrence, Cwmfelinfach Maggie Thomas tel:01495 273057	**B** mod **10m**/16km
Wed 15th 9:30am	**Newport Wetlands** Bette Griffiths tel:029 2056 2041	**D** leis **8m**/13km
Fri 17th 11:00am	**Cardiff Central Strollers: the Wetlands and Bay** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 18th 10:00am	**Lavernock Nature Reserve and Penarth from Cosmeston Park** *Meet: Cosmeston Park car park* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 19th 9:00am	**Lost City of Trellech** Roma Whiteley tel:029 2075 2680	**B** mod **10m**/16km
Wed 22nd 9:30am	**Llangynidr Tor y Foel and Wenallt** Roma Whiteley tel:029 2075 2680	**B** mod **11m**/18km
Wed 22nd 9:30am	**Merthyr** Gwyn Lewis tel:07910 595265	**C** leis **8m**/13km
Wed 22nd 10:00am	**Around Penarth** Walk start: Penarth Cliff Top car park (near Cioni's cafe) *Meet: Penarth Cliff Top car park* Brian Minshall tel:01443 404140	**D** leis **7m**/11km
Fri 24th 10:00am	**Cardiff Central Strollers visit Rhondda Heritage Centre.** Catching bus to Pontypridd. Note earlier meeting time. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 25th 9:30am	**Brecon Town to Y Gaer via Battle** *Meet Ararat Centre, Whitchurch for car sharing.* Leighton Hill tel:07469 880699	**B** mod **8m**/13km
Sun 26th 9:00am	**Mince Pie walk: Fan Llia and Fan Frynach** OS map OL12 Gillian Masters tel:029 2061 5094	
Wed 29th 9:30am	**Dolgaer** Barry Southwell tel:029 2051 3082	**B** mod **10m**/16km
Wed 29th 9:30am	**Upper Cwmbran - Twmbarlwm** Graeme Milnes tel:029 2062 7553	**C** mod **9m**/15km

November

Wed 29th 9:30am	**Castell Coch, Fforest Fawr and Rhiwbina Hill** Peter Bryant tel:07954 139079	**C** mod **7m**/11km

December

Fri 1st 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 2nd 9:30am 	**Rail Ramble: Abergavenny - Govilon - canal - Llanfoist Wharf** *Meet: Cardiff Central railway station* Paul (T) tel:029 2036 1766	**D** leis **6m**/10km
Sun 3rd 9:00am	**Llangorse Loop** Around Llangorse Lake via Allt yr Esgair and Mynydd Llangorse Leighton Hill tel:07469 880699	**B** mod **12m**/19km
Tue 5th 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 6th 9:15am 	**Rail Ramble: Troedyrhiw to Abercynon via Aberfan** Catch 9.26 Merthyr train from Cardiff Central (or catch train on route: Cathays 9.33; Llandaf 9.37; Radyr 9.40). Buy return ticket to Troedyrhiw. Bring railcard / Valleys card / concessionary bus pass. *Meet: Cardiff Central railway station* Wyn Rosser tel:029 2073 1272/ 07811 464955	**C** mod **8m**/13km
Wed 6th 9:30am	**Libanus to Storey Arms** Claire Britton tel:07973 847908	**B** mod **11m**/18km
Wed 6th 9:30am	**Kenfig** Gwyn Lewis tel:07910 595265	**C** mod **8m**/13km
Wed 6th 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 07967 684799	**D** leis **5m**/8km
Fri 8th 11:00am	**Cardiff Central Strollers visit Llandaff Cathedral** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 9th 10:00am	**Castell Coch and Wenallt** *Meet: Castell Coch lower car park* Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km

December

Sun 10th 10:30am	**Newport Wetlands and Goldcliff** *Meet at 10:30 am at Newport Wetlands Centre with the hope of seeing the starling murmurations in the late afternoon (joint walk with Caerphilly Ramblers)* John Newton tel:01633 440999	**D** leis **9m**/15km
Wed 13th 9:30am	**Garth, Pentyrch, Creigiau and Efail Isaf Brisk pace needed to finish in the light.** Walk start: Taffs Well Inn. Park considerately in nearby streets. Meeting Walk Leader at start point. *Meet: Taffs Well Inn* John Newton tel:01633 440999	**A** stren **12m**/19km
Wed 13th 9:30am	**Twmbarlwm via Mynydd Maen 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 **10m**/16km
Wed 13th 9:30am	**Senghennydd Dyke from Penyreheol Caerphilly** Peter Gifford tel:029 2089 0168	**B** mod **9m**/15km
Wed 13th 10:00am	**Cosmeston - Lavernock Nature Reserve - Penarth Pier Circular** *Meet Walk Leader at Cosmestion Lakes car park.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Fri 15th 11:00am	**Cardiff Central Strollers Christmas Meal at Morrisons, International Sports Village.** *Meet: inside Cardiff Central railway station near the Information booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 16th 9:30am	**Rudry and Draethon Circuit** *Meet at Coed Llwyncelyn car park, off Rudry Road. [So Grid Ref ST 202 854; Post Code CF83 3DD]* John Newton tel:01633 440999	**C** mod **6m**/10km
Sun 17th 9:00am	**Garth and Creigiau** Loop from Taffs Well Stuart Neil tel:029 20389272	**B** mod **12m**/19km
Wed 20th 9:30am	**Mince Pie Walks. Venue to be agreed. Details in E Bulletin nearer date, or contact Gwyn Lewis 07910 595265**	
Fri 22nd 11:00am	**Cardiff Central Strollers return to Cardiff Bay** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 23rd 10:00am	**Wenvoe** *Meet: St Mary's church Wenvoe* Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km

December

Sun 24th 11:00am	**Radyr and Back from National Museum Cathays** Option to leave halfway at Radyr railway staton *Meet: National Museum, Cathays* Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Tue 26th 11:00am	**Boxing Day Walk: Cardiff Bay Trail** *Meet outside Millennium Centre Cardiff Bay* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Wed 27th 9:30am	**Whitchurch Circular (North).** Starting at Ararat Centre. Option to leave early and return by bus. Gwyn Lewis tel:07910 595265	**C** mod **9m**/15km
Wed 27th 9:30am	**Orchrwyth and Danygraig** Walk start: car park at top of Waunfawr Park, Crosskeys Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Thu 28th 11:00am	**Cardiff City Parks and Gardens** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Fri 29th 11:00am	**Cardiff Central Strollers find their way to Victoria Park and back.** Option to leave walk early and return by bus. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 30th 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 31st 11:00am	**Hamadryad Park, Wetlands and Canal Park circuit** Option to leave walk early in Cardiff Bay *Meet: National Museum, Cathays* Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km

January

Mon 1st 11:00am	**Cardiff's 4 Sided Clocks from National Museum Cathays** *Meet: National Museum, Cathays* Gwyn Lewis tel:2018-01-01	**D** leis **7m**/11km
Tue 2nd 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 3rd 9:30am	**Pontsticill and Dyffryn Crawnon** Robert Smith tel:029 2088 0305	**B** stren **12m**/19km
Wed 3rd 9:30am	**Porthcawl (Sea and Sand Dune)** Claire Edwards tel:029 2075 6493	**C** mod **9m**/15km

January

Wed 3rd 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 07967 684799	**D** leis **5m**/8km
Wed 3rd 10:00am	**Rudry Mountain (trying not to get lost this time!)** *Meet Walk Leader at Parc Cefn Onn car park.* Gwyn Lewis tel:07910 595265	**C** mod **9m**/15km
Fri 5th 11:00am	**Cardiff Central Strollers off to Roath Park, via Cathays Cemetery** Linear walk, returning by bus. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 6th 10:00am	**Tintern Abbey - Brockweir - Tintern Old Station** *Meet rear Ararat Centre, Whitchurch for car sharing* Paul (T) tel:029 2036 1766	**C** leis **6m**/10km
Sun 7th 9:00am	**Lower Machen** Roma Whiteley tel:029 2075 2680	**B** mod **10m**/16km
Wed 10th 8:45am	**Walk Leader's Breakfast Meeting to launch the 2018 Spring/Summer Walks Programme.** 8.45 - 9.15am at Ararat Centre, Whitchurch. Tea and Biscuits. Contact Gwyn Lewis 07910 595265 for more info.	
Wed 10th 9:30am	**Lost City of Trellech** Roma Whiteley tel:029 2075 2680	**B** mod **10m**/16km
Wed 10th 9:30am	**Pen y Fan Pond** Walk start: Pen y Fan Pond Visitor car park Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Wed 10th 9:30am	**Ystradowen** Bette Griffiths tel:029 2056 2041	**D** leis **7m**/11km
Fri 12th 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 13th 10:00am	**Radyr Woods and Glamorgan Canal Nature Reserve** *Meet: Radyr railway station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 14th 9:00am	**Cwm Clydach and Cwm Cesig** Two valleys and a ridge plus Cambrian Miners Memorial Diane Davies tel:029 2075 2464	**B** mod **9m**/15km
Wed 17th 9:30am	**Maesteg - Afan Argoed** Gwyn Lewis tel:07910 595265	**B** mod **10m**/16km
Wed 17th 9:30am	**Mynydd Islwyn** Geoff Trinick tel:029 2049 5016	**C** mod **7m**/11km

January

Wed 17th 9:45am	**Len Bowker' s Get to know the paths, meadows and lanes of North Cardiff.** Linear walk on Nant Fawr Trail from Roath Park to Cefn Onn. Meet 9.45 at Scott Memorial, Roath Park. Bring bus fare/pass for return bus from Sainsbury' s Thornhill. *Meet: Scott Memorial Roath Park* Claire Edwards tel:029 2075 6493	**D** leis **8m**/13km
Fri 19th 11:00am	**Cardiff Central Strollers Circle Taffs Well.** Catching bus to/from Taffs Well *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 20th 10:00am	**Llantrisant Forest** *Meet Ararat Centre, Whitchurch for car sharing* Leighton Hill tel:07469 880699	**B** mod **8m**/13km
Sun 21st 9:30am	**Castell Coch Area** *Meet at 9:30 at Radyr railway station* Rob Jewels tel:029 2055 3843	**B** mod **11m**/18km
Wed 24th 9:15am 	**Rail Ramble: Escape to Parc Penallta & Eglwysilan Common** *Meet: Walk Leader on 09:16 Rhymney train from Cardiff Central (or catch train on route: Heath High Level 09:25; Lisvane 09:30); or 09:50 at Ystrad Mynach railway station for start of walk. Walk Leader will be joining the train at Heath High Level.* Claire Edwards tel:029 2075 6493	**B** mod **10m**/16km
Wed 24th 9:30am	**Goytre Wharf** Gwyn Lewis tel:07910 595265	**B** mod **10m**/16km
Wed 24th 9:30am	**Wentloog area** George Sheldrick tel:029 2062 3731	**D** leis **9m**/15km
Wed 24th 10:00am	**Radyr and Pentyrch Area** Walk start: Longwood Drive, off Coryton Interchange *Meet: Longwwod Drive, off Coryton Interchange* Rob Jewels tel:029 2055 3843	**C** mod **9m**/15km
Fri 26th 11:00am	**Cardiff Central Strollers visit Central Cardiff Parks and Gardens.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 27th 10:00am	**Cosmeston - Dinas Powys Circular** *Meet: Cosmeston Park car park* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Wed 31st 9:30am	**Porth Penrhys and The Rhondda Fach** Linda Hodgson tel:029 2084 3179	**A** mod **11m**/18km

January

Wed 31st 9:30am	**Half a Horseshoe Walk (Beacons)** Vic Chambers tel:029 2076 6125	**B** mod **8m**/13km
Wed 31st 9:30am	**Barry (tides to determine direction)** Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km

February

Fri 2nd 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
Sat 3rd 9:30am 	**Rail Ramble: Cabot's Tower -Suspension Bridge - Harbour Trail** *Meet: Cardiff Central railway station* Paul (T) tel:029 2036 1766	**D** leis **6m**/10km
Sun 4th 9:00am	**Cwmyoy and Patrishow** OS map OL13. Gillian Masters tel:029 2061 5094	**A** stren **10m**/16km
Tue 6th 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 7th 9:30am	**Blaen Taf Fawr** Wyn Rosser tel:029 2073 1272/ 07811 464955	**B** mod **8m**/13km
Wed 7th 9:30am	**Castell Coch - Caerphilly Circular** Option to leave walk in Caerphilly and catch bus back. Gwyn Lewis tel:07910 595265	**C** mod **8m**/13km
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 07967 684799	**D** leis **5m**/8km
Fri 9th 11:00am	**Cardiff Central Strollers go Round the Barrage** Options to leave walk early. Bring snack and drink for break. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sat 10th 9:30am	**Abergavenny - The Wooden Chapel** *Meet: Ararat Centre Whitchurch* Leighton Hill tel:07469 880699	**B** mod **8m**/13km
Wed 14th 9:30am	**Llanfoist Circuit (Blorenge)** Graeme Milnes tel:029 2062 7553	**B** mod **7m**/11km

February

Wed 14th 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 Taffs Well 0919; Radyr 0923; 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 14th 9:30am	**Hensol Fforest Circular** Peter Bryant tel:07954 139079	**C** mod **9m**/15km
Fri 16th 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 17th 10:00am	**Taffs Well Circuit** *Meet: Taffs Well railway station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 18th 9:00am	**Monmouth Circular** Visiting the Kymin and a return along the River Wye Diane Davies tel:029 2075 2464	**C** mod **10m**/16km
Wed 21st 9:30am	**Fforest Fawr, Craig yr Allt and the Ridgeway** Ian Palmer tel:029 2070 1204	**B** stren **12m**/19km
Wed 21st 9:30am	**Sychpant Farm Mynydd Islwyn** Walk start: Pandy Park, Crosskeys Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Wed 21st 9:30am	**Pontypridd to Ararat** Linear walk mainly along Taff Trail. Catching bus to Pontypridd and walking to Ararat. Option to leave walk early and return by bus. Gwyn Lewis tel:07910 595265	**D** mod **11m**/18km
Fri 23rd 10:45am	**Cardiff Central Strollers explore Cosmeston Lakes Country Park.** Catching bus to Cosmeston from Wood Street, bring bus fare/pass. Or meet 11.30am at Cosmeston Lakes car park. NOTE the earlier meeting time. *Meet: Cardiff Central railway station* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 24th 10:00am	**Barry** *Meet: Barry railway station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 25th 9:30am	**Garth Hill area** *Meet at 9:30 at Radyr railway station* Rob Jewels tel:029 2055 3843	**B** mod **11m**/18km
Wed 28th 9:30am	**Sugar Loaf** Robert Smith tel:029 2088 0305	**A** stren **12m**/19km
Wed 28th 9:30am	**Llanhennock and Llangibby (near Caerleon)** George Sheldrick tel:029 2062 3731	**C** leis **9m**/15km



February

Wed 28th 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

March

Fri 2nd 11:00am	**Cardiff Central Strollers visit Insole Court.** Linear walk, 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 3rd 9:15am 	**Rail Ramble: Rhoose - Coastal Path - Barry Island** *Meet at Cardiff Central railway station for 0941 train to Rhoose. (Alternatively catch train: Taffs Well 0919; Radyr 0923; Llandaf 0926; Cogan 0948; Eastbrook 0953)* Paul (T) tel:029 2036 1766	**D** leis **6m**/10km
Sun 4th 9:00am	**Parc Calon Lan** Circuit of the upper end of the Garw Valley Diane Davies tel:029 2075 2464	**B** mod **10m**/16km
Tue 6th 7:30pm	**Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina**	
Wed 7th 9:30am	**Pontsticill** Claire Britton tel:07973 847908	**A** stren **12m**/19km
Wed 7th 9:30am	**Twyn y Gaer & Cefn Lechid from Mountain Centre (Libanus).** Contact Walk Leader if going direct. Walk starting 10.30am. Steve Burge tel:029 2073 43590, 7771 504380	**B** mod **11m**/18km
Wed 7th 9:30am 	**Rail Ramble: Quakers Yard to Merthyr** Catching 0926 Merthyr train from Cardiff Central. Or catch train on route: Llandaf 0937; Radyr 0940; Taffs well 0945; Pontypridd 0957. Or be at Quakers Yard railway station platform for 10.15ish start of walk. *Meet: Cardiff Central railway station* Gwyn Lewis tel:07910 595265	**D** leis **9m**/15km
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 07967 684799	**D** leis **5m**/8km
Fri 9th 10:45am	**Cardiff Central Strollers recce Parc Cefn Onn.** Catching train to Lisvane. Or meet 11.15am at Parc Cefn Onn car park. Note the earlier meeting time. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km

March

Sat 10th 10:00am	**In search of Pugh's (and cup of tea) from Llandaf railway station** *Meet: Llandaf railway station* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 11th 9:00am	**Llynfi Valley** Starting from Maesteg, the walk takes in the surrounding Lynfi Valley countryside. John Newton tel:01633 440999	**B** mod **12m**/19km
Wed 14th 9:30am	**Bryn Arw - Skirrid** Jim Riley tel:07799 755121	**A** stren **12m**/19km
Wed 14th 9:30am	**Pontlottyn, New Tredegar, Mynydd Bedwellte** Walk start: Pontlottyn railway station to meet Walk Leader. 0916 train from Cardiff Central arrives Pontlottyn 1012. John Newton tel:01633 440999	**B** mod **10m**/16km
Wed 14th 9:30am	**Ogmore by Sea** Gwyn Lewis tel:07910 595265	**C** leis **8m**/13km
Wed 14th 9:30am	**Dingestow (near Monmouth)** Geoff Trinick tel:029 2049 5016	**C** mod **6m**/10km
Fri 16th 11:00am	**Cardiff Central Strollers do like to be besides the seaside (Penarth Esplanade and Pier).** Linear walk, catching bus/train back. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 17th 10:00am	**Rhymney River** *Meet rear of Ararat Centre, Whitchurch for car sharing* Leighton Hill tel:07469 880699	**C** leis **7m**/11km
Sun 18th 9:00am	**Caerleon** A loop from the Roman fortress taking in Wentwood forest and the river Usk Stuart Neil tel:029 20389272	**B** mod **13m**/21km
Wed 21st 9:30am	**The Black Hill Capel y ffin Twmpa and Hay Bluff** Chris Marshall tel:07909 966548	**A+** stren **15m**/24km
Wed 21st 9:30am	**Margam and Mynydd Brombil** Nigel Williams tel:07749 426866	**B** mod **9m**/15km
Wed 21st 9:30am	**Usk/Llandeggfedd Area** Walk start: top car park of Llandeggfedd Reservoir, Coed y Paen Pontypool NP4 0SY. Meeting Walk Leader at start point. John Newton tel:01633 440999	**C** mod **8m**/13km
Wed 21st 9:30am	**Taff Bridges from Taffs Well to Cardiff.** Linear walk. Catching bus to Taffs Well and back from Cardiff, bring bus fare/pass. Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km

March

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.	
Sat 24th 9:30am	**Llandegfedd Reservoir Trail** *Meet rear of Ararat Centre, Whitchurch for car sharing* Su Green tel:07954 139946	**B** leis **7m**/11km
Sun 25th 9:00am	**Mynydd Twyn-glas** Leighton Hill tel:07469 880699	**B** mod **10m**/16km
Wed 28th 9:30am	**Wentwood and Cas Troggi** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 28th 9:30am	**The Canyons** Walk start: Hafodrynys Welfare Ground Maggie Thomas tel:01495 273057	**C** mod **9m**/15km
Wed 28th 9:30am	**Iolo Morganwg Heritage Trail (Cowbridge)** Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Fri 30th 11:00am	**Cardiff Central Strollers check if Spring has arrived in Bute Park** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 31st 10:00am	**Rudry** *Meet rear of Ararat Centre, Whitchurch for car sharing* Jody Hill tel:07846 590440	**C** leis **7m**/11km

April

Sun 1st 11:00am	**Show off your Easter Bonnet on the Cardiff Bay Trail** *Meet: Millennium Centre, Cardiff Bay* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Mon 2nd 11:00am	**Easter Monday jaunt around Cardiff Parks and Gardens** *Meet: National Museum, Cathays* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km

Advance notice

Walk in Wainwright's footsteps for approx 125 miles on "A Pennine Journey"
Settle to Housesteads. Dates to be confirmed but likely late May / early June. To register interest please contact Roma Whiteley on 029 20752680 or romawhiteley@talktalk.net

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 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.

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.



A moment to pause. Breathing in clear air. Sharing interests and conversations as you ponder the hills ahead. We have your passion for exploring worldwide and in the UK.

Choose any of our holidays and we'll contribute funds through **The Walking Partnership** to your group. Just tell us their name when you book.

Book a great value holiday:
ramblersholidays.co.uk
or call **01707 386804**

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COMMITTEE MEMBERS

chairman	Nigel Clifton	02920 400287
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	email secretary@cardifframblers.org.uk	
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	11 Bruton Place, Llandaff, Cardiff CF5 2ER	
rambles, footpaths	Gwyn Lewis	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

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.