Maps: OS Explorer 151 Cardiff & Bridgend. plus a very short section on OS Explorer 166.
Start Point: Lisvane and Thornhill railway station: GR ST179835.
Distance: 9km / 5.5 miles.
Time: 3-4 hrs.
Facilities: There are toilets in Cefn Onn Park [at point B].
Difficulty: Moderate but with a steep climb on a good path early on and a steep descent on a tarmac road towards the end. The paths in the central section are rough and may be muddy after wet weather.



Looking north from the Ridgeway path over Caerphilly and its castle

Please ensure you are fit enough and suitably equipped for the walk you undertake.

Cyngor Cefn Gwlad Cymru
Countryside Council for Wales

Noddir gan Lywodraeth Cynulliad Cymru
Sponsored by Welsh Assembly Government



View across Cardiff from Craig Llysfaen

Getting there from Cardiff Central:
***By bus**: hourly services to the Cherry Orchard Road/ Excalibur Drive roundabout which is the entrance to Cefn Onn Park.*
***By train**: regular services to Lisvane & Thornhill Station.*
***By car:** there is a car park at Cefn Onn Park at point B.*

All information correct at time of publication November 2010

CARDIFF RAMBLERS CERDDWYR CAERDYDD

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CARDIFF CAERDYDD

cardiff walks

A series of walks in and around Cardiff created by Ramblers Cymru Cardiff Group

Cefn Onn Park & Two Ridges



Cefn Onn Park in springtime

Cardiff Ramblers are the local group of Ramblers Cymru

The Cardiff Group organises walks in the south Wales area and beyond, mainly on Wednesdays (3 different distances), weekends and Thursday evenings (in summer). We also organise coach trips, weekends away, footpath maintenance and campaigns and the occasional social event.

There is no charge for non-members to join our walks - but we would like you to join if you take part regularly.

You can learn more about us at: www.cardifframblers.org.uk

The Ramblers Association is a registered charity (England and 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.

SUMMARY

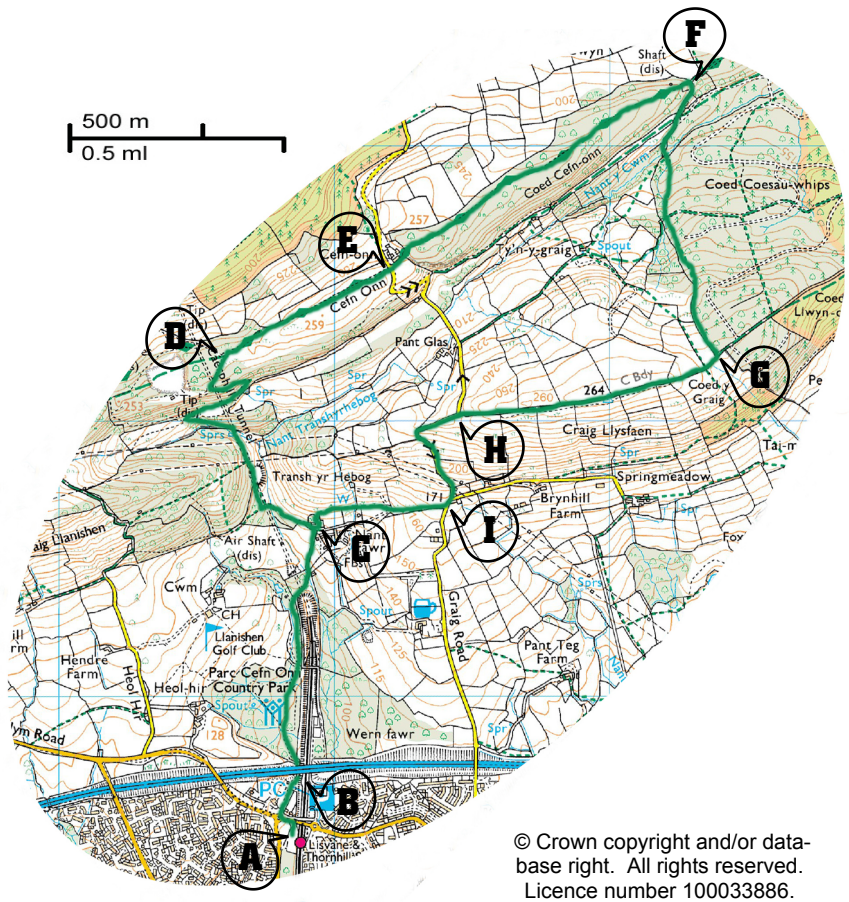
A moderate walk through Cefn Onn Park and onto the two ridges that dominate the skyline north of the city centre. Cefn Onn Park (open from 7.30am to about 30 minutes before sunset) is one of Cardiff's favourite parks: its rhododendrons and camellias providing a colourful display in springtime and its collection of native and exotic trees giving vivid autumnal colours. From the ridges are fine views over Cardiff itself and the Severn estuary with its two islands, Flat Holm and Steep Holm. Northwards there is Caerphilly with its famous castle and on a fine day it is possible to see as far as Pen y Fan, the highest point in South Wales.

A: Walk out of the main entrance to Lisvane & Thornhill station car park with its brown sign for Cefn Onn Park. Cross the road turn left towards the roundabout. At the roundabout turn right into Parc Cefn Onn, walking passed the car park.

B: Follow a way-marked path under the motorway bridge and continue straight ahead on the path through the trees. At the wrought iron fences turn right, through the cycle barrier, then left following the way-marked path parallel to the railway line cutting. Go around a gate and straight ahead following the direction of the Rhymney Valley Ridgeway path marker. Continue with the golf course on the left until you reach a gate.

C: Turn left along the path with the golf course on your left and trees on your right. The path goes downhill slightly then curves upwards to the right at the way marked path junction. Pass a chimney-like structure with "Shaft 4" written on the side (this is a ventilation shaft for the railway tunnel) and continue straight ahead ignoring paths to the left. Go through the bridleway gate up a slope with a small stream on the left. Follow the path uphill as it turns sharply to the right. Along this path you will see a rocky outcrop above you to your left and a field boundary below you to your right. The path turns sharply to the left continuing uphill through deciduous woodland. Turn right at the unmarked path junction and continue upwards to the crest of the ridge.

D: On the ridge take the path to the right. Follow the path through grass land. Follow the waymarks through the wooden gate. Look slightly behind you to the left for a view across the pine forest to Caerphilly castle. Continue along the ridge path descending slightly to a minor road. [*To shorten the walk turn right and follow the road down to point H.*]



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E: Cross the road and follow the waymarked path through two wooden gates and then between the field and the shrubby woodland. Continue along this path past the end of the field through mature deciduous woodland to a set of bridle path gates.

F: Immediately after the gates turn right following the path downhill past ruined buildings. At a path junction take the right fork along a smaller higher path. Follow the path as it bends to the left past a stile. After about 10 yards the path goes downhill into a small wooded valley. At the bottom cross a stream using the footbridge, then follow the path straight ahead as it ascends through shrubs with a stream on the right. Enter a deciduous forest and bear right. Cross a stream using the footbridge and then up wooden steps. A large track comes in from the left, but continue straight ahead and slightly uphill. Soon you will see a fence on your right, follow this (ignoring paths off to the left). You will see forest on your left and rough grass land on your right. Continue until you get to the top of the ridge and a path running along the top of the ridge. Turn right onto this path.

G: To your left you will now see a spectacular view across the estuary. The two small islands are Flat Holm and Steep Holm. As you continue along the path you will also see on your left Llanishen Reservoirs, the Millennium Stadium and Cardiff Bay. Just before you reach a small mast, you will see a Trig point on your left near the path. The path ends at a minor road.

H: Turn left and follow the road downhill. At a road junction go straight ahead passing a building on the left, then after 20 metres take the track on your right.

I: Follow the track past houses to a way-marked path junction. At this point you are back at Point C and should turn down the path you came up on to retrace your steps back to the start point.