



Cardiff Ramblers
Walks Programme
April - September 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.

April

Sun 1st 11:00am	Show off your Easter Bonnet on the Cardiff Bay Trail Cardiff Council parking charges do not apply on Easter Sunday <i>Meet: outside Millennium Centre, Cardiff Bay</i> Gwyn Lewis tel:07910 595265	D easy 6m/10km
Mon 2nd 11:00am	Easter Monday jaunt around Cardiff Parks and Gardens <i>Meet: outside National Museum, Cathays</i> Gwyn Lewis tel:07910 595265	D easy 5m/8km
Tue 3rd 7:30pm	Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina	
Wed 4th 9:30am	The Bomber on Carreg Coch and the Fan Hir Ridge Arny Williams tel:07976 483329	A stren 12m/19km
Wed 4th 9:30am	Hafodrynys to Blaen Bran Reservoir <i>Meeting Walk</i> <i>Leader at Hafodrynys Welfare Ground (Rugby Club)</i> Maggie Thomas tel:01495 273057	B mod 9m/15km
Wed 4th 9:30am	Caerleon Peter Bryant tel:07954 139079	C mod 9m/15km
Wed 4th 9:30am	Mike and Mary's Six of the Best: Wild Daffodils of Coedy bwl, St Brides Major Mike and Mary Sullivan tel:029 2049 2145	C leis 6m/10km
Fri 6th 11:00am	Cardiff Central Strollers circle International Sports Village. Option to leave walk early and return to City Centre by bus. <i>Meet: Cardiff Central railway station near the information booth</i> Gwyn Lewis tel:07910 595265	D easy 6m/10km
Sat 7th 9:30am	Cwmparc Circular <i>Meet: rear Ararat Centre Whitchurch</i> Leighton Hill tel:07469 880699	B mod 10m/16km
Sun 8th 9:00am	Waterfall Country from Pontneddfechan Roma Whiteley tel:029 20752680	B mod 12m/19km
Wed 11th 9:30am	Tor y Foel and Wenallt Fine views over Talybont and the Beacons and the Usk valley Roma Whiteley tel:029 2075 2680	A mod 11m/18km
Wed 11th 9:30am	Cwm Cumbeth and Tretower Marilyn Woods tel:01873 831106	C mod 8m/13km
Wed 11th 9:30am	Merthyr Gwyn Lewis tel:07910 595265	C leis 7m/11km
Wed 11th 10:00am	Ridgeway from Cefn Onn <i>Meet 10am at Parc Cefn Onn car park.</i> Bryn Ennis tel:029 2075 1919	B mod 9m/15km
Fri 13th 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.	

April



Sat 14th 10:00am	Dinas Powys Circular from Dinas Powys Square <i>Meet: Dinas Powys Square</i> Gwyn Lewis tel:07910 595265	C leis 6m/10km
Sun 15th 9:00am	Garw Valley from Blaengarw Mike Kohnstamm tel:029 20757642	A stren 10m/16km
Wed 18th 9:20am	Llangwm Robert Smith tel:029 2088 0305	A stren 13m/21km
Wed 18th 9:30am	Rhiwsaison, Efail Isaf and Garth George Sheldrick tel:029 2062 3731	B leis 7m/11km
Wed 18th 9:30am	Kilvey Hill, Swansea Joint walk led by Colin Warlow from Swansea group. Fine views over Swansea with a panorama across to Somerset and Devon <i>Meet: Ararat Chapel at 9:30, or Fabian Way park and ride, Swansea (GR: SS 678 931) at 10:45</i> Contact Mike Kohnstamm tel:029 20757642	C mod 6m/10km
Wed 18th 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 20th 11:00am	Cardiff Central Strollers Bagging Castles (1): Cardiff Castle to Castell Coch. Linear walk along Taff Trail. Options to leave walk early. Note: different meeting point. <i>Meet: outside Cardiff Castle main entrance</i> Gwyn Lewis tel:07910 595265	D leis 7m/11km
Sat 21st 10:00am	Penarth and Lavernock Nature Reserve from Cosmeston Lakes <i>Meet: Cosmeston Lakes car park</i> Gwyn Lewis tel:07910 595265	D leis 6m/10km
Sun 22nd 9:00am	Fan y Big from Pencelli A Springtime attempt on the horseshoe Gillian Masters tel:029 2061 5094	A stren 11m/18km
Wed 25th 9:30am	Llanfrynach Circular via Bryn Teg, Fan y Big, Rhiw Bwlch y Ddwyallt Chris Marshall tel:07909 966548	A stren 13m/21km
Wed 25th 9:30am	Redbrook Wye Valley Moderate pace. Registered Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	B mod 13m/21km
Wed 25th 9:30am	Barry - Rhoose Circular Gwyn Lewis tel:07910 959265	C leis 8m/13km
Wed 25th 9:30am	Pentyrch - Creigiau Circular from Canada Lodge. <i>Meeting Walk Leader at Canada Lodge, Heol Pant y Gored, Cardiff CF15 9NF.</i> Ann Dixey tel:07896 690727	C mod 7m/11km

April

Fri 27th 10:45am	Cardiff Strollers wander within Cosmeston Lakes Country Park Catching 10:55 No.94 Cardiff Bus to Cosmeston. Note earlier meeting time AND meeting point. <i>Meet: outside Tesco Express Wood Street.</i> Gwyn Lewis tel:07910 595265	D easy 4m/6km
Sat 28th 10:00am	Castell coach Area from Radyr railway station <i>Meet: Radyr railway station</i> Rob Jewels tel:029 2055 3843	C mod 9m/15km
Sun 29th 9:00am	Defynnog and Brychgoed Chapel Visit the oldest living tree in Europe and a remote chapel Diane Davies tel:029 2075 2464	B mod 12m/19km
Sun 29th 10:00am	Family Friendly Walk: Bluebell Walk in Parc Cefn Onn <i>Meet: Parc Cefn Onn car park</i> Jim Riley tel:029 2052 993/ 07799755121	D easy 3m/5km




May

Tue 1st 7:30pm	Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina	
Wed 2nd 9:30am	Llyndwr Fawr and Cwm Garw Arny Williams tel:07976 483329	A stren 12m/19km
Wed 2nd 9:30am	Hills Tramway and River Usk Marilyn Woods tel:01873 831106	B mod 10m/16km
Wed 2nd 9:30am	Parkmill and Pwlldu Head (Gower) Peter Bryant tel:07954 139079	C mod 10m/16km
Wed 2nd 9:30am	Mike and Mary's Six of the Best: The bluebells of Wenallt and Greenmeadow Mike and Mary Sullivan tel:029 2049 2145	C leis 6m/10km
Thu 3rd 7:00pm	Thursday Evening Walk: Rail Ramble: Meet at Radyr railway station at 7pm for 7.08 train to Llandaff. Mike Kohnstamm tel:029 2075 7642	D leis 5m/8km
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 9:30am	Rail Ramble: Swansea Maritime Quarter and Clyne Gardens (Spring Colours) Catching train from Cardiff Central railway station. <i>Meet: Cardiff Central railway station</i> Paul T tel:029 2036 1766	D leis 6m/10km
		
Sun 6th 10:30am	Family Friendly Walk: Three Bears Cave and cafe in the Forest from Castell Coch <i>Meet: Castell Coch Lower car park</i> Linda Hall tel:0292061 6117	D easy 3m/5km
		

May

- Wed 9th**
8:30am **Coach Trip: Minehead** Choice of walks organised by Rob Jewels and Gwyn Lewis. Contact Gwyn (07910 595265) for walk details and for coach tickets. Leave 8.30am from the Three Elms Pub, Whitchurch Common. Fare £9. Advance booking essential *Meet: Three Elms Pub Whitchurch*
- Thu 10th**
7:00pm **Thursday Evening Walk:** Meet outside ASDA, Ferry Road, Cardiff Bay for ASDA Mountain and Beyond Gwyn Lewis tel:07910 595265 **D easy**
4m/6km
- Fri 11th**
11:00am **Cardiff Central Strollers check if "Spring has Sprung"? [Bute Park]** *Meet: Cardiff Central railway station near the information booth* Gwyn Lewis tel:07910 595265 **D easy**
5m/8km
- Sat 12th**
10:00am **Cold Knap and Porthkerry** *Meet: Cold Knap beach car park* Larry Cody tel:01446 418606 or 07510 353287 **C leis**
7m/11km
- Sun 13th**
9:00am **Cotswold hill forts and villas** A roman villa, a hillfort and the hill where they do the cheese rolling Stuart Neil tel:029 2038 9272 **B mod**
12m/19km
- Wed 16th**
9:00am **Rail Ramble along Wales Coast Path: Carmarthen to Ferryside.** Catching 0904 train from Cardiff Central railway station. Allow time to buy train ticket. *Meet: Cardiff Central railway station* Digna Liepa tel:029 2052 0640 **C mod**
9m/15km
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- Wed 16th**
9:30am **Longtown, Black Darren and Crib y Garth (Cats Back)** Chris Marshall tel:07909 966548 **A stren**
11m/18km
- Wed 16th**
9:30am **Waterfall Country and Penderyn** Moderate pace. Wyn Rosser tel:029 2073 1272/ 07811 464955 **B mod**
12m/19km
- Wed 16th**
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
- Thu 17th**
7:00pm **Thursday Evening Walk:** Meet outside Penylan Library, Penylan Road for Roath Park Circular Susan Baker tel:07970 522624 **D easy**
4m/6km
- Fri 18th**
10:30am **Cardiff Central Strollers Bagging Castles (2): Taffs Well to Caerphilly Castle.** Linear Walk. Catching bus to bus stop nearest to Taffs Well railway station. Note the earlier meeting time. *Meet: Cardiff Central railway station near the information booth* Gwyn Lewis tel:07910 595265 **D leis**
5m/8km
- Sat 19th**
9:30am **Whisky and Water (Penderyn)** *Meet: rear Ararat Centre Whitchurch* Andrew Price tel:07777 630336 **B mod**
11m/18km

May

Sun 20th 9:00am	Tor y Foel and Wenallt Fine views over Talybont and the Beacons and the Usk valley Roma Whiteley tel:029 20752680	A mod 11m/18km
Wed 23rd 9:00am	Rail Ramble along Wales Coast Path: Ferryside to Burry Port. Catching 0904 train from Cardiff Central railway station. Allow time to buy train ticket. <i>Meet: Cardiff Central railway station</i> Digna Liepa tel:029 2052 0640	C mod 14m/23km
		
Wed 23rd 9:30am	Cribarth and Henrhyd Falls from Craig y Nos Alan Parry tel:029 2041 9584	C stren 9m/15km
Wed 23rd 9:30am	Hensol and Pendoylan Geoff Trinick tel:029 2049 5016	C mod 7m/11km
Wed 23rd 9:30am	Newport Wetlands and Great Traston Woods Meeting <i>Walk Leader at Newport Wetlands car park. NP18 2BZ</i> John Newton tel:01633 440999	D mod 10m/16km
Thu 24th 7:00pm	Thursday Evening Walk: Meet Dinas Powys Village Square for Dinas Powys Circular Barry Southwell tel:029 2051 3082	D leis 5m/8km
Fri 25th 10:30am	Cardiff Central Strollers visit Cowbridge Catching 10:35 X2 bus to Cowbridge. Option to shorten walk. Note the earlier meeting time AND different meeting point. <i>Meet: outside Tesco Express in Wood Street.</i> Geoff Trinick tel:029 2049 5016	D leis 6m/10km

Ramblers Walk About Festival May 26 – June 3. Link <http://www.ramblers.org.uk/> to Ramblers website "Where do you want to walk?" for details of walks during the festival in your chosen location.

Sat 26th 9:00am	Crucorney Lingoed Circuit <i>Meet: rear Ararat Centre</i> <i>Whitchurch</i> Su Green tel:07954 139946	B mod 8m/13km
Sun 27th	Glamorgan Area Walk hosted by Cynon Valley Group at Dare Country Park, Aberdare [CF44 7PS]. Choice of walks: Strenuous 12 mile starting 9.30am; Moderate 9 mile starting 10am; Leisurely 6 mile starting 10.30am. Contact Gwyn Lewis (07910 595265) for more info.	
Wed 30th 9:30am	Grwyne Fawr Robert Smith tel:029 2088 0305	A stren 12m/19km
Wed 30th 9:30am	Dingestow - Monmouth Nigel Clifton tel:07968 724078	B mod 11m/18km
Wed 30th 9:30am	Monmoel and Sirhowy from Pen-y-Fan Pond. Bette Griffiths tel:029 2056 2041	C leis 8m/13km
Wed 30th 9:30am	Tongwynlais - Whitchurch Catching bus from Ararat to start, bring bus pass/fare. Graeme Milnes tel:029 2062 7553	D leis 6m/10km

May

Thu 31st 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
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June

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 10:00am	Radyr Woods and Forest Farm from Radyr railway station <i>Meet: Radyr railway station</i> Paul T tel:029 2036 1766	D easy 5m/8km
Sun 3rd 9:00am	Above Talybont Explore the hills above Talybont Reservoir David Willock tel:02920 623 954	A stren 13m/21km



Walk in Wainwright's footsteps for approx 125 miles on "A Pennine Journey" Settle to Housesteads. 4th - 15th June. Sorry fully booked: to register interest in future treks please contact Roma Whiteley on 029 20752680 or romawhiteley@talktalk.net

Tue 5th 7:30pm	Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina	
Wed 6th 9:30am	A wander around the Rhondda Arny Williams tel:07976 483329	A stren 16m/26km
Wed 6th 9:30am	Cwmdu and Mynydd Llangorse Moderate pace. Wyn Rosser tel:029 2073 1272/ 07811 464955	B mod 10m/16km
Wed 6th 9:30am	Goodrich Alan Parry tel:029 2041 9584	C mod 8m/13km
Wed 6th 10:00am	Penarth via Lavernock Nature Reserve <i>Meet 10am at Cosmeston Lakes car park.</i> Gwyn Lewis tel:07910 959265	D leis 6m/10km
Thu 7th 7:00pm	Thursday Evening Walk: Meet outside Millennium Centre, Cardiff Bay for Cardiff Bay Trail Paul T tel:029 2036 1766	D leis 5m/8km
Fri 8th 11:00am	Cardiff Central Strollers Seaside Strolls: Penarth Promenade. Linear walk. Catching bus or train back from Penarth. <i>Meet: Cardiff Central railway station near the information booth</i> Gwyn Lewis tel:07910 595265	D easy 5m/8km
Sat 9th 10:30am	Historic Llantwit Major and Coast <i>Meet at Llantwit Major railway station car park. Train for Llantwit Major leaves Cardiff Central 0941.</i> Larry Cody tel:01446 418606 or 07510 353287	C leis 7m/11km
Sun 10th 9:00am	North of Trelewis Andrew Price tel:07777630336	A stren 12m/19km

June

Wed 13th 8:30am	Coach Trip: Mendip Hills and Cheddar Village Choice of walks organised by Martin Bye and Vic Chambers. Contact Martin (029 2075 6618) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from the Three Elms Pub, Whitchurch Common. Fare £8. Advance booking essential <i>Meet: Three Elms Pub Whitchurch</i>	
Thu 14th 7:00pm	Thursday Evening Walk: Meet Llandaff railway station for Forest Farm Circular Graeme Milnes tel:029 2062 7553	D leis 5m/8km
Fri 15th 11:00am	Cardiff Central Strollers gambol in Llandaff Fields <i>Meet: Cardiff Central railway station near the information booth</i> Gwyn Lewis tel:07910 595265	D easy 5m/8km
Sat 16th 9:30am	Brecon Town to Y Gaer via Battle <i>Meet: rear Ararat Centre Whitchurch</i> Leighton Hill tel:07469 880699	B mod 8m/13km
Sun 17th 9:00am	Llandegfedd Reservoir and surrounding areas <i>Meet: Sherman Theatre, then meet leader at top car park at reservoir</i> John Newton tel:01633 440999	C mod 10m/16km
Wed 20th 8:00am	The Llanbedr Horseshoe Note: meeting 8am at Ararat for car sharing Chris Marshall tel:07909 966548	A+ stren 18m/29km
Wed 20th 9:30am	Grwyne Fawr Valley taking in Crug Mawr and Bal Mawr. Either 9.30am at Ararat, or 10.30am at the Pont Cadwgan Forest 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 20th 9:30am	Kath Edward's Birthday Walk: Christchurch and Symonds Yat Includes ferry crossing of River Wye, small charge payable. Kath Edwards tel:029 2051 2609	C mod 9m/15km
Wed 20th 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
Thu 21st 7:00pm	Thursday Evening Walk: Meet outside Millennium Centre, Cardiff Bay for Dock and Canals Gwyn Lewis tel:07910 595265	D easy 4m/6km
Fri 22nd 10:00am	Cardiff Central Strollers visit Newport Transporter Bridge Catching 10am bus from Custom House Street for Newport bus station for 11am start of Stroll. Bring fare for crossing the Transporter bridge. Note earlier meeting time AND different meeting point. <i>Meet: Custom House Street</i> Gwyn Lewis tel:07910 595265	D easy 6m/10km

June

- Sat 23rd** 9:30am  **Rail Ramble: Rhose - Coastal Path - Barry Island - Jackson's Bay.** Option to finish walk at Barry Island *Meet: Cardiff Central railway station*
Paul T tel:029 2036 1766 **D leis**
7m/11km
- Sun 24th** 10:30am  **Family Friendly Walk: Twyn Gaer Hill Fort from Brecon Beacons National Park Visitors Centre** *Meet: Brecon Beacons National Park Visitors Centre Libanus LD3 8ER*
Linda Hodgson tel:029 2084 3179 **D easy**
3m/5km
- Wed 27th** 9:30am **Pontsticill and Dyffryn Crawnnon**
Robert Smith tel:029 2088 0305 **A stren**
14m/23km
- Wed 27th** 9:30am **Raglan Castle**
Nigel Clifton tel:07968 724078 **B mod**
11m/18km
- Wed 27th** 9:30am **Cwm Camlais from Mountain Centre.**
Bette Griffiths tel:029 2056 2041 **C mod**
8m/13km
- Wed 27th** 9:30am **St Brides and Ewenny Priory**
George Baker tel:029 2019 5389 **C leis**
7m/11km
- Thu 28th** 7:00pm **Thursday Evening Walk:** Meet Taffs Well railway station for Nantgarw and the Taff Trail
Jody Hill tel:07846 590440 **C mod**
5m/8km
- Fri 29th** 11:00am **Cardiff Central Strollers on the Cardiff Bay Trail.**
Options to leave the walk early. *Meet: Cardiff Central railway station near the information booth*
Gwyn Lewis tel:07910 595265 **D easy**
7m/11km
- Sat 30th** 9:30am **Merthyr Circular from Cyfarthfa Castle** *Meet: rear Ararat Centre Whitchurch*
Gwyn Lewis tel:07910 595265 **C leis**
8m/13km


July

- Sun 1st** 9:00am **Table Mountain and Sugar Loaf** Two peaks from Crickhowel
Stuart Neil tel:029 2038 9272 **A stren**
12m/19km

Tue 3rd 7:30pm	Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina
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- Wed 4th** 8:45am **Walk Leaders "Breakfast" Meeting to launch Autumn/ Winter Walks Programme** 8.45 - 9.15am at Ararat Centre, Whitchurch. Tea and Biscuits. Contact Gwyn Lewis 07910 595265 for more info.
- Wed 4th** 9:30am **Abertillery Circular including Big Pit**
Barry Southwell tel:029 2051 3082 **A stren**
15m/24km
- Wed 4th** 9:30am **Nant Bwch Valley and Grwyne Fawr Valley (postponed from 26 July 2017)** Moderate pace.
Wyn Rosser tel:029 2073 1272/ 07811 464955 **B mod**
12m/19km

July

Wed 4th 9:30am	Downs to Wenvoe Nigel Williams tel:07749 426866	C mod 7m/11km
Wed 4th 9:30am	Mike and Mary's Six of the Best: Two Rivers Walk and Canal (Crosskeys) Mike and Mary Sullivan tel:029 2049 2145	C leis 6m/10km
Thu 5th 7:00pm	Thursday Evening Walk: Meet Taffs Well railway station for a stroll up the Garth Leighton Hill tel:07469 880699	C mod 5m/8km
Fri 6th 11:00am	Cardiff Central Strollers Pumping Station Circular <i>Meet: Cardiff Central railway station near the information booth</i> Gwyn Lewis tel:07910 595265	D easy 6m/10km
Sat 7th 8:30am	Coach Trip: Bath Choice of walks organised by Leighton and Jody Hill. Contact Leighton (07469 880699) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from the Three Elms Pub, Whitchurch Common. Fare £10. Advance booking essential	
Wed 11th 9:30am	Ystradfellte, Fan Gyhirych, Fan Nedd Jim Riley tel:029 2052 993/ 07799755121	A stren 13m/21km
Wed 11th 9:30am	Dunraven Bay, St Brides, Ogmore Bob Macey tel:029 2075 2003/ 07840 490492	C mod 9m/15km
Wed 11th 9:30am	Goldcliff - Redwick Graeme Milnes tel:029 2062 7553	D leis 9m/15km
Wed 11th 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
Thu 12th 7:00pm	Thursday Evening Walk: Meet at Caerphilly Mountain Snack Bar for Caerphilly Mountain Jody Hill tel:07846 590440	C mod 5m/8km
Fri 13th 11:00am	Cardiff Central Strollers Seaside Strolls: Barry Island Catching 11:09 train to Barry Dock railway station. Book return ticket to Barry Island. Use bus travel concessionary pass for discount. <i>Meet: Cardiff Central railway station near the information booth</i> Gwyn Lewis tel:07910 595265	D leis 6m/10km
Sat 14th 9:30am	Rail Ramble: Bristol Harbour Circular - Saint Nicholas Market Catching train from Cardiff Central railway station. <i>Meet: Cardiff Central railway station</i> Paul T tel:029 2036 1766	D leis 5m/8km
		
Sun 15th 9:00am	Llangorse Loop Around Llangorse Lake via Allt yr Esgair and Mynydd Llangorse Leighton Hill tel:07469 880699	B mod 12m/19km

July

Wed 18th 9:30am	Blaencwm and Glynccorwg Ian Palmer tel:029 2070 1204	A stren 13m/21km
Wed 18th 9:30am	Dyffryn Crawnnon Moderate pace. Registered Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	B mod 12m/19km
Wed 18th 9:30am	Iron Mountain Trail (Blaenavon) Malcolm Rayner tel:07708 244635	B mod 11m/18km
Wed 18th 9:30am	Michaelston y Fedw, Rhymney River and Ruperra Area <i>Meeting Walk Leader at Cefn Mably pub.</i> Jane Tucker tel:01633 681981 / 07799 187590	C mod 7m/11km
Thu 19th 7:00pm	Thursday Evening Walk: Meet at Wild Gardens Road, Roath Park for Nant Fawr Corridor Diane Davies tel:029 2075 2664	D leis 5m/8km
Fri 20th 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 21st 10:00am	Wenvoe from St Mary's Church, Wenvoe <i>Meet: St Mary's Church, Wenvoe</i> Gwyn Lewis tel:07910 595265	C mod 7m/11km
Sun 22nd 9:00am	Pwll yr Wrach and Mynydd Troed A hidden nature reserve and some strenuous climbing Diane Davies tel:029 2075 2464	A stren 12m/19km
Wed 25th 9:30am	Gower Claire Britton tel:07973 847908	A stren 12m/19km
Wed 25th 9:30am	Two Rivers and a Mountain (Rogerstone) Andrew Price tel:07777 630336	B mod 10m/16km
Wed 25th 9:30am	Crosskeys to Machen <i>Meeting Walk Leader at car park at the top of Waunfawr Park, Gladstone Street, Crosskeys</i> Maggie Thomas tel:01495 273057	B mod 8m/13km
Wed 25th 9:30am	Mitchel Troy and Dingestow George Sheldrick tel:029 2062 3731	C leis 9m/15km
Thu 26th 7:00pm	Thursday Evening Walk: Meet Barry Island railway station for "Round Barry with Larry" Larry Cody tel:01446 418606 or 07510 353287	D leis 5m/8km
Fri 27th 10:15am	Cardiff Central Strollers Bagging Castles (3): Cyfarthfa Castle Catching 10:25 X4 bus to Merthyr bus station for 11:20-ish start. Note earlier meeting time. <i>Meet: Cardiff Central railway station near the information booth</i> Gwyn Lewis tel:07910 595265	D leis 6m/10km

July

- Sat 28th** **Climb Every (local) Mountain: ASDA Mountain from Channel View Leisure Centre** *Meet: Channel View Leisure Centre, Grangetown CF11 7HB* **D leis**
10:00am Gwyn Lewis tel:07910 595265 **5m/8km**
- Sun 29th** **Craig y Nos and the Tawe Valley** An ascent of Cribarth and a visit to Henrhyd Waterfall **B mod**
9:00am Diane Davies tel:029 2075 2464 **12m/19km**
- Sun 29th** **Family Friendly Walk: Stroll around Cosmeston Lakes and cafe** *Meet: Cosmeston Lakes car park* **D easy**
10:30am Monica Couch tel:029 2070 8740 **3m/5km**




August

- Wed 1st** **Rail Ramble: Ebbw Vale to Newbridge.** Linear walk. **C mod**
9:15am Catch Cardiff Central 0934 train (or on route) to Ebbw Vale Parkway. Meet Walk Leader at Ebbw Vale Parkway railway station for walk start at 10.30am. *Meet: Cardiff Central railway station* **11m/18km**
Maggie Thomas tel:01495 273057
- Wed 1st** **Fan Dringarth, Fan Frynach, Cerrig Gleisiad** **A stren**
9:30am Jim Riley tel:029 2052 993 / 07799755121 **13m/21km**
- Wed 1st** **Parc Cwm Darran** **C 9m/15km**
9:30am Rob Jewels tel:029 2055 3843
- Wed 1st** **Mike and Mary's Six of the Best: Parc Slip and Tondu** **D leis**
9:30am Mike and Mary Sullivan tel:029 2049 2145 **6m/10km**
- Thu 2nd** **Thursday Evening Walk:** Meet Radyr railway station for Radyr Woods and Canal Nature Reserve **D leis**
7:00pm Rob Jewels tel:029 2055 3843 **4m/6km**
- Fri 3rd** **Cardiff Central Strollers visit Glamorgan Canal Nature Reserve.** Catching bus to bus stop near Holybush Pub, Coryton. Option of carvery meal after stroll. *Meet: Cardiff Central railway station near the information booth* **D leis**
11:00am Gwyn Lewis tel:07910 595265 **5m/8km**
- Sat 4th** **Tintern Abbey - Madgett Hill - Tintern Old Station cafe** **D mod**
10:00am *Meet: rear Ararat Centre Whitchurch* **6m/10km**
Paul T tel:029 2036 1766
- Sun 5th** **Parc Cwm Darran near Bargoed** **B mod**
9:00am Rob Jewels tel:029 20553843 **11m/18km**

Tue 7th 7:30pm	Social evening: Butchers Arms in Heol-y-Felin, Rhiwbina
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August

Wed 8th 8:30am	Coach Trip: Malvern Hills 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 the Three Elms Pub, Whitchurch Common. Fare £10. Advance booking essential <i>Meet: Three Elms Pub Whitchurch</i>	
Thu 9th 7:00pm	Thursday Evening Walk: Meet Llandaff Fields cafe for Pontcanna/Blackweir Circuit Graeme Milnes tel:029 2062 7553	D leis 5m/8km
Fri 10th 11:00am	Cardiff Central Strollers visit Cardiff Bay <i>Meet: Cardiff Central railway station near the information booth</i> Gwyn Lewis tel:07910 595265	D easy 6m/10km
Sat 11th 9:30am	Peterston Super Ely Ridge and Valley <i>Meet: rear Ararat Centre Whitchurch</i> Su Green tel:07954 139946	B mod 7m/11km
Sun 12th 9:00am	Caerleon and Wentwood Caerleon area, Wentwood and back taking in part of the Usk Valley Walk <i>Meet: Sherman Theatre, then meet leader in Caerleon by the Amphitheatre/ RFC</i> John Newton tel:01633 440999	B mod 11m/18km
Sun 12th 10:30am	Family Friendly Walk: River Walk and Ice-cream Parlour from Machen <i>Meet: Machen Village Hall</i> Margaret Wallis tel:01633 441054	D easy 3m/5km
		
Wed 15th 9:30am	Mynydd Troed, Waun Fach and Y Grib Chris Marshall tel:07909 966548	A+ stren 12m/19km
Wed 15th 9:30am	Broughton, Marcross, Nash Point figure of 8 Bob Macey tel:029 2075 2003/ 07840 490492	C mod 9m/15km
Wed 15th 9:30am	Mynydd Illtud and Llechid (Brecon Mountain Centre area) George Baker tel:029 2019 5389	C mod 7m/11km
Wed 15th 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
Thu 16th 7:00pm	Thursday Evening Walk: Meet at Lisvane railway station for Cefn Onn Park and the Ridge Leighton Hill tel:07469 880699	C mod 4m/6km
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.	
Sat 18th 10:00am	Climb Every (local) Mountain: Rudry Mountain from Parc Cefn Onn <i>Meet: Parc Cefn Onn car park</i> Gwyn Lewis tel:07910 595265	C mod 7m/11km


August

Sun 19th 9:00am	Crug Mawr and Sugarloaf Two peaks, in the purple mountains, if the heather is blooming. Gillian Masters tel:029 2061 5094	A stren 13m/21km
Wed 22nd 9:30am	Mynydd Llangorse Ian Palmer tel:029 2070 1204	A stren 14m/23km
Wed 22nd 9:30am	Abergavenny Alan Parry tel:029 2041 9584	C mod 10m/16km
Wed 22nd 9:30am	Crosskeys to Twmbarlwm and Cwmcarn Forest Meeting <i>Walk Leader at Spiritualist Church Pontywaun (entrance to Halls Road Terrace)</i> Maggie Thomas tel:01495 273057	C mod 8m/13km
Wed 22nd 9:30am	Bus Ramble: Pentyrch to Whitchurch Linear walk. Catching Stagecoach 136 bus from Ararat. Gwyn Lewis tel:07910 595265	D leis 7m/11km
Thu 23rd 7:00pm	Thursday Evening Walk: Meet Penarth railway station for around Penarth Jody Hill tel:07846 590440	D easy 4m/6km
Fri 24th 11:00am	Cardiff Central Strollers aim for Roath Park Lake and cafe Linear walk. Catching bus back to City Centre <i>Meet: Cardiff Central railway station near the information booth</i> Gwyn Lewis tel:07910 595265	D easy 5m/8km
Sat 25th 9:30am	Blaencwm Circular <i>Meet: rear Ararat Centre Whitchurch</i> Leighton Hill tel:07469 880699	B mod 8m/13km
Sun 26th 9:00am	Melincourt Falls The Gnoll, Melincourt Falls and the Neath Canal Leighton Hill tel:07469 880699	B mod 12m/19km
Wed 29th 9:30am	Fforest Fawr and Senni Valley Robert Smith tel:029 2088 0305	A+ stren 14m/23km
Wed 29th 9:30am	Usk Nigel Clifton tel:07968 724078	B mod 10m/16km
Wed 29th 9:30am	Darren Valley from Parc Cwm Darran. Bette Griffiths tel:029 2056 2041	C mod 9m/15km
Wed 29th 9:30am	Dare Country Park Gwyn Lewis tel:07910 595265	C mod 6m/10km
Thu 30th 7:00pm	Thursday Evening Walk: Meet outside Millennium Centre, Cardiff Bay for Cardiff Bay Trail Paul T tel:029 2036 1766	D leis 5m/8km
Fri 31st 11:00am	Cardiff Central Strollers Circle Taffs Well. Catching bus to bus stop nearest to Taffs Well railway station <i>Meet: Cardiff Central railway station near the information booth</i> Gwyn Lewis tel:07910 595265	D leis 6m/10km

September

Sat 1st 10:00am	Climb Every (local) Mountain: Caerphilly Mountain from Castell Coch <i>Meet: Castell Coch lower car park</i> Gwyn Lewis tel:07910 595265	C mod 7m/11km
Sun 2nd 9:00am	White Castle and Offa's Dyke 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	Hay Bluff and Crib y Garth (Cat's Back) Either 9.30am at Ararat, or 10.30am at Black Hill Picnic Area car park (SO 288 328). Contact Walk Leader if going direct to start. Steve Burge tel:029 2073 4359 or 07771 504380	B mod 10m/16km
Wed 5th 9:30am	Circular from Pont ar Daf: Beacons Way, Fan Frynach and Taff Trail. Claire Edwards tel:029 2075 6493	B mod 8m/13km
Wed 5th 9:30am	Dinas Powys Gwyn Lewis tel:07910 595265	C leis 7m/11km
Wed 5th 9:30am	Celtic Crosses and Coastal Walk (Llantwit Major) <i>Meeting Walk Leader at Llantwit Major railway station car park.</i> Ann Dixey tel:07896 690727	C mod 6m/10km
Fri 7th 11:00am	Cardiff Central Strollers ask "are we there yet?" on route to Cardiff Bay via Victoria Park! Linear walk finishing in Cardiff Bay. Option to leave walk early. <i>Meet: Cardiff Central railway station near the information booth</i> Gwyn Lewis tel:07910 595265	D easy 6m/10km
Sat 8th 10:00am	Brecon Beacons Visitors Centre for Mynydd Illtud <i>Meet: rear Ararat Centre Whitchurch</i> Paul T tel:029 2036 1766	C mod 6m/10km
Sun 9th 9:00am	Tintern On the Welsh bank of the Wye including Botany Bay, the iron works and the Eagles Nest Stuart Neil tel:029 2038 9272	B mod 11m/18km
Wed 12th 8:15am	Coach Trip: Newport (Pembs) Choice of walks organised by Alan Parry and Peter Gifford. Contact Alan (029 2041 9584) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.15am from the Three Elms Pub, Whitchurch Common. Fare £10. Advance booking essential <i>Meet: Three Elms Pub Whitchurch</i>	
Fri 14th 11:00am	Cardiff Central Strollers circle Bute Park <i>Meet: Cardiff Central railway station near the information booth</i> Gwyn Lewis tel:07910 595265	D leis 6m/10km
Sat 15th 10:00am	Climb Every (local) Mountain: Craig yr Allt from Taffs Well railway station <i>Meet: Taffs Well railway station</i> Gwyn Lewis tel:07910 595265	C mod 6m/10km

September

- Sun 16th** 9:00am No walk scheduled - suggestions welcome from volunteer leaders
- Wed 19th** 9:30am **Ebbw Valley and Cefn yr Arail** Roma Whiteley tel:029 2075 2680 **A mod**
12m/19km
- Wed 19th** 9:30am **Rail Ramble: Caerphilly to Crosskeys (via Machen Mountain)** Linear walk. Catch 0931 Bargoed train from Cardiff Central (or on route: Heath High Level 0940; Llanishen 0943; Lisvane 0945) for Caerphilly. Walk Leader to join train at Heath High Level. Walk to start 10am from Caerphilly railway station. *Meet: Cardiff Central railway station*
Claire Edwards tel:029 2075 6493 **B mod**
12m/19km
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- Wed 19th** 9:30am **Monmouth and the Kymin** George Sheldrick tel:029 2062 3731 **B leis**
9m/15km
- Wed 19th** 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 or 07967 684799 **D leis**
5m/8km
- 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.
- Sat 22nd** 10:00am **Climb Every (local) Mountain: Garth from Taffs Well railway station** *Meet: Taffs Well railway station*
Gwyn Lewis tel:07910 595265 **C mod**
6m/10km
- Sun 23rd** 9:00am **Cwm Dare Country Park** A walk over Craig yr Ysgol and into Cwm Rhondda Fach
Diane Davies tel:029 2075 2464 **B mod**
12m/19km
- Wed 26th** 9:30am **The Ravens Way** Arny Williams tel:07976 483329 **A+ stren**
15m/24km
- Wed 26th** 9:30am **Cwmdu** Moderate pace. Registered Dogs Only by prior arrangement with the Walk Leader.
Wendy Winney tel:029 2062 8861 **B mod**
13m/21km
- Wed 26th** 9:30am **Crosskeys to Mynyddislwyn and Hafod Tudor Valley** *Meeting Walk Leader at car park at the top of Waunfawr Park, Gladstone Street, Crosskeys*
Maggie Thomas tel:01495 273057 **C mod**
8m/13km
- Wed 26th** 9:30am **Chepstow: Border patrol** Gwyn Lewis tel:07910 595265 **C mod**
8m/13km

September

<p>Fri 28th 10:45am</p>	<p>Cardiff Central Strollers Seaside Strolls and Where's Elvis?: Porthcawl Catching 10:50 train to Bridgend. Linear walk to Porthcawl via countryside and Merthyr Mawr sand dunes. Catching bus back either to Bridgend (for train) or stay on-board bus for Cardiff. <i>Meet: Cardiff Central railway station near the information booth</i> Gwyn Lewis tel:07910 595265</p>	<p>C mod 7m/11km</p>
<p>Sat 29th 9:30am</p>	<p>Oxwich Bay and Port Eynon <i>Meet: rear Ararat Centre</i> <i>Whitchurch</i> Leighton Hill tel:07469 880699</p>	<p>B mod 8m/13km</p>
<p>Sun 30th 9:00am</p>	<p>Black Mountain Ridges SE Gillian Masters tel:029 2061 5094</p>	<p>A stren 13m/21km</p>
<p>Sun 30th 10:00am</p>	<p>Family Friendly Walk: Pen Y Fan, South Wales highest mountain Wear stout shoes and bring warm clothes and waterproofs <i>Meet: Pont ar Daf car park (just south of Storey Arms) LD3 8NL</i> Calum Taylor tel:029 2061 3909</p>	<p>B mod 5m/8km</p>



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 activities.

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.

COMMITTEE MEMBERS

chairman	Nigel Clifton	02920 400287
secretary	Diane Davies	029 2075 2464
	<i>9 Cyncoed Rise, Cyncoed, Cardiff, CF23 6SF</i> <i>email secretary@cardifframblers.org.uk</i>	
treasurer	Richard Noble	07752 826 353
membership	Kathryn Bennett	029 2056 2703
	<i>11 Bruton Place, Llandaff, Cardiff CF5 2ER</i>	
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
	Barry Southwell	029 2051 3082

HONORARY PRESIDENT: Wendy Winney

Previous holders	2016 - 17 Cyril Maskall
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


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, Camelot House, 87-90 Albert Embankment, London SE1 7TW.

Mae Cymdeithas y Cerddwyr yn elus en cofrestrdedig, (rhnif Cymru a Lloegr: 1093577, rhnif yr Alban SC039799) ac yn gwmni cyfyngedig trwy warant, wedi ei cofrestru yng Nghymru a Lloegr (rhnif cofrestru'r cwmni 4458492). Swyddfa Cofrestrdedig Cymdeithas y Cerddwyr: All lawr, Tŷ Camelot, 87-90 Glannau Albert, Llundain, SE1 7TW.