



y cerddwyr
ramblers cymru



Cardiff Ramblers

Winter Walks Programme

October 2015 - March 2016



GENERAL INFORMATION

• MEETING POINTS

Saturdays: No fixed meeting point - please check Programme entries

Sundays: By the Sherman Theatre, Senghennydd Road, Cardiff CF24 4YE unless otherwise stated. Please check for variations.

Friday Strolls: generally inside Cardiff Central railway station, though check for rare exceptions.

Wednesdays: at rear of Ararat Centre, Whitchurch Common, Cardiff CF14 1PT

Where walks meet at the location, times are walk start times - please be early enough to kit up and leave on time.

• **REFRESHMENTS** Bring enough food and drink for coffee, lunch and tea breaks on full day walks.

• **TRANSPORT COSTS** Our Group encourages car sharing. Drivers often appreciate it when a voluntary contribution is made by passengers. As a guide, 10p per mile per passenger is considered an amount which reasonably covers the costs incurred by the driver.

• **DOGS** may be allowed by prior arrangement with the leader. When allowed, they must be under close control and on a lead through farmyards and fields containing animals. Guide dogs are welcome, but please check the suitability of the walk with the leader in advance. *Ramblers Civil Liability Insurance does not cover incidents involving dogs and owners must take responsibility for their dogs.*

• **LARGE GROUPS** For reasons of safety and enjoyment, large attendance at any walk may result in changes to the published programme.



• **CHILDREN** Walkers must be 18+ or accompanied by an adult holding parental responsibility. Unaccompanied walkers aged 15-17 are welcome (except on overnight stays) with a valid 15-17 Year Old Parental Consent Card, obtainable free from Ramblers main office, tel 020 7339 8500. Contact Committee Member to discuss.

• **ACCIDENTS** Incidents where outside assistance is required or where someone is injured and needs first aid/medical treatment (beyond just a plaster or antiseptic wipe) that occur on a Group walk must be reported to the walk leader, who must report the incident to our Group Secretary for inclusion in our Accident Book.

October

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| Fri 2nd 11:00am | Cardiff Central Strollers visit the Bay & Wetlands. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 5m/8km |
| Sat 3rd 10:00am | Nant Fawr & Reservoir. <i>Meet 10am at Scott Memorial, Roath Park.</i> Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Sun 4th 9:00am | West of Whitchurch St.Fagans, Star Lane, Creigiau and Pentyrch Arny Williams tel:07976 483329 | B mod 14m/23km |
| Tue 6th 7:30pm | Social evening: Butchers Arms in Heol y Felin Rhiwbina | |
| Wed 7th 9:30am | Upper Taff Fechan & Caerfanell Robert Smith tel:029 2088 0305 | A stren 13m/21km |
| Wed 7th 9:30am | Scwd yr Eira, 4 other waterfalls and Nedd Fechan Valley Wyn Rosser tel:07811 464955 or 029 2073 1272 | B mod 11m/18km |
| Wed 7th 9:30am | South Gower Roma Whiteley tel:029 2075 2680 | C mod 10m/16km |
| Wed 7th 9:30am | Ystradowen Bette Griffiths tel:029 2056 2041 | D leis 7m/11km |
| Fri 9th 11:00am | Cardiff Central Strollers Discover Heath. Linear walk from Cardiff Central to Heath and on to Roath Park cafe. Bring fare/bus pass for return journey. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 5m/8km |
| Sat 10th 10:00am | Radyr - St Fagans Circular. <i>Meet: 10am at Radyr railway station.</i> Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Sun 11th 9:00am | Waun Fach Roma Whiteley tel:029 20752680 | A stren 12m/19km |
| Wed 14th 9:30am | Central Beacons Claire Britton tel:07973 847908 | A stren 12m/19km |
| Wed 14th 9:30am | Senghenydd Dyke. <i>Meeting Walk Leader at Station Road car park Llanbradach.</i> John Newton tel:01633 440999 | B mod 10m/16km |
| Wed 14th 9:30am | Skenfrith Castle. Start of walk Skenfrith Castle. Maggie Thomas tel:01495 273057 | C mod 9m/15km |
| Wed 14th 9:30am | 2 Rivers Walk (Sirhowy Valley) Len Bowker tel:029 2075 8493 | C mod 8m/13km |

October

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| Fri 16th 10:30am | Cardiff Central Strollers: Caerphilly Mountain & Trig Point Note earlier meeting time. Catching bus out and back, bring bus fare/pass. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 5m/8km |
| Sat 17th 9:40am  | Rail Ramble: Swansea Maritime Quarter - Sea Front - Clyne Gardens - catching bus back to Swansea station. <i>Meet: 9.40am at Cardiff Central railway station.</i> Paul (T) tel:029 2036 1766 | D leis 6m/10km |
| Sat 17th 10:30am  | Family Friendly Walk: Chestnuts and Salmon leaping. <i>Meet 10.30am at Radyr railway station car park.</i> Eddie Thomas tel:029 2061 1235 | D easy 3m/5km |
| Sun 18th 9:00am | Pontypridd Jen tel:029 20624885 | B mod 12m/19km |
| Wed 21st 9:30am | The Ravens Way from Machen Arny Williams tel:07976 483329 | A+ stren 15m/24km |
| Wed 21st 9:30am | Margam & Mynydd Brombil Nigel Williams tel:07749 426866 | B mod 9m/15km |
| Wed 21st 9:30am | Goldcliff & Redwick from Redwick Graeme Milnes tel:029 2062 7553 | C mod 9m/15km |
| Wed 21st 10:00am | Gelligaer Common and the Romans. Starting 10am from Bargoed. Catch 09:01 train from Cardiff Central to Bargoed [stops on route: 09:10 Heath; 09:13 Llanishen; 09:15 Lisvane/Thornhill (parking); 09:21 Caerphilly]. <i>Meet: Leader on train or at Bargoed</i> Claire Edwards tel:029 2075 6493 | C mod 9m/15km |
| Fri 23rd 11:00am | Cardiff Central Strollers take the Ely Trail to St Fagans. Linear walk. Returning by bus, bring bus fare/pass. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 7m/11km |
| Sat 24th 10:00am | Rhymney River Walk. <i>Meet 10am at rear of Ararat Centre, Whitchurch for car sharing.</i> Leighton Hill tel:07469 880699 | C leis 7m/11km |
| Sun 25th 9:00am | Pencelli and Pen y Bryn Soo Turnbull tel:01874 622136 | A mod 11m/18km |
| Wed 28th 9:30am | Pontneddfechan & waterfall Robert Smith tel:029 2088 0305 | B stren 12m/19km |

October

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| Wed 28th 9:30am | Pontypridd Circular Carol Britton tel:029 2059 2932 | B mod 9m/15km |
| Wed 28th 9:30am | Bryngarw Country Park (Nr Bridgend) Mike & Mary Sullivan tel:029 2049 2145 | C leis 7m/11km |
| Wed 28th 10:00am | Cardiff Bay Circular. <i>Meet Walk Leader outside Channel View Leisure Centre, Grangetown</i> Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Fri 30th 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. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> | |
| Sat 31st 10:00am | Dinas Powys Circular. <i>Meet: 10am at Eastbrook railway station.</i> Carol Britton tel:029 2059 2932 | C leis 9m/15km |

November

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| Sun 1st 9:00am | Caerwent From the Roman town of Venta Silurum to Grey Hill and Penhow Castle Stuart Neil tel:029 20389272 | B mod 11m/18km |
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| Tue 3rd 7:30pm | Social evening: Butchers Arms in Heol y Felin Rhiwbina |
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| Wed 4th 9:30am | Bryn Arw & Skirrid Jim Riley tel:07799 755121 | A stren 12m/19km |
| Wed 4th 9:30am | Redbrook & Whitebrook (Wye Valley) Moderate pace. Registered Assistance Dogs only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861 | B mod 11m/18km |
| Wed 4th 9:30am | Lisvane Graig Circular Martin Bye tel:029 2075 6618 | C mod 8m/13km |
| Fri 6th 11:00am | Cardiff Central Strollers visit Howardian Local Nature Reserve. Catching bus out, option to walk back on Broadway. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | C leis 5m/8km |


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| Sat 7th 11:00am | Glamorgan Area AGM hosted by Cynon Valley group Short walk starting 11am followed by AGM (2pm). <i>Meet: at Michael Sobell Sports Centre, Aberdare CF44 7RP (near Aberdare railway station).</i> Contact Gwyn Lewis tel:07910 595265 |
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| Sun 8th 9:00am | Waterfall country from Pontneddfechan Roma Whiteley tel:029 20752680 | B 12m/19km |
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November

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| Wed 11th 9:30am | Raven Walk Roma Whiteley tel:029 2075 2680 | B mod 12m/19km |
| Wed 11th 9:30am | Garth Circular (Mark 2) Army Williams tel:07976 483329 | B mod 10m/16km |
| Wed 11th 9:30am | Llanharry & Ystradowen George Sheldrick tel:029 2062 3731 | C leis 9m/15km |
| Fri 13th 10:00am | Cardiff Central Strollers on Tour: Barry Island. Note earlier meeting time. Catching bus, bring bus pass/fare. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 5m/8km |
| Sat 14th 9:30am  | Rail Ramble: Cwmbran - Monmouthshire Canal - Newport Station. <i>Meet: 9.30am at Cardiff Central railway station.</i> Paul (T) tel:029 2036 1766 | D leis 6m/10km |
| Sat 14th 10:30am  | Family Friendly Walk: Flying Kites at Trig point on Caerphilly Common. <i>Meet: 10.30am at cafe car park on Caerphilly Common at junction A469/B4600 (Grid Ref ST 156353).</i> Jim Riley tel:029 2052 9993 | D easy 3m/5km |
| Sun 15th 9:30am | Radyr roundabout <i>Meet leader at Radyr Station 09.30 am.</i> <i>Note later starting time</i> Rob Jewels tel:029 20553843 | B mod 10m/16km |
| Tue 17th 7:30pm | Cardiff Group AGM <i>Meet: City United Reformed Church, Windsor Place, Cardiff, CF10 3BZ</i> | |
| Wed 18th 9:30am | Llaneglwys & Llyn Pen y Lan Ian Palmer tel:029 2070 1204 | A stren 12m/19km |
| Wed 18th 9:30am | Castell Coch, Caer Common & Craig yr Allt Vic Chambers tel:029 2076 6125 | B mod 9m/15km |
| Wed 18th 9:30am | St Brides & Ewenny Priory George Baker tel:029 2019 5389 | C mod 7m/11km |
| Fri 20th 11:00am | Cardiff Central Strollers: Bute Park and beyond. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 5m/8km |
| Sat 21st 9:30am | Monmouth. Meet 9.30am at rear of Ararat Centre, Whitchurch for car sharing. Su Green tel:07954 139946 | C mod 9m/15km |
| Sun 22nd 9:00am | Cwmparc and Valley Circular Map Explorer 166 Leighton Hill tel:07469 880699 | B mod 12m/19km |

November

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| Wed 25th 9:30am | Rail Ramble: Pontypridd to Ton Pentre <i>Meet leader at 9:30 at Llandaf station for 9:37 train, or catch 9:26 Merthyr train from Cardiff Central. Buy return ticket to Ton Pentre. Arrive Pontypridd 9:55.</i> | B mod 12m/19km |
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| Wed 25th 9:30am | Margam Claire Britton tel:07973 847908 | B mod 10m/16km |
| Wed 25th 9:30am | Darren Valley Bette Griffiths tel:029 2056 2041 | C mod 9m/15km |
| Wed 25th 10:00am | Lavernock & Penarth Pier. <i>Meet: Cosmeston Lakes car park</i> Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Fri 27th 11:00am | Cardiff Central Strollers: Penarth - Cosmeston Circular. Catching bus to Penarth, bring bus fare/pass. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D 6m/10km |
| Sat 28th 10:00am | Taffs Well Circular. <i>Meet: 10am at Taffs Well railway station car park.</i> Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Sun 29th 9:00am | Garth circular Little known area around Garth and Pentrych Arny Williams tel:07976 483329 | B mod 10m/16km |

December

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| Tue 1st 7:30pm | Social evening: Butchers Arms in Heol y Felin Rhiwbina | |
| Wed 2nd 9:30am | Twmbarlwm via Rhyswg Ganol. From the Cwmcarn Visitor Centre, contact Walk Leader if going direct. Walk start 10.15am. Steve Burge tel:07771 504380 | B mod 10m/16km |
| Wed 2nd 9:30am | Llandegfedd & Llangibby Geoff Trinick tel:029 2049 5016 | C mod 11m/18km |
| Wed 2nd 9:45am | Mynydd Illtud & up and down Cwm-Camlais (Brecon Mountain Centre) Maire Kite tel:029 2062 1096 | C mod 8m/13km |
| 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. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | |

December

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| Sat 5th 10:00am | Radyr - Hailey Park - Forest Farm. <i>Meet: 10am at Radyr railway station.</i> Paul (T) tel:029 2036 1766 | D easy 5m/8km |
| Sun 6th 9:00am | Cwm Crew and mince pies OL12 Gillian Masters tel:029 20615094 | A stren 10m/16km |
| Wed 9th 9:30am | Tonyrefail area Arny Williams tel:07976 483329 | B mod 9m/15km |
| Wed 9th 9:30am | Machen & Rhymney Valley Ridgeway. <i>Meeting Walk</i> <i>Leader at Machen Village car park.</i> John Newton tel:01633 440999 | C mod 11m/18km |
| Wed 9th 9:30am | Newport Wetlands Bette Griffiths tel:029 2056 2041 | D leis 8m/13km |
| Fri 11th 11:00am | Cardiff Central Strollers: Pumping Station (Penarth Road). [Possible Christmas Shopping!!!] <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 5m/8km |
| Sat 12th 9:30am | Maid of Sker (Porthcawl). <i>Meet: 9.30am at rear of Ararat Centre, Whitchurch for car sharing.</i> Leighton Hill tel:07469 880699 | D leis 8m/13km |
| Sun 13th 9:00am | Cwm Clydach and Cwm Cesig Two valleys and one ridge and a visit to the Cambrian Miners memorial Diane Davies tel:029 20752464 | B mod 9m/15km |
| Wed 16th 10:00am | Mince Pie Walks: Pedal Power, Pontcanna. Choice of walks including short walk led by Bute Park Ranger. Meet 10am at Pontcanna Fields car park. Mince Pies & Tea/Coffee £3pp. Contact Gwyn Lewis 07910 595265 for information. <i>Meet: Pontcanna Fields car park</i> | |
| Fri 18th 11:00am | Cardiff Central Strollers Morrison's (Cardiff Bay) Christmas Dinner Walk. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Sat 19th 10:00am | Castell Coch & Wenallt. <i>Meet: 10am at Castell Coch lower car park.</i> Gwyn Lewis tel:07910 595265 | C leis 7m/11km |
| Sun 20th 9:00am | Brecon A loop out to the north of town Soo Turnbull tel:01874 622136 | B mod 12m/19km |
| Sun 20th 10:30am | Family Friendly Walk: Christmas in the City and Llandaff Fields. <i>Meet: 10.30am at Cross on Llandaff Village Green.</i> Kathryn Bennett tel:029 2056 2703 | D easy 3m/5km |



December

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| Wed 23rd 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 23rd 9:45am | Machen to Caerphilly. Linear walk. <i>Meet Walk Leader 9.45am at bus stop in front of Caerphilly Castle, opposite shopping arcade. Registered Assistance Dogs Only by prior arrangement with the Walk Leader.</i> Wendy Winney tel:029 2062 8861 | B mod 12m/19km |
| Sat 26th 10:00am | Bute Park & other Cardiff Gardens. <i>Meet: 10am outside National Museum, Cathays.</i> Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Sun 27th 9:00am | The Garth, Craig yr Allt and Caerphilly Mountain Leighton Hill tel:07469 880699 | B mod 12m/19km |
| Sun 27th 10:00am | Cardiff Bay Trail. Meet 10am outside the Millennium Centre, Cardiff Bay. Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Wed 30th 9:00am | "Rock and Stroll" A wander along the Sirhowy river north of Blackwood Mike Kohnstamm tel:02920 757642 | C leis 6m/10km |
| Wed 30th 9:30am | Whitchurch Circular (East). Starting at Ararat Centre. Gwyn Lewis tel:07910 595265 | D mod 9m/15km |



January

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| Fri 1st 11:00am | Cardiff Central Strollers: Cardiff Centenary Walk. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 3m/5km |
| Sat 2nd 10:00am | Bute Dock & Canals. <i>Meet: 10am outside Millennium Centre, Cardiff Bay.</i> Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Sun 3rd 9:00am | Whitestone and Whitebrook (Wye Valley) Mike Kohnstamm tel:029 2075 7642 | B leis 9m/15km |
| Sun 3rd 10:00am | Cardiff 4-sided Clock Walk. <i>Meet: 10am outside National Museum, Cathays.</i> Gwyn Lewis tel:07910 595265 | D leis 7m/11km |

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| Tue 5th 7:30pm | Social evening: Butchers Arms in Heol y Felin Rhiwbina |
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| Wed 6th 8:45am | Wednesday Leaders' "Breakfast" Programme Meeting. 8.45 - 9.15am at Ararat Centre. Walk Leaders past/present/future invited for Tea & Biscuits. Contact Gwyn Lewis 07910 595265. |
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January

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| Wed 6th 9:30am | Trelewis & Bedlinog Robert Smith tel:029 2088 0305 | B stren 12m/19km |
| Wed 6th 9:30am | Mynydd Islwyn. Linear walk. Meeting Walk Leader at Newbridge railway station. Maggie Thomas tel:01495 273057 | C mod 9m/15km |
| Wed 6th 9:30am | Porthcawl, sea and Merthyr Mawr sand dunes. Claire Edwards tel:029 2075 6493 | C mod 8m/13km |
| Fri 8th 11:00am | Cardiff Central Strollers on Tour: Taffs Well. Catching bus, bring bus fare/pass. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Sat 9th 9:40am | Rail Ramble: Bristol Harbour. <i>Meet: 9.40am at Cardiff Central railway station.</i> Paul (T) tel:029 2036 1766 | D easy 5m/8km |
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| Sun 10th 9:00am | Merthyr Mawr Warren and Laleston Exploring the Merthyr Mawr Nature reserve and countryside near Bridgend Diane Davies tel:029 20752464 | B mod 10m/16km |
| Wed 13th 9:30am | Maesteg Gwyn Lewis tel:07910 595265 | B mod 11m/18km |
| Wed 13th 9:30am | Wander around Pentyrch & Creigiau (Mark 2) Arny Williams tel:07976 483329 | C leis 8m/13km |
| Wed 13th 9:30am | Nant Fawr Trail & Cefn Onn. Get to know the paths, woods, meadows & lanes of North Cardiff. Linear walk. <i>Meet 9.30am at Scott Memorial, Roath Park. Returning from Sainsbury's Thornhill. Meet: Scott Memorial, Roath Park</i> Len Bowker tel:029 2075 8493 | D leis 8m/13km |
| Fri 15th 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. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> | |
| Sat 16th 10:30am | Family Friendly Walk: Explore the Wenallt. <i>Meet: 10.30am at junction of Pantmawr Road and Heol y Deri (bottom of Rhiwbina Hill).</i> Linda Hall tel:029 2061 6117 | D easy 3m/5km |
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| Sun 17th 9:00am | Ogmore fawr and Ogmore fach Up Ogmore fawr and back via Gilfach Goch Arny Williams tel:07976 483329 | A mod 11m/18km |

January

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| Wed 20th 9:30am | Two Castles (Caerphilly / Castell Coch). <i>Meeting Walk</i> <i>Leader at Caerphilly Mountain car park.</i> John Newton tel:01633 440999 | B mod 10m/16km |
| Wed 20th 9:30am | Dinas Powys Circular through Michaelston Kathy Edwards tel:029 2051 2609 | C mod 8m/13km |
| Wed 20th 9:30am | Ogmore Gwyn Lewis tel:07910 595265 | C leis 7m/11km |
| Fri 22nd 11:00am | Cardiff Central Strollers aim for Pedal Power cafe. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 5m/8km |
| Sat 23rd 10:00am | Newport Canal & Ridgeway. <i>Meet: 10am at 14 Locks Canal Centre, Rogerstone, Newport NP10 9GN</i> John Newton tel:01633 440999 | C mod 5m/8km |
| Sun 24th 9:00am | Around the Garth Taffs Well, Pentyrch, Creigau and the Garth Stuart Neil tel:029 20389272 | B mod 12m/19km |
| Wed 27th 9:30am | Alan Parry's Abercynon Walk led by Linda. Linda Hodgson tel:0299 2084 3179 | A stren 12m/19km |
| Wed 27th 9:30am | Black Mountains (Crickhowell). Moderate pace. Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861 | B mod 12m/19km |
| Wed 27th 9:30am | Kenfig Gwyn Lewis tel:07910 595265 | D mod 8m/13km |
| Fri 29th 11:00am | Cardiff Central Strollers Discover Trowbridge & St Mellons. Catching bus, bring bus fare/pass. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 5m/8km |
| Sat 30th 10:00am | Barry Dock & Island. <i>Meet: 10am at Cardiff Central railway station to catch 10:10 train to Barry Dock [or catch train on route (eg Cogan 10:18); or be at Barry Waterfront for start of walk 10:35].</i> Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Sun 31st 9:00am | Goose and Cuckoo Lunch at the Goose and Cuckoo. Contact Diane Davies for walk details 02920752464 Jen and Diane Davies tel:029 20624885 | B mod 10m/16km |

February

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| Tue 2nd 7:30pm | Social evening: Butchers Arms in Heol y Felin Rhiwbina |
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February

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| <p>Wed 3rd 9:20am</p>  | <p>Rail Ramble: Sirhowy Valley. <i>Meet 9.20am at Cardiff Central railway station.</i> Rob Jewels tel:029 2055 3843</p> | <p>C mod 9m/15km</p> |
| <p>Wed 3rd 9:30am</p> | <p>Cardiff Twin Peaks (option to leave after Peaking once) Gwyn Lewis tel:07910 595265</p> | <p>B mod 10m/16km</p> |
| <p>Wed 3rd 9:30am</p> | <p>Parc Slip Country Park (Bridgend) Mike & Mary Sullivan tel:029 2049 2145</p> | <p>C leis 6m/10km</p> |
| <p>Fri 5th 11:00am</p> | <p>Cardiff Central Strollers: Roath Park via Cathays Cemetery. Linear walk. Return by bus, bring bus fare/pass. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265</p> | <p>D leis 5m/8km</p> |
| <p>Sat 6th 9:30am</p> | <p>Cwmparc Circular. <i>Meet: 9.30am at Ararat Centre for car sharing.</i> Leighton Hill tel:07469 880699</p> | <p>B mod 9m/15km</p> |
| <p>Sun 7th 9:30am</p> | <p>Radyr roundabout with a difference <i>Meet leader Radyr Station 09.30am. Note later starting time</i> Rob Jewels tel:029 20553843</p> | <p>B mod 10m/16km</p> |
| <p>Wed 10th 9:30am</p> | <p>Goytre Wharf Gwyn Lewis tel:07910 595265</p> | <p>B mod 10m/16km</p> |
| <p>Wed 10th 9:30am</p> | <p>The Folly from Pontypool Leisure Centre Maggie Thomas tel:01495 273057</p> | <p>C mod 8m/13km</p> |
| <p>Wed 10th 9:30am</p> | <p>Mynydd Illtud & Llechid (Brecon Mountain Centre) George Baker tel:029 2019 5389</p> | <p>C mod 8m/13km</p> |
| <p>Fri 12th 11:00am</p> | <p>Cardiff Central Strollers: Cardiff Bay & Back <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265</p> | <p>D leis 6m/10km</p> |
| <p>Sat 13th 10:00am</p> | <p>Parc Cefn Onn & Ridgeway. <i>Meet: 10am at Parc Cefn Onn car park.</i> Gwyn Lewis tel:07910 595265</p> | <p>C mod 6m/10km</p> |
| <p>Sun 14th 9:00am</p> | <p>Sirhowy Valley from Fourteen Locks John Newton tel:01633 440999</p> | <p>C mod 10m/16km</p> |
| <p>Sun 14th 10:30am</p>  | <p>Family Friendly Walk: Water walk from Lake to Reservoir following a stream. <i>Meet: 10.30am at the Clock end of Roath Park lake.</i> Linda Hodgson tel:029 2084 3179</p> | <p>D easy 3m/5km</p> |

February

- Wed 17th** **Rail Ramble: Ton Pentre to Treherbert** *Meet leader at 9:30 at Llandaf station for 9:47 train, or catch 9:39 Treherbert train from Cardiff Central. Buy return ticket to Treherbert. Arrive Ton Pentre 10.31.* **B mod**
9:30am **8m/13km**

Mike Kohnstamm tel:029 2075 7642
- Wed 17th** **Merthyr** **C mod**
9:30am Gwyn Lewis tel:07910 595265 **9m/15km**
- Wed 17th** **Llanfoist Circuit (Bloreng)** **from Llanfoist** **C mod**
9:30am Graeme Milnes tel:029 2062 7553 **7m/11km**
- Fri 19th** **Cardiff Central Strollers tackle ASDA Mountain.** *Meet: inside Cardiff Central railway station near the Information Booth.* **D leis**
11:00am **6m/10km**
Gwyn Lewis tel:07910 595265
- Sat 20th** **Pontypool Park - Roman Road - Folly Tower.** *Meet: Meet 10am at Ararat Centre, Whitchurch for car sharing.* **C stren**
10:00am **6m/10km**
Paul (T) tel:029 2036 1766
- Sun 21st** **Y Gyrn, Fan Fawr & Fan Frynych** **A circuit around Glyn** **A stren**
9:00am Tarrell with three peaks on the way **9m/15km**
Diane Davies tel:029 20752464
- Wed 24th** **3 Peaks of Forest Coal Pit** **A+ stren**
9:30am Robert Smith tel:029 2088 0305 **13m/21km**
- Wed 24th** **Barry** **C mod**
9:30am Gwyn Lewis tel:07910 595265 **8m/13km**
- Wed 24th** **Llancarfan & Llantrithyd** **C leis**
9:30am George Sheldrick tel:029 2062 3731 **8m/13km**
- Fri 26th** **Cardiff Central Strollers: Llandaff Cathedral & back.** **D leis**
11:00am *Meet: inside Cardiff Central railway station near the Information Booth.* **6m/10km**
Gwyn Lewis tel:07910 595265
- Sat 27th** **Craig yr Allt Circular.** *Meet: 10am at Taffs Well railway station.* **B mod**
10:00am **7m/11km**
Leighton Hill tel:07469 880699
- Sun 28th** **Strenuous/Moderate Walk needed** **Contact Gwyn Lewis**
9:00am **07910 595265 to advertise walk in Group's E-Bulletin.**



March

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| Tue 1st 7:30pm | Social evening: Butchers Arms in Heol y Felin Rhiwbina |
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March

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| Wed 2nd 9:30am | Twyn y Gaer & Cefn Llechid from Mountain Centre (Libanus). Contact Walk Leader if going direct. Walk starting 10.30am. Steve Burge tel:07771 504380 | B mod 11m/18km |
| Wed 2nd 9:30am | Forest Coal Pit, Strawberry Cottage & Stanton Wyn Rosser tel:07811 464955 or 029 2073 1272 | B mod 9m/15km |
| Wed 2nd 9:30am | Sully - Penarth Gwyn Lewis tel:07910 595265 | C mod 8m/13km |
| Fri 4th 11:00am | Cardiff Central Strollers: Cardiff Bay via Victoria Park. Linear walk, with option to leave early. Returning by bus, bring bus fare/pass. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 7m/11km |
| Sat 5th 10:00am | Lavernock - Penarth Pier. <i>Meet: 10am at Cosmeston Lakes car park.</i> Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Sun 6th 9:00am | Round the Rim with waterfalls Waun Rydd in the Brecon Beacons Diane Davies tel:029 20752464 | B mod 10m/16km |
| Wed 9th 9:30am | Ystradfellte - Fan Gyhirach - Fan Nedd Jim Riley tel:07799 755121 | A stren 12m/19km |
| Wed 9th 9:30am | Chepstow & St Arvans Geoff Trinick tel:029 2049 5016 | C mod 10m/16km |
| Wed 9th 9:30am | Llanharan Bette Griffiths tel:029 2056 2041 | C mod 9m/15km |
| Fri 11th 11:00am | Cardiff Central Strollers Discover Plasnewydd. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 5m/8km |
| Sat 12th 9:30am | Langstone - Penhow Circular. <i>Meet: 9.30 at rear of Ararat Centre, Whitchurch for car sharing.</i> Su Green tel:07954 139946 | C mod 9m/15km |
| Sun 13th 9:00am | The Ravens Way Crossing valleys from Machen Arny Williams tel:07976 483329 | A+ stren 15m/24km |
| Wed 16th 9:30am | Cwmdu Claire Britton tel:07973 847908 | A stren 12m/19km |
| Wed 16th 9:30am | Sirhowy Valley Country Park from Full Moon car park. Maggie Thomas tel:01495 273057 | C mod 8m/13km |

March

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| Wed 16th 9:30am | Porthcawl, Newton & Nottage. <i>Meeting Walk Leader at Porthcawl Eastern Parade for 10am walk start.</i> Brian Minshall tel:01443 404140 | D leis 7m/11km |
| Fri 18th 11:00am | Cardiff Central Strollers: Glamorgan Canal Nature Reserve. <i>Catching bus to Hollybush Coryton for start of walk. Option of post-walk lunch at Hollybush. Meet: inside Cardiff Central railway station near the Information Booth.</i> Gwyn Lewis tel:07910 595265 | D leis 5m/8km |
| Sat 19th 9:30am | Sgwd Gwladus and the Horseshoe Falls. <i>Meet: 9.30am at rear of Ararat Centre, Whitchurch for car sharing.</i> Leighton Hill tel:07469 880699 | B mod 7m/11km |
| Sun 20th 9:00am | Waterfall country from Pontneddfechan Map OL12 Leighton Hill tel:07469 880699 | B mod 11m/18km |
| Sun 20th 10:30am | Family Friendly Walk: Celtic fortress, Ruined castle, Secret garden and maybe spot a cough. <i>Meet: 10.30am at Southerndown/Dunraven Bay car park.</i> Maire Kite tel:029 2062 1096 | D easy 3m/5km |
|  | | |
| Wed 23rd 9:30am | Blorenge Area Arny Williams tel:07976 483329 | B mod 12m/19km |
| Wed 23rd 9:30am | Cwmbran to Twmbarlwm from Upper Cwmbran. Graeme Milnes tel:029 2062 7553 | C mod 9m/15km |
| Wed 23rd 9:30am | Graig Diamond Jubilee Walk (NP10 8LN) Ann Dixey tel:07896 690727 | C mod 8m/13km |
| Wed 23rd 10:00am | Cardiff Bay Circular. <i>Meet: outside Channel View Leisure Centre, Grangetown</i> Gwyn Lewis tel:07910 595265 | D leis 6m/10km |
| Fri 25th 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. <i>Meet: inside Cardiff Central railway station near the Information Booth.</i> | |
| Sat 26th 9:40am | Rail Ramble: Bristol - Cabott Tower - Suspension Bridge - Clifton Village. <i>Meet: 9.40am at Cardiff Central railway station.</i> Paul (T) tel:029 2036 1766 | D leis 6m/10km |
|  | | |
| Sun 27th 9:00am | Carn Pica Map OL12 Gillian Masters tel:029 20615094 | A stren 10m/16km |
| Wed 30th 9:30am | Hatterall Hill & Twyn y Gaer Ian Palmer tel:029 2070 1204 | A stren 12m/19km |
| Wed 30th 9:30am | Cribarth & Henrhyd Falls Vic Chambers tel:029 2076 6125 | B mod 9m/15km |

March

Wed 30th Coed y Bwl (St Brides)
9:30am Mike & Mary Sullivan tel:029 2049 2145

C leis
7m/11km

May

Anglesey Coast Path Next year's backpacking trip will be the 125 mile Anglesey Coast Path, an AONB which passes through farmland, coastal heath, dunes, salt marsh, foreshore, cliffs and woodland. Ascent and descent will be 13695 feet or 4174 metres. To be completed over 9 full days of walking plus 2 days with travel and half a day walking. Dates to be confirmed but will be end of May / beginning of June 2016. For further details or to register your interest
Contact Roma Whiteley at romawhiteley@talktalk.net or tel:029 20752680

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

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

• 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.

Themed Walks



Family Friendly Themed Walks - walks with a theme, suitable for children and families, but all are welcome.

Friday Strolls - weekly easy/leisurely Friday walks. Meet 11am inside Cardiff Central railway station near the Information booth.

First Tuesday of every month - Social get-together. This summer at the Butchers Arms in Rhiwbina.



Rail Rambles - Mostly linear walks from station to station taking advantage of the local railway network.

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.



Join the Big Pathwatch! - Take part in Ramblers most ambitious campaign ever to protect and improve our glorious paths in England and Wales. See www.ramblers.org.uk for details.



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- sightseeing • short breaks • great journeys
- special interest • small groups

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

For advice, rewards and a brochure call

01707 386804

www.ramblersholidays.co.uk



Walking holiday partner

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 | Elaine Shellard | 029 2076 1465 |
| membership | Kathryn Bennett | 029 2056 2703 <i>11 Bruton Place, Llandaff, Cardiff CF5 2ER</i> |
| rambles, footpaths | Gwyn Lewis | 029 2090 2633 07910 595265 |
| publicity, countryside | vacant | |
| publications | Mike Kohnstamm | 029 2075 7642 |
| Walk Talk | Gillian Masters | 029 2061 5094 |
| | Leighton Hill | 07469 880699 |
| | Roma Whiteley | 029 2075 2680 |

HONORARY PRESIDENT: Kath Edwards

Previous holders

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.

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