ISLWYN RAMBLERS
CERDDWYR ISLWYN
www.islwynramblers.org

GUIDED WALKS PROGRAMME

Spring 2018
GENERAL INFORMATION

We normally meet at the car park adjacent to the mini rugby field at Blackvein Road, Crosskeys (Grid Ref: ST 226914, nearest postcode is NP11 7AL)

Unless otherwise stated dogs are welcome but must be well behaved and under control at all times, preferably kept on a lead.

Strong boots or shoes should always be worn and suitable waterproof clothing should be brought. On long walks, it is sensible to take food and drinks but please take ALL your litter home with you.

Those participating in the group’s activities do so at their own risk. Whilst leaders will take every care for the safety of the walkers in the group, they cannot accept liability for injury, or take responsibility for those who choose to leave the group during the walk.

Please satisfy yourself that you are fit and well equipped for the walks you choose to join.

The walk leaders reserve the right to cancel or alter the walk without prior notice.

NB. If you intend to join the walk at the actual start of the walk or if adverse weather is forecast, please confirm the situation with the walk leader beforehand.

KEY TO WALKS

LEISURELY: Moderate walks that are taken at a leisurely pace
EASY: Easy going at a reasonable pace with no difficult uphill pulls
MODERATE: One or two uphill pulls that will be taken at a steady pace
ENERGETIC: Good pace of walking and some steep climbs
STRENUOUS: Steep uphill pulls and/or long walks that require a good level of fitness and stamina

Energetic and Strenuous walks are not suitable for anyone wishing to walk at a leisurely pace. All distances and grades are approximate and may change.

CAR SHARING

Car Sharing is encouraged and a band code is used to allow walkers to make a fair voluntary contribution towards travel costs. The Band is marked alongside each walk

<table>
<thead>
<tr>
<th>Band</th>
<th>Distance Range</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Band A</td>
<td>1-20 miles</td>
<td>£2.00</td>
</tr>
<tr>
<td>Band B</td>
<td>21-40 miles</td>
<td>£3.00</td>
</tr>
<tr>
<td>Band C</td>
<td>41-60 miles</td>
<td>£4.00</td>
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<tr>
<td>Band D</td>
<td>61-80 miles</td>
<td>£5.00</td>
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<tr>
<td>Band E</td>
<td>81-100 miles</td>
<td>£6.00</td>
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<tr>
<td>Band F</td>
<td>100-120 miles</td>
<td>£7.00</td>
</tr>
</tbody>
</table>

Ramblers Cymru – Registered Charity Number 1093577
IMPORTANT NOTICE

This programme is prepared over five months in advance and is very likely to have changed since printing.

Our up-to-the-minute programme is always available on our website:-
www.islwynramblers.org
both online and either to download or print out.

Please always check the website or confirm with the walk leader that you have the right day for the right walk,
Also, if you are travelling directly to the starting point of a walk, check on the day that the walk is still taking place.

Unfortunately due to the ravages of British weather we often have to make alternative arrangements or cancel at the very last minute.
JANUARY 2018

Monday 1st Goose and Cuckoo
Description 8 miles, Moderate Band C
Our traditional New Years Day stroll for bean soup
Meet Blackvein Road at 10.00am or
Goytre Wharf at 10.45am
Leader A N Other or Rob Southall 01495 270078

Thursday 4th Hafod Tudor and Mynyddislwyn
CANCELLED
Description 6 miles, Leisurely, Band A
One steep climb at the start
Meet Blackvein Road at 09.30am or
Full Moon at 09.40am
Leader Liz Holland 01495 200673

Saturday 6th Mynyddislwyn from West End
Description 8 miles, Moderate, Band A
An uphill start from West End then great views!
Meet Blackvein Road at 09.30am or
The Crown carpark, West End at 09.45am
Leader Jill Jones 07718 751475

Thursday 11th Skirrid Fawr
Description 6 miles, Leisurely, Band C
It's going to be a climb to the top.
Meet Blackvein Road at 09.30am or
Skirrid carpark at 10.30am
Leader Sonia Thomas 01633 680569

Sunday 14th Ruperra Castle – Change of Venue
Description 9 Miles, Moderate, band A
The Walk starts from the Llwyn Hir picnic area and
heads towards Draethen and then onto Ruperra Castle
and Michaelston-y-Fedw. We return by following the
Rhymney river back to Draethen.
Meet Blackvein Road at 09.30am or
Llwyn Hir Forest Carpark (ST 2060 8663) at 10.00 am
Leader Chris Collier 07711 270996
JANUARY 2018

Thursday 18th  Gwent levels, Newport
Description  6 miles, Leisurely, Band B
This may just be hill-free!!
Meet  Blackvein Road at 09.30am or
Wetlands carpark at 10.00am
Leader  Mike Showler 07814 006646

Saturday 20th  Local Walk
Description  7 miles, Moderate
Not far to drive today, then!!
and you probably won't get lost
Meet  Blackvein Road at 09.00am
Leader  Allan and Judith Elliott 01633 612521

Thursday 25th  Black Rock and Sudbrook
Description  6 miles, Leisurely, Band B
A nice, level walk under the Severn Bridge
Meet  Blackvein Road at 09.30am or
Black Rock carpark at 10.15am
Leader  Phil Jenkins 07704 116518

Sunday 28th  Blaencwm and Penpych
Description  7 miles, Moderate, Band C
Steep path to the waterfall and then gently down
and up to the head of the Rhondda Valley
Meet  Blackvein Road at 09.30am or
Blaencwm carpark at 10.30am
Leader  Phil Jenkins 07704 116518
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Description</th>
<th>Meet</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 1st</td>
<td>The Blorenge</td>
<td>6 miles, Leisurely, Band B</td>
<td>Blackvein Road at 09.30am or Keepers Pond at 10.00am</td>
<td>Phil Jenkins 07704 116518</td>
</tr>
<tr>
<td>Saturday 3rd</td>
<td>Monknash to Marcross</td>
<td>6 miles, Moderate, Band C</td>
<td>Blackvein Road at 09.30am or near the Plough and Harrow at 10.30am</td>
<td>Clive Turner 07802 231371</td>
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<tr>
<td>Thursday 8th</td>
<td>Gaer Fort and Little Switzerland</td>
<td>6 miles, Leisurely, Band A</td>
<td>Blackvein Road at 9.30am or Bassaleg Church at 09.45am</td>
<td>Helen Menzies 07773 143944</td>
</tr>
<tr>
<td>Sunday 11th</td>
<td>Ewyas Harold</td>
<td>9 Miles, Moderate, Band D</td>
<td>Blackvein Road at 09.00am or Ewyas Harold Memorial hall HR2 0EL at 09.55am</td>
<td>Will Harwood 02920 807936</td>
</tr>
</tbody>
</table>
FEBRUARY 2018

Thursday 15th  Roath Park and Lisvane
Description  6 miles, Leisurely, Band B
Stopping at the Griffin, Lisvane for a break
Meet  Blackvein Road at 9.30am or
Roath Park at 10.15am
Leader  Clive Turner 07802 231371

Saturday 17th  Gray Hill
Description  8 Miles, Moderate, Band B
The epicentre of Ancient Gwent's last earthquake
Meet  Blackvein Road at 09.30am or
Llanfair Discoed at 10.15am
Leader  Marion Tamplin 01633 613872

Thursday 22nd  Castell Coch
Description  6 miles, Leisurely, Band B
I bet we end up in the woods again...
Meet  Blackvein Road at 09.30am or
Castell Coch carpark at 10.15am
Leader  Lyn Jenkins 07580 440421

Sunday 25th  Dragon's Back
Description  8 miles, Energetic, Band D
Spine-tingling views from the Dragon's Back !!
Meet  Blackvein Road at 09.30am or
Dragons Back Inn, Pengenffordd, LD3 0EP at 10.30am
Leader  Andrew George 07840 743791
MARCH 2018

Thursday 1st  
**Hensol Forest**  
**Description**  
6 miles, Leisurely, Band C  
Old churches, forest paths, and open views  
**Meet**  
Blackvein Road at 09.30am or  
Hensol Forest carpark at ST031768 at 10.15am  
**Leader**  
Phil Purnell 07729 221799

Saturday 31st  
**Barry to Rhoose**  
**Description**  
8 miles, Easy, Band C  
returning to Barry by train with a late breakfast or early lunch at Porthkerry Cafe  
**Meet**  
Blackvein Road at 09.30am or  
Jackson Bay, Barry Island at 10.30am  
**Leader**  
Clive Turner 07802 231371

Thursday 8th  
**From Cardiff to Cosmeston**  
**Description**  
6 miles, Leisurely  
We'll return by bus so bring your bus fare, Lunch at the hilltop cafe, Penarth, en route ask Clive for train and bus times.  
**Meet**  
at the foyer, Cardiff Central Station at 10.00am  
**Leader**  
Clive Turner 07802 231371

Saturday 10th  
**Bishopston**  
**Description**  
8 miles, Moderate, Band D  
Down to the Gower so you might glimpse the sea  
**Meet**  
Blackvein Road at 09.00am or  
Caswell Bay carpark SA3 4RY at 10.30am  
**Leader**  
Andrew George 07840 743791

Thursday 15th  
**Pontypool Park**  
**Description**  
6 miles, Leisurely, Band A  
Following in the landowner’s footsteps  
**Meet**  
Blackvein Road at 9.30am or  
Pontypool Park at 10.00am  
**Leader**  
Jan Watkins 01495 223909  
Lyn Coates 01495 222842
### MARCH 2018

<table>
<thead>
<tr>
<th>Date</th>
<th>Walk Description</th>
<th>Meet Location</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Saturday 17th</strong></td>
<td><strong>Haresfield Beacon</strong></td>
<td>8 miles, Moderate but leisurely, Band F + bridge toll&lt;br&gt;Scenic Walk, hills and woodland starting and ending at the Vine Tree Inn Randwick for Lunch.&lt;br&gt;(I will need numbers for this nearer the time)</td>
<td>Blackvein Road at 09.00am or&lt;br&gt;Vine Tree Inn, Randwick at 10.15am&lt;br&gt;Phil Purnell 07729 221799</td>
</tr>
<tr>
<td><strong>Wednesday 21st</strong></td>
<td><strong>Quarterly Planning Meeting</strong></td>
<td>Update and Summer walks planning&lt;br&gt;Meet&lt;br&gt;Contact</td>
<td>Phil Purnell 07729 221799</td>
</tr>
<tr>
<td><strong>Thursday 22nd</strong></td>
<td><strong>Caerphilly Mountain</strong></td>
<td>6 miles, Moderate, Band B&lt;br&gt;Starting at the top, then downhill back up again</td>
<td>Blackvein Road at 9.30am or&lt;br&gt;Mountain Snackbar at 10.00am&lt;br&gt;Mike Showler 07814 006646</td>
</tr>
<tr>
<td><strong>Sunday 25th</strong></td>
<td><strong>Llanthony Priory</strong></td>
<td>9 miles, Energetic, Band D&lt;br&gt;Along the ridge at Offa's Dyke with a steep descent.</td>
<td>Blackvein Road at 09.00am or&lt;br&gt;Llanthony Priory at 10.00am&lt;br&gt;Mike Showler 07814 006646</td>
</tr>
<tr>
<td><strong>Thursday 29th</strong></td>
<td><strong>St Nicholas</strong></td>
<td>7 Miles, Leisurely, Band C&lt;br&gt;A haunted field near some ancient places&lt;br&gt;Meet&lt;br&gt;Leader</td>
<td>Blackvein Road at 9.30am or&lt;br&gt;St Nicholas ST 090743, CF5 6SN at 10.30am&lt;br&gt;Cilla Hobbs 01495 246189&lt;br&gt;Ceri Williams 01633 666529</td>
</tr>
<tr>
<td><strong>Saturday 31st</strong></td>
<td><strong>Maen Llywd</strong></td>
<td>6 Miles, Moderate, Band A&lt;br&gt;Woods, valleys and hopefully some good views&lt;br&gt;Meet&lt;br&gt;Leader</td>
<td>Blackvein Road at 09.30am or&lt;br&gt;Maen Llywd overflow carpark at 10.00am&lt;br&gt;Anne and Richard Beaugie 07905 062329</td>
</tr>
</tbody>
</table>
## Thursday 5th
**Manmoel**

**Description**
6 miles, Leisurely, Band B  
Around the top of the valley

**Meet**
Blackvein Road at 9.30am or  
Manmoel Village at 10.00am

**Leader**
Robin Williams 01495 246733

## Sunday 8th
**Severn Bridge and Estuary**

**Description**
8 miles, Leisurely, Band C  
Lovely open views across the Severn

**Meet**
Blackvein Road at 09.30am or  
The Bulwark, Chepstow NP16 5JN at 10.15am

**Leader**
Phil Purnell 07729 221799

## Thursday 12th
**Twmbarlwm**

**Description**
6 miles, Moderate  
All paths will lead to the pimple

**Meet**
Blackvein Road at 9.30am

**Leader**
John Venn 01495 271953

## Friday 13th to Monday 16th
**Weekend away to the Beaches of Normandy**

**Description**
Various visits and walks  
We'll have to wait and see what Clive's planned

**Meet**
Details to follow

**Leader**
Clive Turner 07802 231371
April 2018

Thursday 19th  Bassaleg and Rhiwderin
Description  6 miles, Leisurely, Band A
Rolling countryside but can get a little muddy
Meet  Blackvein Road at 9.30am or
      Bassaleg Community Centre at 09.45am
Leader  Sonia Thomas 01633 680569

Saturday 21st  Darran Valley
Description  8 miles, Moderate, Band B
The ups and downs of each side of the Darran Valley
Meet  Blackvein Road at 09.30am or
      Parc Cwm Darran at 10.00am, £3 parking fee
Leader  Mike Showler 07814 006646

Thursday 26th  Crumlin and Pen-y-fan Pond
Description  7 miles, Leisurely, Band B
Interesting paths to the cafe at Pen-y-fan and back
Meet  Blackvein Road at 9.30am or
      The Wexa at Crumlin at 10.10am
Leader  Robin Williams 01495 246733

Saturday 28th  Caerphilly Challenge test run
Description  10 miles, Moderate, Band A
A circular route including Twmbarlwm
We'll show them how it should be done!
Meet  Blackvein Road at 09.30am
Leader  Richard and Anne Beaugie 07905 062329
GROUP OFFICERS

CHAIR
Jill Jones

SECRETARY
Phil Purnell Tel. 07729 221799
Email. islwynsec@virginmedia.com

TREASURER
Mike Showler Tel. 07814 006646

MEMBERSHIP SECRETARY
Judith Elliott Tel. 01633 612521
Email. islwyn.ramblers@gmail.com

WALKS PROGRAMME CO-ORDINATOR & WEBMASTER
Phil Jenkins Tel. 07704 116518
Web Address. www.islwynramblers.org

RIGHTS OF WAY OFFICER
Liz Holland

MINUTES SECRETARY
Liz Holland

Group meetings are held at
Risca Rugby Club, Tredegar Street, Risca NP11 6BY
Date of next meeting – Wednesday 21st March 2018