

## **Cardiff U3A Walking Programme**

**September 3rd 2019 to January 21st 2020**

### **Tuesday 3rd September - Llanharan**

**Description** - This is a 5-mile walk, with a steep track uphill to the Ridgeway path, and then on to the hills above Llanharan (great views but no steep drops). The walk then goes past the wind farm and down to Brynna.

The return is along a disused railway track through Brynna woods.

**Parking** - Meet in the Llanharan railway station car park on Chapel Road (CF72 9QA) at 10.30.

**Directions** - Leave the M4 at Junction 34 and follow the A4119 towards Talbot Green. At the roundabout, turn left onto the A473 to Llanharan. In Llanharan, follow the signs to the station car park on the right, before the railway bridge.

**Lunch** - Bryncae Arms - CF72 9RP. Arrangements for pre-booking meals will be made later. **Leaders** - May and Colin Willsher - Mobile 07773 661172

### **Friday September 13th to Friday 20th September**

#### **Guernsey Walking Holiday**

Self-catering accommodation is available and daily walks will be arranged throughout the week.

### **Tuesday 1st October - Cefn Onn to the Maen Llwyd**

**Description** - This walk involves a long climb onto the ridge and then easy walking to the Maen Llwyd. After Lunch, the walk continues back to Cefn Onn Park.

**Parking** - Meet in the Cefn Onn car park at 10.30 - CF14 OEP.

**Directions** - Follow the road to Llanishen and then turn up Heol Hir Road and then right onto Excalibur Drive. Follow the road to a roundabout and cross it to the entrance of the park.

**Lunch** - The Maen Llwyd

**Leader** - Mary Allen - 07974 101679 on walk days.

### **Tuesday 15th October - Usk**

**Description** - This is a 4.5 mile walk, along the river Usk then through Cwm Cavo and returning through Lady Hill Wood, passing the site of the battle of Pwll Melyn, and then on to Usk Castle. We will visit the castle if there is time (£2 donation). No stiles.

**Parking** - Meet in the free Maryport Street North car park at 10.30 - NP15 1EO.

**Directions** - Leave the M4 at Junction 24 and take the A449 (towards Monmouth), then turn Left on to the A472 to Usk. In Usk, follow the signs to the Information Centre.

**Lunch**- Nags Head Inn- NP15 1BH

**Leaders** - May & Colin Wilsher - Mobile 07773 661172

#### **Tuesday 29th October - Merthyr Mawr**

**Description**- This is a walk with a difference. Matt Carroll of Swansea U3A will take us on a short walk of discovery, looking for animal evidence and listening to bird song - techniques that can be used elsewhere.

**Cost** = £1.50 to cover the Leader's expenses.

**Parking** - Meet in the dunes car park at Merthyr Mawr at 10.30. This is usually a Pay & Display car park.

**Directions** - This is one option: Take the M4 to Junction 35 and then follow the A473 through 2 roundabouts. At the next roundabout, follow the A48 through 2 roundabouts. Then drive for a very short distance before turning left on to the Merthyr Mawr road

NB. This turning can be easily missed. Follow the signs for Merthyr Mawr to the sand dunes car park.

**Lunch** - To be arranged.

**Contact** -Mary Allen - 07974 101679 on walk days.

#### **Tuesday 5th November - Pontyclun and Talygarn**

**Description** - This is a 5-mile walk through Pontyclun woods and the Talygarn estate - moderate walk.

**Parking** - Meet outside Pontyclun Library, next to the school, at 10.30 - CF72 98E.

Directions - Follow the M4 to Junction 34 and take the 3rd exit towards Llantrisant. At the second set of Lights bear left at the garage and follow the signs for Pontyclun. Drive past the shops and turn left opposite the Masonic Hall, signposted the Library. Park on the roadside away from the school.

**Lunch** - To be arranged.

**Leader** = Mary Allen - 07974 101679 on walk days.

#### **Tuesday 19th November - Radyr and Morganstown**

**Description** - This is an easy, flat circular walk of about 4.5 miles through Radyr Woods and along the Taff Trail.

**Parking**- Meet in the Ty Nant car park, Morganstown (CF15 8LB) at 10.30. Please park in the top car park.

**Directions** - The Ty Nant is directly opposite Pugh's Garden Centre. Leave the A470 at the Radyr exit and follow Radyr signs. Turn right at the traffic lights after the Garden Centre and then right again into the car park.

Alternatively, approaching from Llantrisant Road (A4119), follow the Radyr signs and drive through Radyr and Morganstown. The Ty Nant will be on your left.

Also, the Number 63 bus from Cardiff runs every 20 minutes and stops in Morganstown near the Ty Nant.

**Lunch** - The Ty Nant

**Leader**- Alex Beaujean- Mobile 07779 474540

### **Tuesday 3rd December - Caerleon**

**Description**-This is an easy 3.5mile walk over field paths and roads, but there is some climbing and the final exit onto the road needs great care.

**Parking** - Meet at the Roman Amphitheatre at 10.30, where there is parking available.

Directions - Caerleon lies on the B4236, just a short distance north of Newport. The town is close to Junction 24 off the M4.

**Lunch** - To be arranged.

**Leader**- Mary Allen - 07974 101679 on walk days.

### **Tuesday 17th December - Christmas Lunch**

Our Christmas lunch has been booked in the Three Arches pub for 12.30.

Booking in advance is essential so please contact Mary Allen as soon as possible. Tel:(029) 2075 7311

### **Tuesday 7th January 2020: Cardiff Bay**

**Description** - This is an approximately 5 mile, clockwise. circular walk around Cardiff Bay, with lunch arranged before crossing the barrage back to the cars.

**Parking** - Meet in the barrage car park at 10.30. This is a Pay & Display car park.

**Directions** - Follow the signs for Penarth Marina CF64 1TT and park in the left hand car park near the barrage - Pay & Display.

**Lunch** - To be arranged in Cardiff Bay.

**Leader** - Mary Allen - 07974 101679 on walk days.

**Tuesday 21st January**

**Leader** - Steve Wride - more details Later

*For further details. please contact the Group Convenor.*

**Mary Allen.** [MaryMartellAllen@aol.com](mailto:MaryMartellAllen@aol.com)

**(029) 2075 7311**

**On walk days; 07974 101679**