

## **Cardiff U3A Walking Programme February to May 2020**

### **Tuesday 4th February – Taff Trail**

Description - This is a 4+-mile walk along the Taff Trail from Llandaff North to the Black Lion, Llandaff.

Parking - Meet near Disraeli House (formerly the Cow & Snuffers pub), Llandaff North, at 10.30 - CF14 2JH.

Directions - Disraeli House is the opposite side of the river to Llandaff Cathedral, and is opposite Glantaf Welsh School, near a mini roundabout. There should be plenty of street parking when you turn left at the roundabout, coming from Llandaff North, before crossing the river bridge.

Lunch - The Black Lion, Llandaff - CF5 2DQ

Leader - Mary Allen - Mobile [07974 101679](tel:07974101679) on walk days

### **Tuesday 18th February - Porthkerry to Barry**

Description - This is a circular walk of 4.5 miles, with varying gradients, including one climb from Porthkerry beach.

Parking - Meet in the Porthkerry Country Park car park at 10.30 - CF62 3BY.

Directions - Follow the A4050 Barry road from the Culverhouse Cross roundabout and, at the sixth roundabout, turn right onto the A4226 and proceed across the north of Barry. Turn left at the second roundabout onto the B4266 and follow the signs for the Country Park. Drive through the Country Park to the car park near the sea.

Lunch - Wenvoe Arms, Old Port Road, CF5 6AN

Leader - Mary Allen - [07974 101679](tel:07974101679) on walk days.

### **Tuesday 3rd March - Pentyrch via Lower Garth to Morganstown**

Description - This is a linear walk of 4.5 miles from Pentyrch, taking the lower path below the Garth mountain, through Gwaelod-y-Garth to Morganstown.

Parking - Meet near the bus stop opposite the Pentyrch shops at **10.15**  
*{note earlier time}.*

Directions - Catch the 9.30 X bus from town at 9.30 or from Whitchurch at 9.45. The bus should arrive in Pentyrch before 10.15 so the walk will start at **10.15** on this occasion. After lunch there is a choice of walking back to Whitchurch along the Taff Trail, or catching the no.63 bus into town.

Lunch - Ty Nant, Morganstown - CF15 8LB

Leader - Mary Allen - [07974 101679](tel:07974101679) on walk days.

## **Tuesday 17th March – Ewenny**

Description - This is a 4.5 mile circular walk, with varying gradients.

Parking - Meet outside Ewenny Priory at 10.30 - CF35 5BW.

Directions - Leave the M4 at Junction 35 and follow the A473 through 2 roundabouts. At the next roundabout, take the 3<sup>rd</sup> exit onto the A48. At the next roundabout take the 1st exit onto Ewenny Road, then drive past Ewenny Pottery and turn left onto the B4265, Wick Road. Turn left onto Abbey Road and follow the signs for the Priory.

Lunch - The Golden Mile, Corntown - CF35 5BA.

Leader - Mary Allen - [07974 101679](tel:07974101679) on walk days.

## **Tuesday 7th April - Salmon Leaps Walk. Dinas Powys**

Description - This is a circular 4.5 mile walk, which can be shortened to 3 miles - glacial valley, wooded valley and possibly some mud!

Parking - Meet in the Star Inn car park, Dinas Powys, at 10.30 - CF64 4DE.

Directions - The Star Inn is in the centre of Dinas Powys village and the car park is behind - take a narrow lane on the left-hand side of the pub to enter the car park.

Lunch - The Star Inn

Leader - Mary Allen - [07974 101679](tel:07974101679) on walk days

## **Tuesday 21<sup>st</sup> April - Wenvoe to Long Cairn, Maes y Felin**

Description - This is a 5.5 mile walk through lanes, fields and woodland. There is a chance of mud in wet weather.

Parking - Meet in the Wenvoe Arms car park on Old Port Road in Wenvoe Village at 10.15. Note the earlier time for pre-ordering meals - but toilets probably not available at this time. CF5 6AN.

Lunch - The Wenvoe Arms.

Leaders - May and Colin Wilsher - [07773 661172](tel:07773661172)

## **Saturday 2<sup>nd</sup> May to 9<sup>th</sup> May - Walking Holiday on the Gower**

The holiday walking programme will be available later, and members are welcome to travel from Cardiff to join the group for a day's walking.

## **Tuesday 19<sup>th</sup> May – Bedwas**

Description - This is an approx. 5 mile walk with a few' climbs, some roadside walking, and good views of the Rhymney Valley.

Parking - Meet near the top of Pandy Road, Bedwas, at 10.30. Parking will be on the street. CF83 8EP.

Directions - Travel through Caerphilly town centre, pass the castle and take the right-hand turn to Newport (A468) and then turn left at the first set of traffic lights into Bedwas House industrial estate. Follow' the main road through the estate for about half a mile and turn right immediately after passing the Barry Lewis unit. After about 100 metres, reach a T-junction and go left into Pandy Road, and, after about 200 metres, park on the left hand side, shortly before the end of the speed limit sign.

Lunch - The Crossways (Brewers Fayre)

Leader - Steve Wride - [07914 596162](tel:07914596162)

For further details, please contact the Group Convenor, Mary Allen.

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On walk days: [07974 101679](tel:07974101679)