



## Cardiff U3A Walking Programme

February 5th 2019 to August 20<sup>th</sup> 2019

Tuesday 5<sup>th</sup> February - Hensol Forest

Description - This walk is roughly 5 miles long and mainly along hard surface forest tracks and quiet roads, with 3 stiles.

Parking - Meet in Hensol forest car park ( $\frac{1}{4}$  mile north of Welsh St. Donats) at 10.30. The nearest postcode is CF717SW but the car park is a little further on. Grid ref. ST 031768

Directions - Take A48 from Culverhouse Cross and, 1/2 mile after passing the Aubrey Arms, turn right at the Welsh St Donats sign. Follow the road towards Welsh St Donats and bear left when the right sign says Village Hall. After the speed sign, 30, when you reach crossroads, turn right (Pendoylan). Take the next brown sign towards Bryn y Ddafod. In 1/2 mile, when the road curves left, the car park is on the corner, on the right hand side.

Lunch - The Aubrey Arms - CF5 6TQ

Leaders - May and Colin Wilsher - Mobile 07773661172

**Tuesday 19<sup>th</sup> February - Porthkerry to Barry**

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

**Description - This is a circular walk of 4.5 miles, with varying gradient. After leaving the Country Park, the walk travels through parts of residential Barry and then follows the coast westwards towards Porthkerry Country Park.**

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

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

**Leader - Mary Allen**

**Tuesday 5<sup>th</sup> March - The Garth**

**Parking - Meet in the Gwaelod y Garth Inn car park at 10.30 - CF15 9HH**

**Description - This is a circular walk of about 4.5 miles with some uphill climbs.**

**Directions - Follow the A470 northwards from Cardiff and bear left below Castell Coch. Bear right at the roundabout and then shortly turn right towards Gwaelod y Garth. The Inn is on the left after the school.**

**Lunch - The Gwaelod y Garth Inn**

**Leader - Mary Allen**

Tuesday 19<sup>th</sup> March - Margam Park

Parking - Meet in the Margam Park car park at 10.30. Please note that there is a parking fee - SA13 2TJ

Description - This is a 4.5 mile circular walk with one difficult stile, high off the ground.

Directions - Travel westwards on the M4 to Junction 38, cross over the motorway and bear right. Follow the sign to the Country Park and not Margam Abbey.

Lunch - The Prince of Wales, Kenfig Hill - CF33 4PR

Leader - Mary Allen

Tuesday 2<sup>nd</sup> April - Penarth Parks

Parking - Meet in the Cliff Parade car park, Penarth, at 10.30

Description - This is a circular walk of 4+ miles around the parks of Penarth

Directions - Follow the signs to Penarth from Cardiff and drive through Penarth town centre. Take the sign to the beach and go down the hill and then up the hill at the end of the promenade. At the crossroads, turn left, signposted to the car park.

Lunch - Romeo's

Leader - Lesley Hales

Tuesday 16<sup>th</sup> April- Trevithick Tramway Walk

Parking - Meet near The Navigation, CF45 4RR, at 10.30

Description - This is a 5 mile walk with an uphill climb.

Directions - Follow the A470 towards Merthyr and turn left onto the road signposted Abercynon West. The Navigation Inn is on the right as you drive down the road - roadside parking.

Lunch - to be arranged      Leader - Mary Allen

Tuesday 7<sup>th</sup> May - Kenfig Pool and Dunes Nature Reserve  
Parking - Meet in the Dunes Nature Reserve car park at 10.30

Description - This is a circular walk that passes Kenfig Pool and through the dunes to the coast.

Directions - Follow the M4 westwards to Junction 37 and follow the signs to North Cornelly, Pyle and Porthcawl. Leave North Cornelly and, at the crossroads, turn left up the hill past The Angel. Follow the duck signs to the Nature Reserve on the right - CF33 4PT.  
Grid Ref SS793817

Lunch - The Prince of Wales

Leader - Frank Mclean

Friday 10<sup>th</sup> May to Friday 17<sup>th</sup> May

Walking holiday based in Newport, Pembrokeshire

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

Tuesday 21<sup>st</sup> May

More details to follow

Leader - Steve Wride

Tuesday 4<sup>th</sup> June - Llantwit Major to Marcross

Parking - Meet in the Town Hall car park, Llantwit Major, at 10.30. It is advisable to arrive early in order to secure a parking space.

Description - This is a 4.5 to 5 mile linear walk along the coast, with spectacular views and a variety of stiles! Return journey by local bus.

Directions - Follow the one way system to the centre of Llantwit Major, ignore the signs for the sea but bear right and then left into the Town Hall car park.

Lunch - The Horseshoe Inn, Marcross Leader - M.Allen

Tuesday 18<sup>th</sup> June - Michaelstone y Fedw

Parking - Meet in the Village Hall car park, adjacent to the Cefn Mably Arms, CF3 6XS, at the earlier time of 10.00, in order to book lunch before the walk.

Description - This is a 5 mile circular walk along the River Rhymney and through fields and woods.

Directions - Follow the A48 to Castleton and take the left turn up Coal Pit Lane. Turn right onto Druidstone Road and continue straight. The car park is on the left in front of The Cefn Mably Arms.

Lunch -The Cefn Mably Leader -A.Pathy 07582809390

Tuesday 2<sup>nd</sup> July - Ruperra

Parking - Meet in The Hollybush car park, Draethen, NP10 8GB, at 10.30

Description - This is a 4+ mile circular walk on the Ruperra estate.

Directions - Follow the signs for Lisvane and leave Lisvane on the Rudry road. After a few miles, turn right when you see the Maen Llwyd opposite the junction and follow the signs for Draethen.

Lunch - The Hollybush Leader - Mary Allen

Tuesday 16<sup>th</sup> July - Peterstone Super Ely

Parking - Meet in the car park of the Sportsman's Rest, Peterstone Super Ely, CF5 6LH, at 10.30.

Description - This is a gentle walk from Peterstone Super Ely to St Nicholas, with a possible extension to Tinkinswood burial chamber.

Directions - There are several ways of reaching Peterstone Super Ely. One way would be to go via St Fagan's or take the M4 to the Llantrisant slip road and bear left through Pendoylan.

Lunch - The Sportsman's Rest Leader - Mary Allen

**Tuesday, 6<sup>th</sup> August - Marcross**

**Parking** - Meet in The Horseshoe car park, Marcross, CF61 1ZG, at 10.30

**Description** - This is a circular walk along the coastal path, woods and lanes with one steep climb at Monknash.

**Directions** - Either take the M4 route or A48 via Cowbridge. Marcross is a few miles from Llantwit Major.

**Lunch** - The Horseshoe, Marcross

**Leader** - Mary Allen

**Tuesday, 20<sup>th</sup> August - Ogmore**

**Parking** - Meet in the coastal car park, near the Pen y Bont Surf Club, CF32 OPB, at 10.30. This is a fee paying car park, quite expensive, so you may wish to park elsewhere.

**Description** - This is a circular 4.5 mile walk with some coastal walking and some inland walking.

**Directions** - Ogmore can be accessed from the M4 via the Pencoed exit or via the A48 or via the Barry road.

**Lunch** - to be decided

**Leader** - Mary Allen

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

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