# Inaugural Walk – The Heights of the Lower Rhymney Valley

## Date: 25th September 1983

## Distance/Ascent: 23.3 miles , 3890 feet

## Leader: Nick Kaye

## Route Description:

* From the car park at (ST 156 853) – south on the A469 to Thornhill (ST 158 845).
* Path along Cefn Carnau and Cefn Onn ridges to Rudry. North-east along lane past Dan-y-Graig to forestry at (ST 208 871). Track through forestry east-north-east then northwards downhill to Machen.
* Across A468, northwards up lane then track to west ridge of Mynydd Machen. Track on north side of ridge past Pen-heol-machen to Mynydd y Grug.
* North-west down track to Pen-y-rhiw and minor road at (ST 158 926).
* Minor road north-westwards to A469 at (ST 146 933).
* South on A469 for short way to (ST 146 929).
* Track then road up Nant Llanbradach then track and path around head of Nant Llanbradach valley and across south slopes of Mynydd Eglwysilan to join Senghenydd dyke.
* Track beside Senghenydd dyke around head of Senghenydd valley to join minor road at (ST 106 893). Minor road beneath summit slopes of Mynydd-Mayo past Pen-Y-Groes and down to Dyffryn-Ffrwd hotel near Nantgarw.
* Path to A469. Down A469 for short way then south (or left) on side road to cottages and join with Ridgeway footpath after crossing disused railway.
* Ridgeway footpath followed up west ridge of Craig Yr Allt and along path below summit on south side to minor road at (ST 142 852).
* Ridgeway path then followed via road and paths across south slopes of Twyn Garwa to summit of Caerphilly Common.
* Descend to car park at (ST 156 853).

## Weather: Very hazy or misty all day – virtually no views at all. Cool but not cold, cloudy bright with no breeze, a little drizzle.

## Participants: Nick & Julia Kaye, Andrew Clabon, Gerry Jackson, Keith Bennett, Alan Fox, Ron Dix, Sue Davies, Gwyn Howells, Marcus Harling, Margaret Mills