# Caerphilly Summits Challenge – Route Survey

## Date: 9th January 1988

## Distance/Ascent: 31.3 miles, 5466 feet

## Leader: Nick Kaye

## Route Description:

* Start at Caerphilly Leisure Centre (ST 159 878).
* South-east across Virginia Park and road through Lansbury Park.
* Footpath south across fields via (ST 173 866) to Van Road (ST 171 864).
* Forest track and path up through The Warren to summit of Caerphilly Common.
* Waun-waeled, Craig yr Allt and Nantgarw roundabout via zig-zag path at west end of Craig yr Allt.
* Footbridge over A470, road through Nantgarw to path junction at (ST 125 863).
* Path to Groeswen then Rhymney Valley Ridgeway path via Ty-llwyd to summit of Mynydd Meio.
* West down to Eglwysilan Road, road through Eglwysilan to road bend at (ST 099 901).
* North-west to summit of Cefn Eglwysilan.
* North-east across Twyn Hywel to road at (ST 110 922).
* Summit of Mynydd Eglwysilan, north to track junction at (ST 127 939).
* East past Castell-llwyd to lane at (ST 137 938), south then east down lane across A469 and Afon Rhymni to track Junction at (ST 149 933).
* Track north-east to road, road south-east to track junction at (ST 154 934).
* Track past Gwernau-ganol to path junction at (ST 160 935).
* Field path north to (ST 162 940) then east to lane at (ST 169 939).
* Track southwards over Mynydd y Grug then eastwards along ridge to summit of Mynydd Machen.
* Path south to (ST 227 898) then west-south-west via Bovil-uchaf to Machen.
* Across A468 then south up through forestry to lane at (ST 207 871).
* Lane to Maenllwyd Inn. Rhymney Valley Ridgeway footpath to Cefn-onn Farm.
* Lane north to Rudry Common, Mynydd Rudry, north to path junction at (ST 181 874).
* Path west to road at (ST 169 876).
* Return through Lansbury Park and across Virginia Park to Caerphilly Leisure Centre.

## Weather: Overcast, mild to start turning cooler and breezy. Steady rain from mid-morning onwards. A very wet day.

## Participants: Nick Kaye, Andrew Clabon, Peter Lewis, Chris Coy