



Taff Ely

Sunday 6th August: Trehafod to Ynysybwl circular walk led by Tony Lawrence.



Hooray a blue sky day for a ramble and a local one for us. Tony led us from Barry Sidings, across the River Rhondda and up to Llanwonno, dropping down the other side to Ynysybwl, stopping for lunch at Butchers Pool, which lured Tony Yule in for a paddle to cool off, then up and over Graigwen, stopping for refreshments and spectating a cricket match at Hopkinstown Cricket club before returning back to our cars at Barry Sidings. 9.5 miles of our lush green Rhondda Valley 🍏💙
Walk report by Hayley Thomas.



August

Another month of unseasonable weather but amazingly on all our walks this month we managed to stay dry, albeit taking layers on and off multiple times. Well, except for Tony Y who decided to cool off in Butchers Pool, Ynysybwl and Belinda, Sennur and myself who braved the big waves of Barafundle Bay on our day out to Pembrokeshire. Our Path Maintenance Team has been busy this month, all the Bunny Walks have been assessed and clearing, repairing, signposting, has been happening on Thursday mornings.



Thank you very much to all involved.

Saturday 12th August: Pencoed and Llanilid Church led by Rob Young

On Saturday Rob Young led 15 Saturday Strollers on a 4.5 mile from Pencoed to Llanilid church on a dry morning, it was very nice to see some new faces joining us today. Plus Colin's lovely granddaughter, came along as well.



Sunday 13th August: SugarLoaf from Llanbedr led by Derek Wallis.

The walk on 13th August was a nine mile walk from the village of Llanbedr, near Crickhowell, to the iconic Sugarloaf hill. There was initially easy walking along wooded paths and some roadway before approaching the north side of Sugarloaf. Thereafter it was a hard ascent across moorland with thick bracken and a final steep climb to the top. Despite the continuing unsettled and unseasonal weather for most of July and August it proved to be a dry day but overcast and very humid. We were favoured with good visibility so that the way to the summit and then the descent afforded splendid views of the nearby hills and valleys.

Approaching from the north side was not busy and we only met a few fellow walkers until we reached the summit for lunch. However, there we encountered many other groups of all ages, including a friendly teenager who obliged us with a group photo by the trig point.

Luckily, the local council had been working recently to clear the paths through the rampant undergrowth so the route down was easier than it may have otherwise been.



In the woodland sections and then beside the stream on the return section a large variety of flora was on display and hay harvesting was underway in the fields. No doubt due the large numbers of visitors on the popular hill the number and variety of fauna seemed limited, avoiding our noisy presence, although the ever-present ravens were as raucous as ever.



We had intended to finish the day with a social drink in the Red Lion pub, but the owners had just gone on vacation and it was shut! A quick change of venue to nearby Crickhowell, where several of us gathered for a final drink before the return home after a satisfying but rather sticky day's walk.

Saturday 19th August: Summer Social to Pembrokeshire.

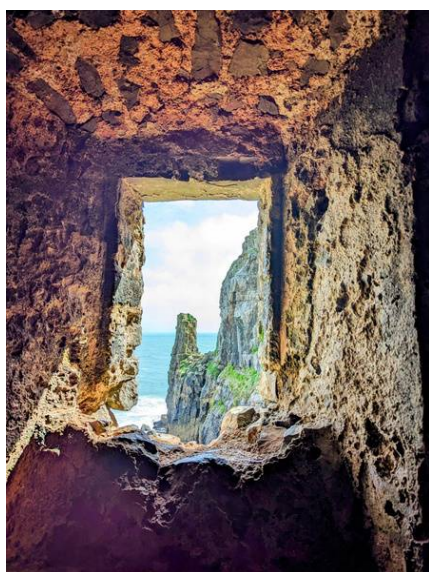
There aren't enough fantastically brilliant superlatives to describe my today. How I've managed to miss one of the most beautiful places in the world so close to home is a mystery.

We set off from Stackpole Quay after gorging on baked goods from the National Trust cafe, headed to Barafundle Bay where we lost a few people to the waves. Round the coast path to Broad Haven for lunch on the beach.

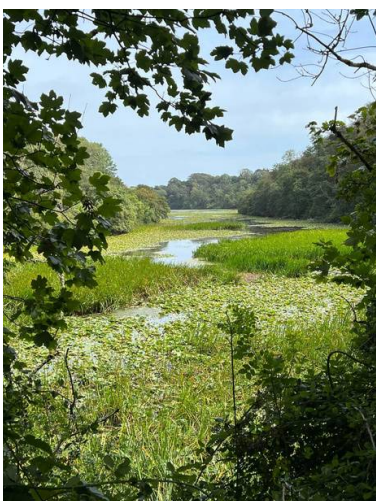




Four of us then left the main group to go to St Govan's chapel, a tiny hermit's cell, nestled in one of the cliffs. This is the perfect place to build a retreat from the world if you want some peace and quiet, although I'm guessing that it was a lot harder to get to back in the day. Whilst I was tempted to leave my life behind, after a good look around, we headed back up to the top to get ice cream (NOT Mr Whippy) from the ice cream van. Apparently I visited the tiny chapel when I was a girl.



Next stop was Bosherton and the lily ponds. Wow wow wow wow wow - and that's without a good display of lilies. This is my idea of what a heaven should look like!



Over the 8 arches and back to Stackpole Quay in time to have a Red Boat ice cream and another ginger beer (because I'm such a lush). Thanks to Hayley for organising it! Report by Louise Gillies.

Saturday 26th August: Fields and woods to Talygarn led by Martyne Hopkins.

There were 21 walkers today and we had a number of new walkers join us who we hope to see on future walks.

Unfortunately the start point had to be changed at the last moment because I found there was of a fair being held in Pontyclun Community Hall car park and Pontyclun has so few parking areas so we started from Llantrisant Leisure Centre which made our walk longer than expected.



The weather was kind to us most of the way and we had a peaceful lunch break at Talygarn lake watching swans, ducks and other birds. Thanks to all walkers who were there and put their best feet forward despite the distance.

Sunday 27th August: Pen-Y-Fan via Pen Milan led by Michelle Mansell

On Sunday 27th August, 13 walkers and two dogs started our long ascent of Pen-y-Fan. However, we began with some descent in order to join the path which goes up Pen Milan. The weather was dry and fairly overcast but we soon warmed up as we began to go uphill and layers were removed.

As we reached the Tommy Jones memorial, Belinda laid some flowers which she had picked from her garden.



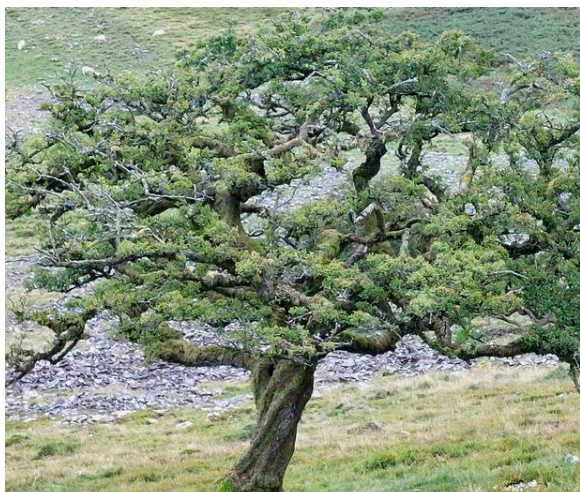
By now, most of us had put a layer back on as the wind had increased significantly. On the steep ascent up to Corn Du, the leader (yours truly) decided to lead from the back and was the last to complete the ascent as I needed to enjoy the views many times (thank you to Colin for keeping me company). From Corn Du, we continued to Pen-y-Fan but didn't linger as there was low cloud threatening to cover us.



The descent was steep and we took it very carefully, some of us sitting at times (as you can't fall when you're already on the floor). After this, we walked along the ridge before turning off for a former quarry area, so that we could have a well-deserved lunch in a more sheltered place.



Fully refreshed, we descended to Cwm Gwdi car park and then to the quiet lanes (and once more removed layers). At the point where we could have done some more lane walking and joined the Taff Trail, as it was already gone 4pm after the slow ascent and descent, I offered the choice of completing the full walk or curtailing it and walking back through the lanes to the car park. The offer of going back to the cars was the most popular option. When we got back to the cars, the two dogs enjoyed a paddle and a drink in the pleasant stream.



Thank you Kevin King for the use of your photographs, you really get the sense of being there with you all.

Upcoming Trips and Socials

Montenegro Saturday 16th - Saturday 23rd September

We are all paid up and ready to go, with a crazy early minibus pick up time, if your on Instagram I am sure I will be posting daily @rhonddagirlreturns2

Historical Walk Around Llandaff Saturday 30th September

Janet Sully will lead us on an informative walk around Llandaff, starting from Insole Court. See poster for details. This is limited to 20 people, so let me know as soon as possible.

Cadair Idris Friday 20th - Sunday 22nd October 2023

To date we have 17 signed up for this weekend, with plenty of space at the Corris Hostel, it is not too late to book up.

Elan Valley Friday 22nd - Sunday 24th March 2024

18 people booked to go. There is still space available, these would be in sharing twin rooms. If anyone is interested get in touch with June Crichton on 07956520614.



Historical Walk Around Llandaff

Led by Janet Sully on September 30th at 10.30am from Insole Court car park.

A City Within a City

A 2.5 mile historical walk in and around old Llandaff.

We will return to Insole Court where a buffet and hot drink will be served in their cafe, The Potting Shed, with the opportunity to further explore the house and grounds of this beautiful Grade II* listed mansion.

Cost is £11.50 payment in advance, by BACS s/c 608301 a/n 20182487 to The Ramblers Association (SW12) or in person to Hayley Thomas.

Numbers are limited to 20 people

To reserve your place please email or text me hthomas247@gmail.com mob 07540158398

~~August~~ Walks

Sunday 3rd September

St Brides Major to Southerndown and Ogmore led by Janet Sully 8m M

Saturday 9th September

Heol Y Sarn led by Tony Lawrence 4.5m L

Sunday 10th September

Belinda's "3 P's" Pant, Pontsarn and Pontsticill led by Belinda Adeva 9m M

Sunday 17th September

Rhymney River and Gelligaer Common led by Tony Yule 8m M

Saturday 23rd September

Circular walk from Llantrisant led by Tony Lawrence 4.5m M

Sunday 24th September

Llanharan Railway Station to the ridgeway led by Geoff Williams 8.5m M