

STRIDE OUT

for 32 miles along the
Rhymney Riverside Walk.



The Rhymney Riverside Walk is a 32 mile linear walk which winds along the floor of the Rhymney Valley, following the river from its headwaters to the southern plains. There are many bus and train stops along the route – so it need not be walked in a single outing. The walk forms part of the Valleys Regional Park, a network of visitor facilities and accessible countryside activity routes across the Valleys.

For further information on walking routes and other activities which you can enjoy, please visit www.thevalleys.co.uk . The Valleys Regional Park is part-funded by the European Regional Development Fund through the Welsh Government.



Rhymney Riverside Walk.

The Rhymney Riverside Walk follows footpaths and cycleways, with some sections along the roadside in urban areas. The paths are mainly dry but can get wet and boggy in places after periods of wet weather – stout footwear is recommended. There are plenty of pubs and shops close to the route, but it's advisable to take food and drink. The use of sustainable public transport is encouraged – please check times of services beforehand. The directions in this document assume you are walking the route from north to south. Mobile phone coverage is generally good but reception can be poor in valley bottoms. Take your camera and binoculars and please follow the countryside code as you, 'leave nothing but footprints; take nothing but memories.'

Ordnance Survey Explorer maps 151 and 166 cover the route. Maps in this document are reproduced from the Ordnance Survey mapping with the permission of the Controller of Her Majesty's Stationery Office. © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Caerphilly County Borough Council, 100025372, 2012.



Rhymney Riverside Walk.

Section 2.

**FROM: Elliot Colliery Winding House Museum
(OS Grid Ref: SO 146 028),**

**TO: Hengoed
(OS Grid Ref: ST 154 957).**

From the Elliot Colliery Winding House Museum follow the cycleway along the former railway line towards Parc Coetir Bargoed. Taking care when crossing the roads into and within the Park, follow the tarmac tracks to Pengam. From here footpaths and back lanes follow the river into Tir-y-berth, where you join the A469 road.

Key to additional symbols on Ordnance Survey maps.

..... Route: Off-road.

— Route: On-road.

②..... Section start.

...③▶ Section continues.

🚲 Cycle route.

🚌 Bus stop.

🚉 Railway station.

P Car park.

🛏 Accommodation.

☀ Viewpoint.



Winding House

Woodland Park

Hengoed Viaduct



Bargoed Viaduct – Matchstick men to man-made mountains.

Renowned for northern industrial landscapes peopled with matchstick figures L.S. Lowry roamed further afield in later life. The painting Bargoed, in 1965, captures Bargoed's industrial legacy – the impressive viaduct in the foreground and huge colliery waste tip overshadowing the town. The waste tip was one of the largest man-made mountains in Europe at that time.



Otter – Holt is where the home is.

The territory of the male dog Otter may cover 12 miles of riverbank, its favoured areas are quiet with plenty of undergrowth. The main home of the Otter is called a holt, which is often hidden underneath riverside tree roots. These factors make seeing an Otter a rarity – their territorial markings, called spraints, usually the only evidence of their presence.



Bargoed Woodland Park – OS Grid Ref: ST 154 991.

Enriched with artworks, Bargoed Woodland Park (Parc Coetir Bargod), the newest country park in Caerphilly county borough, was created on the sites of three collieries. An ideal place to visit, look carefully and you may see dippers, kingfishers and other wildlife in the River Rhymney.



Useful information.

Walks in Cardiff.

Countryside Team, County Hall, Atlantic Wharf, Cardiff, CF10 4UW.

T: 029 2087 3719 / 2073 7186 .

E: countryside@cardiff.gov.uk . www.cardiff.gov.uk/countryside .

Newport Countryside.

Countryside Service, Civic Centre, Newport, NP20 4UR.

T: 01633 656656 .

E: info@newport.gov.uk . www.newport.gov.uk/dc/index.cfm?fuseaction=outdoors.homepage .

Walks in Caerphilly County Borough.

Countryside and Landscape Service,

Pontllanfraith House, Blackwood, NP12 2YW.

T: 01495 235219 .

E: countryside@caerphilly.gov.uk . www.caerphilly.gov.uk/countryside .

Visiting Caerphilly County Borough.

Caerphilly Tourist Information Centre, Twyn Square, Caerphilly, CF83 1XX.

T: 029 2088 0011 .

E: tourism@caerphilly.gov.uk . www.caerphilly.gov.uk .

Useful information.

Caerphilly Tourism Association.

www.visitcaerphilly.com .

The health benefits of walking.

www.caerphilly.gov.uk/healthchallenge .

Local public transport.

Traveline Cymru.

T: 01495 235223 / 0871 200 22 33 .

www.traveline-cymru.info .

Local weather forecasts.

Met Office.

www.metoffice.gov.uk/public/beta/ .

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