

# 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](http://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 3.

FROM: Hengoed (OS Grid Ref: ST 154 957),

TO: Pwllypant (OS Grid Ref: ST 154 892).

Cross the A469 and, passing Hengoed train station, go onto the Viaduct – stopping to enjoy the fantastic view. The river flows through the urban areas of Maesycwmmmer, Ystrad Mynach and Llanbradach and the route is located mainly on urban roads and estates. Footpaths are once more joined and lead through woodland pasture onto a metal bridge.

### Key to additional symbols on Ordnance Survey maps.

..... Route: Off-road.

— Route: On-road.

③..... Section start.

④.....▶ Section continues.

🚲 Cycle route.

🚌 Bus stop.

🚉 Railway station.

P Car park.

🛏 Accommodation.

☀ Viewpoint.

# Hengoed Viaduct

## Llanbradach and Pwllypant

# Caerphilly Castle



## Grayling – The Silver Lady.

The Grayling – called the silver lady of the stream, for her appearance – likes pure, clean water to thrive. The presence of the Silver Lady in a river is a sign of healthy waters, and is testament to the environmental improvements that have occurred in the Rhymney Valley.



## Gren – Characters of life.

Grenfell 'Gren' Jones and his cartoons are synonymous with everything Welsh, making him a household name both in Wales and around the world. His cartoons depicted valley life, centred on the village of Aberflyarff in Scrumcap Valley on the River Efflew. Some say that this is based on his home village – Hengoed.



## Ystrad Mynach – Monk's Valley.

There are a number of curious folktales about Ystrad Mynach's name, many surrounding a daughter of the French De Clare family who built Caerphilly Castle. It was said that a monk was forced to flee from Caerphilly Castle after he was found to be having an affair with the daughter. The monk was captured, sentenced to death and hanged from a tree in the valley – the area becoming known as 'Monks Valley' or in Welsh 'Ystrad Mynach'.



# 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](mailto:countryside@cardiff.gov.uk) .

[www.cardiff.gov.uk/countryside](http://www.cardiff.gov.uk/countryside) .

## Newport Countryside.

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

T: 01633 656656 .

E: [info@newport.gov.uk](mailto:info@newport.gov.uk) .

[www.newport.gov.uk/ dc/index.cfm?fuseaction=outdoors.homepage](http://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](mailto:countryside@caerphilly.gov.uk) . [www.caerphilly.gov.uk/countryside](http://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](mailto:tourism@caerphilly.gov.uk) .

[www.caerphilly.gov.uk](http://www.caerphilly.gov.uk) .

# Useful information.

**Caerphilly Tourism Association.**

[www.visitcaerphilly.com](http://www.visitcaerphilly.com) .

**The health benefits of walking.**

[www.caerphilly.gov.uk/healthchallenge](http://www.caerphilly.gov.uk/healthchallenge) .

**Local public transport.**

Traveline Cymru.

T: 01495 235223 / 0871 200 22 33 .

[www.traveline-cymru.info](http://www.traveline-cymru.info) .

**Local weather forecasts.**

Met Office.

[www.metoffice.gov.uk/public/beta/](http://www.metoffice.gov.uk/public/beta/) .

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