

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 4.

FROM: Pwllypant (OS Grid Ref: ST 154 892),

TO: Draethen (OS Grid Ref: ST 223 876).

Pass through the edge of industrial estates in Caerphilly before taking care to cross over the five-junction roundabout and into Bedwas across the old stone bridge. Here Cycleway Route 4 is followed until Trethomas. A small section of main road links the route which then follows footpaths through fields to Draethen.

Key to additional symbols on Ordnance Survey maps.

- Route: Off-road.
- Route: On-road.
- ④.... Section start.
- ...⑤...► Section continues.
- 🚲 Cycle route.
- 🚌 Bus stop.
- 🚂 Railway station.
- 🅿️ Car park.
- 🛏️ Accommodation.
- ✳️ Viewpoint.

Machen Forge



Brook Lamprey – A vegetarian bloodsucker?

Contrary to popular belief not all lampreys are bloodsuckers. The Brook Lamprey larvae live in the muddy river bottom, feeding on plant materials. The adults do not feed at all, as they have short lives which come to an end just after they have spawned!



Machen Forge – Forging ahead.

The Machen Forge was one of the earliest iron forge sites in south Wales, its furnaces and forges being extensively powered by water. Today not much survives above ground to mark the site, but one of the best-preserved buildings is the stable block that housed the pack-horses used to transport the finished iron.



Between Machen and Lower Machen –
View towards Coed Cefn.



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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