

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 5.

FROM: Draethen (OS Grid Ref: ST 223 876),

TO: St Edeyrn's Church (OS Grid Ref: ST 221 820).

Continue along scenic footpaths, passing under the motorway until you reach Llanederyn. The walk is currently being developed through Cardiff. For further information please use the contact details supplied on the following pages.


Key to additional symbols on Ordnance Survey maps.


..... Route: Off-road.

——— Route: On-road.

...4... Section continuation.

5..... Section start.

 Cycle route.

 Bus stop.

 Railway station.

 Car park.

 Accommodation.

 Viewpoint.

Plas Machen – A seat of power.

This substantial manor house was built in the 16th century by the Morgan family, who were a prominent force in the land. They were early supporters of Owain Glyndŵr and led the men of Gwent on the side of the victorious Henry Tudor at the battle of Bosworth in 1485. The current building is a mere shadow of its former size, but the picturesque crown of chimney-stacks stands out in the surrounding countryside.



Greater Horseshoe Bat – OS Grid Ref: ST 243 863.

The Greater Horseshoe Bat can pick-up food off the ground while still in flight, and can be seen dabbing the water – drinking without stopping. Their favourite hunting grounds are pastures and ancient woodlands close to water – like these near Park Wood!



St Edeyrn's Church – OS Grid Ref: ST 221 820.

Pausing for the time being alongside the white stonework of St Edeyrn's Church, the Rhymney Riverside Walk is planned to follow the river's flow southwards towards the Bristol Channel. For further information please use the contact details supplied on the following pages.



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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