

Walk-in Your Area

BEDWAS RIVERSIDE STROLLERS - Bedwas

Every Tuesday at 2.00 - 3.00pm

Meet: Fishermans Rest Car Park, Bedwas.

For more information contact Brian Begg
beggbj@caerphilly.gov.uk on 07788547350.

CAERPHILLY RAMBLERS

Thursday evening at 6.30pm (4 - 6 miles)

from May to August

Meet: Caerphilly Tourist Information Centre

Every Sunday and Thursday at 9.30am (8 - 12 miles)

Meet: ASDA Caerphilly

For full details check out caerphillyramblers.btck.co.uk

CAG - CAERPHILLY ADVENTURE GROUP

Various walks of different length, in different areas.

Walking trips and weekends Navigation Training provider.

For more information contact Ali Evans 07799105393 or
check out the council website evansalo@caerphilly.gov.uk

GELLIGAER RAMBLERS

Short Walks - Every other Saturday at 10.00am

Long Walk - Every Sunday at 9.45am

Meet: Oakfield Street Car Park, Ystrad Mynach.

For full details and timetable check out
www.ramblersgelligaergroup.co.uk

GRAIG Y RHACCA

Walks Every Tuesday at 9am for 9.15am

Meet: Graig y Rhacca Community Centre.

For more information contact Brian Begg
beggbj@caerphilly.gov.uk on 07788547350

ISLWYN RAMBLERS - May to September

1 x 4 mile walk per month

1 x 6 mile walk per month

1 x 8 - 12 miles walk per week

1 x evening walk per week.

Meet: Blackvein Road, Crosskeys

For more details check out www.islwyn-ramblers.co.uk

LANSBURY PARK

Walks Every Tuesday at 1pm for 1.05pm

Meet: Lansbury Park Community Office (on the stretch)

For more information contact Brian Begg
beggbj@caerphilly.gov.uk on 07788547350

NORDIC WALKING

Blackwood (meet near Chartist Bridge)

Pengam (meet near car park on river)

Gelligroes (meet near Halfway House Pub)

These locations rotate week to week with each taking
place on a Monday and Wednesday. Please call to see
which walk is on.

Every Monday and Wednesday at 11.00am

Meet: Cwmgelli (near Chartist Bridge)

Every Thursday at 11.00am

Meet: Fourteen Locks, Rogerstone

Every Friday at 11.00am

Meet: Cwmcarn Scenic Drive Car Park

Every Saturday at 11.00am

Meet: Pontywaun to Risca (canal walk)

New members are always welcome and are asked to
turn up 20mins early to go through the technique,
wear suitable clothing and footwear to the conditions.
Walks are approximately 1hr 20mins.

For more information please contact Ed Woolley on
01495617178 or 07906365280 or email
etwoolley@hotmail.co.uk or www.nordic-walking.wales
(cost £4 per person including pole hire) Please contact
Ed before turning up to make sure walk is running.

PENGAM STROLLERS - Parc Coetir Bargod

Every Thursday at 11.00 - 12.00

Meet: Entrance to park at Pengam end.

For more information contact Brian Begg
beggbj@caerphilly.gov.uk on 07788547350.

PENALLTA STROLLERS

Every Monday at 11.00am

Meet: Fforest Car Park, Caerphilly Road.

For more information contact Brian Begg
beggbj@caerphilly.gov.uk or 07788547350.

Would you like to start a walk in your area or become
a volunteer walk leader? To find out how contact
Brian on 07788597350 or beggbj@caerphilly.gov.uk

