

# Walk-in Your Area

## **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

## **BEDWAS RIVERSIDE STROLLERS** - Bedwas

Every Tuesday at 2.00 - 3.00

Meet: Fishermans Rest Car Park, Bedwas.

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

## **PENGAM STROLLERS** - Cefn Fforest

Every Friday at 2pm (30 - 60 mins)

Meet: The Showfields Car Park.

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

## **ABER VALLEY WALKERS** - Senghenydd

Mondays to Thursdays at 2.15

Meet: Senghenydd Community Centre.

For more information contact: **Pat Bull** 07890 556994  
or malcolm@patbull.freeserve.co.uk

## **STEPPING OUT ADULT DAY CENTRES**

Wednesdays at 11.00 - 2.30

Meet: Caerphilly

For more information contact:  
the Stepping Out Team on 01495222605

## **NORDIC WALKING**

Every Tuesday and Wednesdays at 11.00am

Meet: Cwmgelli (near Chartist Bridge)

For more information contact:

**Ed Woolley** on 01495 617178 or 07906365280

email: [etwoolley@hotmail.co.uk](mailto:etwoolley@hotmail.co.uk)

(cost £3.50 per person including pole hire)

Please contact Ed before turning up to make sure walk is running

## **NORDIC WALKING**

Every Friday and Saturday at 11.00 am

Meet: Cwmcarn Scenic Drive Car Park.

For more information contact:

**Ed Woolley** on 01495617178 07906365280

or email: [etwoolley@hotmail.co.uk](mailto:etwoolley@hotmail.co.uk)

(cost £3.50 per person including pole hire)

Please contact Ed before turning up to make sure walk is running

## **SUSTRANS WALKS** - Pontllytyn

Every Tuesday - 10.15 - 11.00

Meet: Pontllytyn Community Centre

For more information contact:

**Avril Lester** on 01685844042

## **SUSTRANS WALKS** - Pontllytyn

Every Monday at 6pm

Meet: Pontllytyn Community Centre

For more information contact:

**Avril Lester** on 01685844042

## **ISLWYN RAMBLERS**

May - 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 full details and timetable check out

[www.islwyn-ramblers.co.uk](http://www.islwyn-ramblers.co.uk)

## **GELLIGAER RAMBLERS**

Short Walks - Every other Saturday at 10am

Long Walk - Every Sunday at 9.45am

Meet: Oakfield Street Car Park, Ystrad Mynach.

For full details and timetable:

[www.ramblersgelligaergroup.co.uk](http://www.ramblersgelligaergroup.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:

**Brian Hayter** 07795825477 or check out the

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

## **WALK, TALK, CYCLE, TEA** - Parc Bryn Bach

Every Friday 12 - 2pm (walk starts at 1pm)

For more information contact **Danny** on 07943 559696

## **CAERPHILLY RAMBLERS** during May - August

Thursday evening at 6.30pm (4 - 6 miles)

Meet: Caerphilly Tourist Information Centre

Every Sunday at 9.30am (8 - 12 miles)

Meet: ASDA Caerphilly

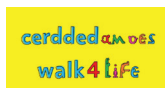
Contact [caerphillyramblers.btck.co.uk](http://caerphillyramblers.btck.co.uk) for full details.

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](mailto:beggbj@caerphilly.gov.uk)



Mae'r ddogfen hon ar gael yn Gymraeg, ac mewn ieithoedd a fformatau eraill ar gais.  
This document is available in Welsh, and in other languages and formats on request.