# Caerphilly Summits Challenge – Marshals’ Walk

## Date: 11th June 1988

## Distance/Ascent: 31.5 miles, 5627 feet

## Leader: Nick Kaye

## Route Description:

* Start at Caerphilly Leisure Centre (ST 159 878).
* South-east across Virginia Park and road through Lansbury Park.
* Footpaths south across fields via (ST 173 866) to Van Road.
* Road across railway to junction with forestry track at (ST 169 862).
* Forest track and path up through The Warren to summit of Caerphilly Common.
* Paths to Waun-waeled. Path and road to road junction at (ST 142 853)
* Road then path west to summit of Craig yr Allt.
* Down west ridge using zig-zag path and under A470 at Nantgarw roundabout.
* Paths and road via (ST 120 852) over A470 by footbridge at (ST 121853).
* Road through Nantgarw to path junction at (ST 125 863).
* Path north-north-east to Groeswen then Rhymney Valley Ridgeway path via Ty-llwyd to summit of Mynydd Meio.
* Descend west to road at (ST 111 883), road north through Eglwysilan to sharp left bend at (ST 099 901).
* Up to summit of Cefn Eglwysilan. North to north summit and communication masts.
* North down track to track junction at (ST 099 915)
* Track north-east to road at (ST 110 922).
* Road then path east to summit of Mynydd Eglwysilan.
* Descend due east to intake wall at (ST 129 925).
* East downhill through fields, past ruined barn at (ST 137 927).
* North-east down through fields to lane at bend at (ST 140 934).
* East down lane to Coopers Arms and A469.
* Across A469 and Afon Rhymni to track Junction at (ST 149 933).
* Track north-east to road, road south-east to road junction at (ST 154 934).
* Road past Gwernau-ganol to path junction at (ST 160 935).
* Field path north to (ST 162 940) then east to lane at (ST 169 939).
* Lane then track southwards over Mynydd y Grug then eastwards along ridge to summit of Mynydd Machen.
* Path south to (ST 227 898) then west-south-west via Bovil-uchaf to Machen.
* Across A468 then south up through forestry to lane at (ST 207 871).
* Lane to Maenllwyd Inn, across road and along Rhymney Valley Ridgeway path to path junction at (ST 193 863).
* Path south-west then south across Nant y Cwm to main ridge path at (ST 194 853).
* Ridge path west over summit of Craig Llysfaen to road at (ST 184 850).
* Road north past Cefn-onn farm to Rudry Common then summit of Mynydd Rudry.
* Descend northwards to path junction at (ST 181 874).
* Path west across Nant Gwaunybara to road at (ST 169 875).
* Road through Lansbury Park and across Virginia Park to Caerphilly Leisure Centre.

## Weather: Very sunny and warm day, light breeze. Good views. An excellent day out.

## Participants: Nick Kaye, Gerry Jackson, Mike Evans, Tim Gronow, Roger Blake, Keith Bennet, Alun Jones, Bill Harris, Jim Morris.