u3a Torfaen get more out of life derbynwch mwy mas o bywyd

Walking Group Programme for September 2026

We leave **Woodland Road Social Centre at 10.00 PROMPTLY** unless otherwise indicated (Check your email messages), but you may wish to join a walk at its actual starting point.

The U3A insurance cover does NOT protect you from personal accidents.

You therefore join a walk at your own risk.

Thursday 3rd September 2026 Garn Lakes and the Coity (2½ Hrs) Comfortable

Starting at the Blaenavon Heritage Centre in Blaenavon, this takes us along a walking/cycle track north to the Pontypool-Blaenavon Railway Halt, where we continue in a circuit around the Garn Lakes. We then walk south along a track with good views of the Coity and Garn-yr-Erw either side to reach the Rhymney Brewery, before taking another walking/cycle track back to Blaenavon and our start point and refreshments in town.

Much of the route is level on good or reasonable surfaces with one short section of steps up to a track. Boots are recommended and walking poles/stick can be useful. There are no stiles.

The walk starts from the Blaenavon Heritage Centre in Blaenavon (Postcode NP4 9AS)

Fuel Contribution: £2 **Leaders: Jeff and Jane Phillips**

Thursday 17th September 2026 Porthkerry Circular (3 HRS) Moderate

This walk follows a coastal route with good views along the coast as well across the Bristol Channel. Starting from Cold Knap we pass Roman remains before following the Wales Coastal Path to Porthkerry Country Park giving us good views of the impressive Porthkerry Viaduct. Passing through the Park we then return following a route near the remains of Barry Castle and then through Romilly Park to reach Cold Knap for a welcome café stop.

The route is a mix of country paths and tarmac surfaces, and there are a few short steeper sections along the way and a flight of steps down to Porthkerry Park. Walking boots are essential and walking sticks/poles would be helpful.

The walk starts from The Knap Car Park (Postcode CF62 6QP)

Fuel Contribution: £3 **Leaders: Jeff and Jane Phillips**