

track uphill. After 300m at path junction, take small middle path up muddy step and continue on narrow path uphill for 400m to fence with farm land to left. Continue straight alongside fence for 250m. Pass house, then keep right at fork and follow for 200m to car park and 'Caerphilly Mountain Snack Bar' (ST 15600 85254).

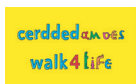
22. Cross over the road towards Caerphilly Mountain and follow the path to the right that leads you towards the trig point, keep right and head back down towards the golf course. Retrace your steps around the top of the golf course and head back down the pavement towards the school and finish.

PLEASE NOTE

- 1 Please ensure that you visit checkpoints. Make sure that your wrist band has been scanned at all checkpoints & at the finish.
- 2 If you wish to finish the walk early or are having difficulties wait at a checkpoint. Staff at the checkpoint will contact the walk HQ for assistance.
- 3 If you are lost, are having difficulties or wish to finish the walk early and cannot get to a checkpoint phone us on the contact number for the Walk HQ and we will help.
- 4 Please do not go home without letting staff at the Walk HQ know that you have completed the walk or that you wish to finish the walk early.

CONTACT NUMBER FOR WALK HQ/EMERGENCIES
07774123484

Mae'r cyhoeddiad hwn ar gael yn Gymraeg. Mae ar gael mewn ieithoedd a fformatau eraill ar gais. This publication is available in Welsh. It is available in other languages and formats on request.



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



THE FORGE

ROUTE DESCRIPTION - 21 MILES

Please note you are advised to use OS EXPLORER MAPS 151, 152 AND 166. Plot the grid references and follow the route description.

Estimated overall time for route (if walking): 10 hours

You will walk over land which is actively farmed. Even on open common land you will meet ponies, cattle and sheep, possibly with their young. Take care when approaching all livestock. **DOGS MUST BE KEPT ON A LEAD AT ALL TIMES.**

Sections of the route are very exposed and in bad weather you will encounter poor visibility. You must be properly equipped with windproof and / or waterproofs, have warm clothing, carry food and drink and be confident in using a map and compass (or be with someone who is).

FROM ST MARTIN COMPREHENSIVE SCHOOL (ST 15524 86332) TO CHECKPOINT 1 (RUPERRA CASTLE, ST 21882 86451)

1. From the school head out to the main gate, turn right and follow the pavement uphill towards Caerphilly Mountain.
2. Take the path that leads you off to the right and around the top of the golf course, before bearing left to head up hill towards Caerphilly Mountain.
3. Head up towards the trig point on top of Caerphilly Mountain.
4. From Caerphilly Mountain trig point head south westerly down towards the junction of Watford Road and Waunwaelod Way.
5. Follow the path that leads down towards the 'Ridgeway' golf course. You should descend the steps towards the golf course then, bear left before crossing over the fairway (you'll see the Rhymney Valley Ridgeway (RVR) way marker on the post. Cross the fairway into the opposite woodland. **BE PATIENT, TAKE CARE AND MOVE QUICKLY ACROSS THE FAIRWAY.**

6. Cross the woodland, turn right and follow the path behind the teeing box. Follow the path that leads to the side of the club house, through a gate onto a private drive and out onto Watford Road.
7. Turn left and walk for about 30 metres, then cross over the road, go through the gate and follow the path.
8. Keep following the RVR way markers, these way markers have an arrow that show you the direction you should be traveling, it will lead you to the next way marker and so on.
9. Keep following this way marked trail until you get to Ruperra castle (ST 21882 86451) and checkpoint 1. **Note: At one point on this section you may come to a forestry barrier (ST 19747 86461), if you reach the barrier you have gone too far so make sure you stay on the RVR route by taking a right turn before the barrier.**

FROM CHECKPOINT 1 TO CHECKPOINT 2 (MACHEN, GREEN ROW, (ST 21015 89029)

10. From checkpoint 1 follow the foot path that runs alongside the boundary wall of Ruperra castle. This leads you onto the Rhymney River Circular (RRC) route. (Follow the RRC route way markers from here).
11. Follow this path across the field and through Coed Wern Ddu. Leave the woods, cross over the lane and follow the route towards Cefn Mably park.
12. Keep following the waymarked route through Home Farm, by Ty Hir Farm, out onto the lane toward Michaelston y Fedw. From here follow the route toward Michaelston bridge and the Rhymney River.
13. Follow along the right hand side of the river towards Draethen (again its RRC way marked all the way). Cross over the lane, through the field opposite and keep following this track (on the right of the river) across the fields until you get to the main road, head along the main road and take a left across the bridge onto Tyn Waun Road. Stop following RRC way markers and follow the path on the right that leads along the left side of the river toward Green Row and CP2 (ST 21015 89029).

CHECKPOINT 2 TO CHECKPOINT 3 (VAN ROAD CAR PARK ST 17191 86393)

14. From checkpoint 2 head along Green Row until you see a path leading off to the right toward the old Railway line and the Machen Forge Trail.
15. Follow this waymarked trail until you reach Waterloo.
16. Stop following the Machen Forge route here. Cross over the road and head along the narrow ROW between the houses. Keep left and follow the lane to the kissing gate on the left, before the last farmhouse (Waterloo House).
17. Follow this ROW that takes you left, over the footbridge and uphill across the field towards Garth Place.
18. From Garth Place turn right, cross over at the road junction and follow Garth Lane towards Rudry Common.
19. Head across the common keeping to left uphill path. Continue uphill as path swings to the left & then back right around edge of farmland. After the path swings right head straight uphill on grassy path for 400m to the top of Mynydd Rudry (ST 18096 86834).
20. Turn left steeply downhill to edge, and then turn right. After 50m keep to path as it swings left downhill. At path crossroad, head straight over and follow path through bracken towards treeline. At treeline take path straight on into the forest. After 50m keep to right side of muddy opening and continue on wider path for 200m to forestry crossroads. Turn right and follow path for 600m passing through forestry gate to Car park on Van Road (ST 17193 86399). **NOTE: numerous paths lead downhill through the forest to the car park, the above is the easiest way.**

FROM CHECKPOINT 3 TO FINISH (ST MARTINS COMP)

21. Turn right at Van Road, cross road then take the first turn on left onto Cefn Carnau Lane (near the bus stop). Follow the lane until you reach the sign and green forestry barrier on your right to enter the 'The Warren' forest. Go through the gate and follow path to a fork to a private house on right. Keep left on this path skirting the house grounds then at end of fence keep straight on main forest