

Breathe in the freshest of air

by bus



Discover the most breathtaking walks in South Wales

The exploring never stops with Stagecoach





Brecon Beacons

Pen-Y-Fan is the highest peak in the Brecon Beacons National Park, at 886m. There's 4 ways to walk to the top and once you see the spectacular views, you'll want to go back again and again. Grab a drink or snack at the 'Storey Arms Refreshments' hut and don't forget to snap a selfie with the famous Pen-Y-Fan sign.

Attractions nearby

y Gaer

y Gaer is a new cultural hub in Brecon. It's the brand new location of the Brecknock Museum where you can step back in history and visit the original Brecon Court house.

The Royal Welsh Regimental Museum

The museum's collection next to the Barracks is made up of artefacts collected from a variety of sources from around the world and which display the regiment's 300-year history.

Walks

① Pen-Y-Fan Mountain Walk



This is an intermediate hike with easily-accessible paths. Suitable for all skill levels so perfect for kids and dogs too!

Time: 3 hours **Distance:** 6.4km (4 miles)

Uphill: 1,450 ft **Downhill:** 1,450 ft

From: Cardiff, Merthyr Tydfil, Brecon

Route: Loop



Get your
tickets:



on the
app

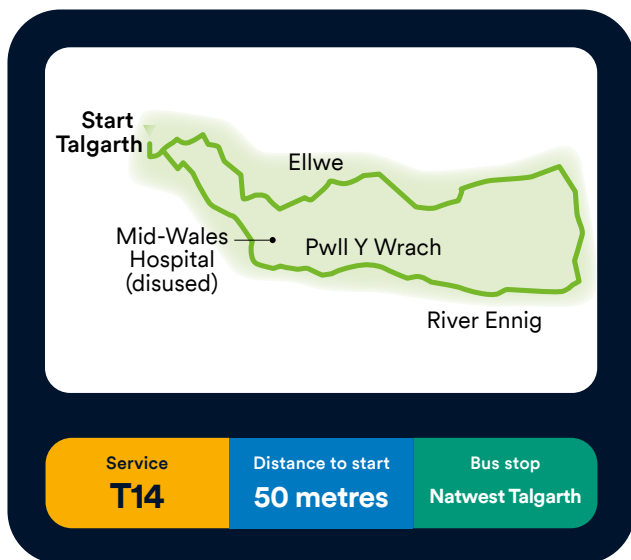


on the
bus



contactless
payment

② Pwll-yr-Wrach Walk (Witches Pool)



This is an intermediate walk to the Pwll y Wrach waterfall and nature reserve. The reserve is in ancient woodland along the banks of the River Ennig. There are a series of waterfalls within the woodland, Pwll-y-Wrach is the largest. Local legend suggests that witches may have been ducked in this pool in medieval times! Our walk continues climbing up to the foothills of the Black Mountains for spectacular views or you can return to Talgarth after the waterfall for a shorter walk.

Time: 3 hours

Distance: 9.6km (6 miles)

Elevation: 1,141 ft

Route: Loop

From: Brecon, Hay-on-Wye, Hereford



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Service Information

Travel all day for under £7*
with the **South Wales flexi5 ticket**

Service T4	Brecon — Merthyr Tydfil	Frequency Every 2 hours
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First journey

05:55 from Merthyr Tydfil
Bus Station arrives at Storey Arms
Arms **06:11**

Last journey

22:36 from Storey Arms
arrives at Merthyr Tydfil Bus
Station **22:51**

Service T14	Brecon — Talgarth	Frequency 5 a day
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First journey

06:17 from Brecon arrives
at Talgarth **06:36**

Last journey

19:26 from Talgarth arrives at
Brecon **19:45**



* see stagecoachbus.com

Brecon Beacons

Area Map



No petrol, no parking, it's as easy as that!

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Aberdare

Sitting at the base of the wide and grand Cynon Valley, there's a reason that Aberdare is affectionately known as the 'Queen of the Hills'. Enveloping the town is lush green valley banks, providing a beautiful hilly backdrop at every turn, and endless opportunities to explore surrounding natural beauty.

Walks

① Penderyn Four Falls Walk



Service 7	Distance to start 1000 steps	Bus stop Penderyn Capel Soar
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Experience a variety of terrain and see some of the best of Wales' natural beauty as you embark on a scenic adventure through Brecon Beacons National Park. The Penderyn and Sgwd yr Eira Falls Circular Walk takes you across the summit of Moel Penderyn, through colourful countryside and into an enchanting forested river valley. Here, you'll be met with a flurry of waterfalls, including the popular Sgwd yr Eira Falls. Keep a look out for the Red Lion Inn, perched on a hilltop with beautiful views over the village of Penderyn and Brecon Beacons National Park – the perfect place to stop for a drink and a bite to eat.

Time: 4 hours

Distance: 13km (8 miles)

Elevation: 491m

Route: Loop

From: Pontypridd, Merthyr to Aberdare and then onto the 7 to Penderyn

Get your
tickets:



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app

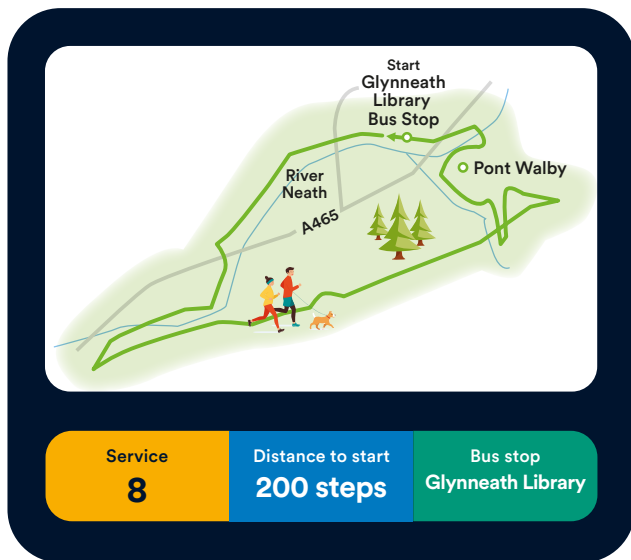


on the
bus



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payment

② Glynneath Pontwalby



If you're looking for a short walk that takes you off road and through countryside, the Glynneath Pontwalby is a simple circular walk with the Pontwalby Viaduct at its centre. To extend your walk beyond the two-mile loop, just follow the Cwm Gwrelych Geo-Trail.

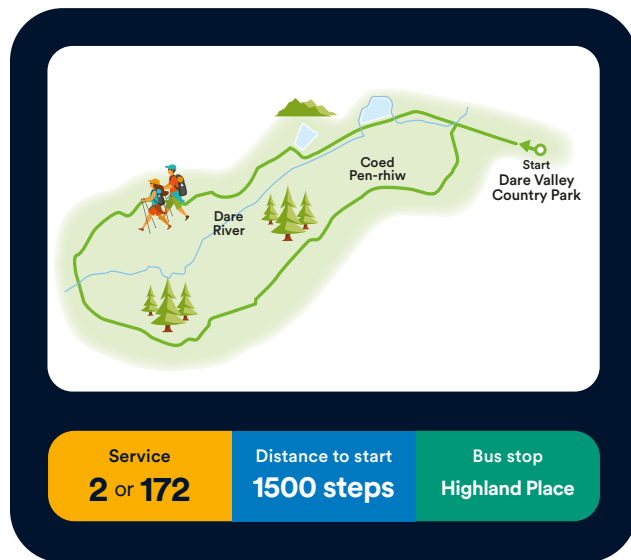
Time: 2 hours **Distance:** 3.7km (2.3 miles)

Elevation: 248ft **Route:** Off road loop

From: Pontypridd, Merthyr to Aberdare and the onto the 8 to Glynneath

Travel all day for
£4.40*
Aberdare flexi5
ticket

③ Dare Valley Circular



Hike to higher grounds for spectacular views of the Brecon Beacons to the north. The circular walk from Dare Valley Country Park partly follows the ancient Coed Morganwg Way from the visitors' centre, before your ascent begins to take in those views. When the time comes for your descent, look forward to a sweet treat and a warm drink at the park's café.

Time: 2 hours **Distance:** 6km (3.7 miles)

Elevation: 397m **Route:** Loop

From: Aberdare, Porthcawl and Tonypanydy

Travel all day
for under

£7*

South Wales
flexi5 ticket



Service Information

Travel all day for £4.40*
with the **Aberdare flexi5 ticket**

Service
2

Aberdare
—
Ty Fry

Frequency
Every hour

First journey

08:46 from Aberdare Bus Station arrives at Highland Place, Aberdare 08:50

Last journey

17:49 from Highland Place, Aberdare arrives at Aberdare Bus Station 18:00

Service
7

Aberdare
—
Penderyn

Frequency
Every hour

First journey

07:45 from Aberdare Bus Station arrives at Penderyn Capel Soar 08:20

Last journey

18:45 from Penderyn Capel Soar arrives at Aberdare Bus Station 19:15

Service
8

Morfa Glas
—
Aberdare

Frequency
Every hour

First journey

07:15 from Aberdare Bus Station arrives at Glynneath Library 07:57

Last journey

18:05 from Glynneath Library arrives at Aberdare Bus Station 18:45

Travel all day for under £7*
with the **South Wales flexi5 ticket**

Service
172

Aberdare
—
Porthcawl

Frequency
Every hour

First journey

07:00 from Aberdare arrives at Porthcawl 09:10

Last journey

20:20 from Porthcawl arrives at Aberdare at 22:10



Get your tickets:

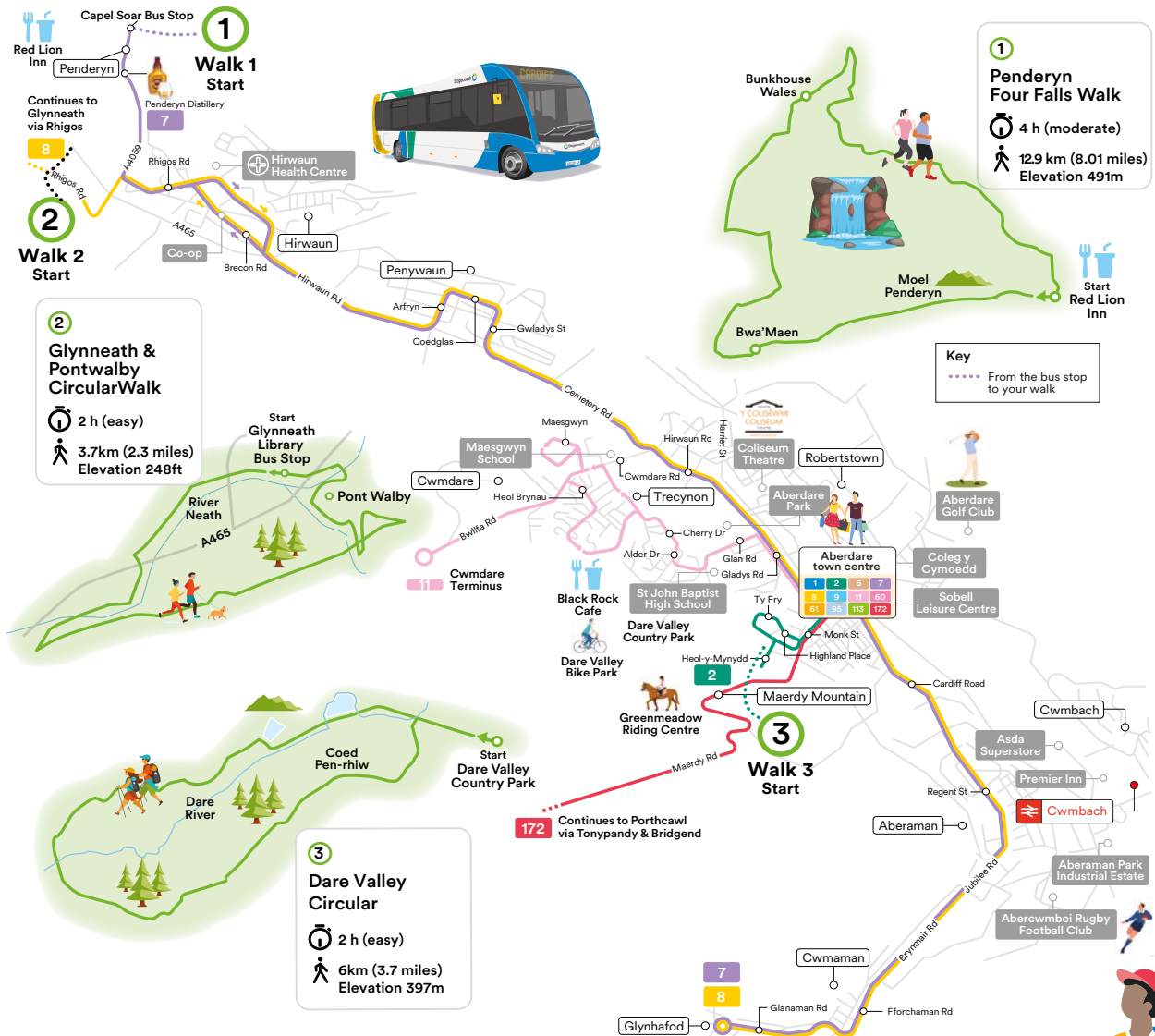
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on the bus

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* see stagecoachbus.com

Aberdare Area Map



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Merthyr Tydfil

Merthyr Tydfil's valleys and hills are famous for their stunning scenery and historic attractions. Nestled between the capital city of Cardiff and the breathtaking Brecon Beacons, the trails in Merthyr Tydfil are true hidden treasures and now is a great time to uncover them.

Walks

① Pontsarn Viaduct & Blue Pool Walk



Service 25	Distance to start 500 steps	Bus stop High St, Cefn Coed
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Built in the 1860s to carry the Brecon and Merthyr Railway over the river, the iconic Pontsarn Viaduct is surrounded by natural beauty, making it the perfect central point for a wonderful walk. The popular route takes you past the Taf Fechan Nature Reserve, the famous Blue Pool, and a spectacular waterfall. If racking up 11,000 steps gives you an appetite, Julie's Castle Tea Rooms in the museum at Cyfarthfa Castle is a great place to grab a bite.

Time: 3 hours

Distance: 9.6km (6 miles)

Elevation: 500 ft

Route: Loop

From: Merthyr, Pontypridd, Brynmawr

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app



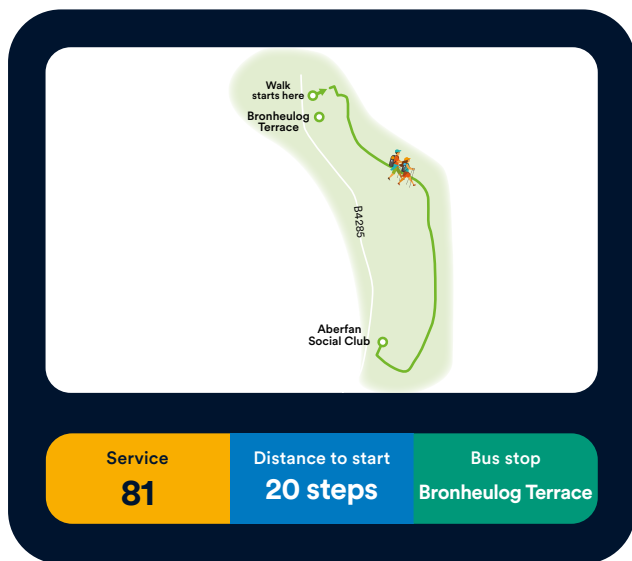
on the
bus



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② Troedyrhiw Walk



Seasoned walkers will be familiar with this out-and-back trail near Merthyr Tydfil, but many might not be aware of this scenic stroll. Here, you can appreciate the quiet and stillness as you wander, or why not stop and take a moment beside the river that trickles along the trail.

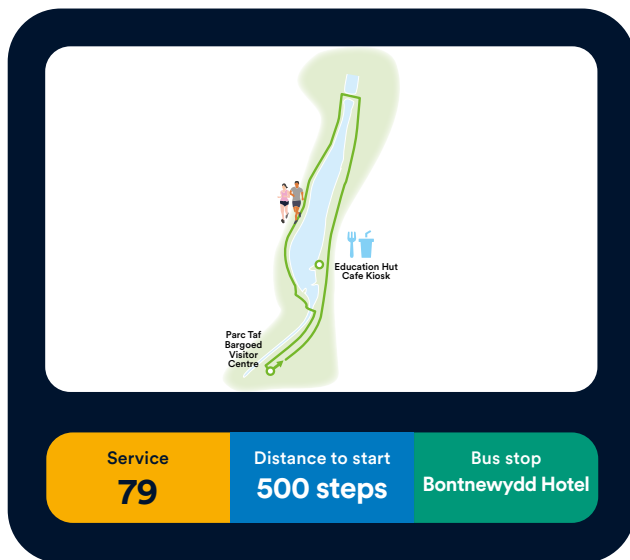
Time: 1 hour **Distance:** 3.7km (2.3 miles)

Elevation: 76m **Route:** Linear

From: Merthyr Tydfil, Troedyrhiw



③ Parc Taf Bargoed



Parc Taf Bargoed is considered a hidden gem in the area thanks to its panoramic views and ample natural beauty to explore. Venture here and you'll have a number of walks to choose from. So whether you're in the mood for historic sites, spectacular wildlife or family attractions, there will be a walk that works for you.

Lake Walk

Time: 30-minute loop

Distance: 1.6km (1 mile)

Highlights: Education Hut and Café and Parc Taf Bargoed Visitor Centre

Attraction Route

Time: 1 hour

Distance: 6.1km (3.8 miles)

Highlights: Aberfan Community Centre & Merthyr Tydfil Leisure Centre

Cefn Coed Taff Trail Route

Time: 1.5 hours each way

Distance: 9km (5.6 miles)

Highlights: St John' Church and Pontsarn Viaduct

Summit Centre Walk

Time: 30-40 minute one way

Distance: 4km (2.5 miles)

Highlights: Summit Centre Café on the Rock

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Service Information

Travel all day for £4.40*

Merthyr Tydfil Plus flexi5 ticket

Service
79

Merthyr Tydfil
—
Trelweis

Frequency
Every hour

First journey

07:12 from Merthyr Tydfil
Bus Station arrives at
Bontnewydd Hotel, Trelewis
07:51

Last journey

17:26 from Bontnewydd
Hotel, Trelewis arrives at
Merthyr Tydfil Bus Station
18:02

Service
81

Merthyr Tydfil
—
Bronheulog
Terrace

Frequency
30 mins

First journey

06:27 from Merthyr Tydfil
Bus Station arrives at
Bronheulog Terrace **06:44**

Last journey

19:05 from Bronheulog
terrace arrives at Merthyr
Tydfil Bus Station **19:22**

Travel all day for £4*

with the **Merthyr Tydfil DayRider ticket**

Service
25

Merthyr Tydfil
—
Trefechan

Frequency
30 mins

First journey

06:50 from Merthyr Tydfil
Bus Station arrives at Cefn
Coed High Street **06:56**

Last journey

18:20 from Cefn Coed High
Street arrives at Merthyr
Tydfil Bus Station **18:29**

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* see stagecoachbus.com

Merthyr Area Map

- 1**
Pontsarn Viaduct & Blue Pool Walk
⌚ 3 h
🚶 9.6km (6 miles)
Elevation 500ft



- 2**
Troedryhiw Walk
⌚ 1 h
🚶 3.7km (2.3 miles)
Elevation 76m

- 3**
Park Taf Bargoed Lake Trail
⌚ 30 mins Loop
🚶 1.6km (1 mile)
Elevation 38m

- 3**
Walk 3 Start

Visit www.visitmerthyr.co.uk
for more Parc Taf Bargoed walks

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Bridgend & Porthcawl

Home to beautiful beaches with towering sand dunes, ancient woodlands and rugged trails, Bridgend is a coastal destination with the freshest sea air and some of Wales' finest natural beauty. If you want to feel the sand between your toes and the sun on your face, this is the place to go.

Attractions nearby

Dine by the sea

While many coastal destinations are famous for their fish and chips, Porthcawl have a number of places to enjoy the traditional seaside fare that all come highly recommended from locals and visitors alike. Take your pick from Beale's, Finnegans or the Boat House. Of course, there are plenty more dining options to choose from, including a delicious pizza menu at Double Zero by Porthcawl Harbour and a tantalising selection of ice cream on the seafront at Piccolo Bar.



Walks

1 Porthcawl to Ogmores-by-Sea



Service

172

Distance to start

from bus stop

Bus stop

Porthcawl John Street

Bridgend is blessed with captivating coastal beauty, and Newton beach is a firm favourite with locals and visitors. If you're after a wholesome long walk amidst the salty sea air breeze, then the coastal path from Porthcawl to Ogmores-by-Sea is a delight to explore. Making the most of the surroundings along the walk is a must, and there is plenty to see: from passing Coney Beach Pleasure Park, the Hi-Tide with its traditional amusements to exploring Ogmores Castle, Merthyr Mawr or Newton beach, this is a varied walk with a bit of something for everyone! If you fancy a break along the way, you could take a picnic and find a spot along the sandy beach or stop off at Newton green, there's a variety of pubs serving delicious food and cold drinks.

Time: 3 hours

Distance: 12.7km (7.9 miles)

Elevation: 113m

Route: Linear

Highlight: Trecco Bay Caravan Park, Newton beach and Ogmores Castle

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② Porthcawl to Rest Bay

Service
172Distance to start
from bus stop

Bus stop
Porthcawl John Street

Setting off along the Porthcawl Promenade, you'll pass the iconic 1930s Grand Pavilion, coffee shops and ice cream parlours. Rest Bay Boardwalk is the perfect route to take it all in, you can walk right along the sea, all the way to Pink Bay Beach. This quiet and peaceful beach is named after the unique pink hue of its stones and pebbles. If you'd like to continue your walk, Sker House is nearby. You may have heard of this 900-year-old monastic grange, as it is in fact the setting for the novel "The Maid of Sker" by R.D. Blackmore. After all that walking you can reward yourself with a refreshing ice cream or hot drink from Sidoli's bar is a must, and if you're feeling peckish you can tuck in to delicious fish and chips from Beales.

Time: 2 hours

Distance: **3.8km (2.4 miles)**

Route: **Linear**

Highlight: Pink Bay Beach

Elevation: **Flat**

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app



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Service Information

Travel all day for under £7*
with the **South Wales flexi5 ticket**

Service
172

Aberdare
—
Porthcawl

Frequency
Every hour

First journey

07:45 from Tonypandy Bus
Station arrives at Porthcawl
09:10

Last journey

20:20 from Porthcawl arrives
at Tonypandy Bus Station
21:33



* see stagecoachbus.com

Bridgend Area Map



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tickets:**



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app

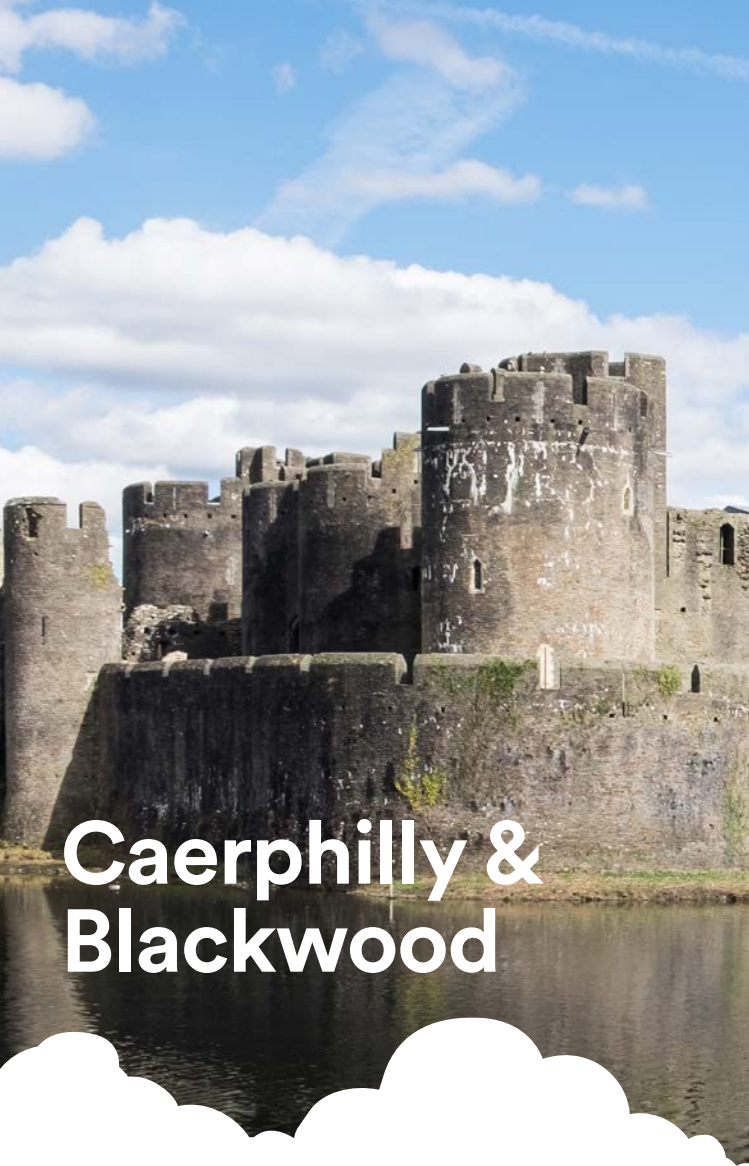


on the
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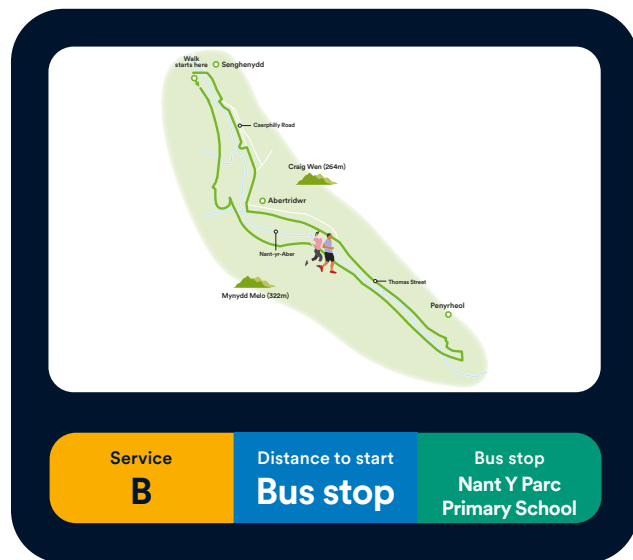


Caerphilly & Blackwood

Valleys, rivers, mountains and more – Caerphilly Country Borough has a such a diverse array of green spaces to explore. From leisurely lakeside strolls to amazing mountain hikes, there are beautiful scenic walks to suit every ability and mood.

Caerphilly Walks

① Senghenydd Walk



Explore the history of Caerphilly on an historic walking trail that begins in the Senghenydd and finishes in Abertidwr. Along the valley route, there are around 30 different points of interest, starting with the Welsh National & Universal Mining Memorial and ending with Aber Mill. Treat yourself to a post-walk drink in the Caerphilly Cwtch or refuel at Volare Italian, just around the corner from Caerphilly Interchange.

Time: 2.5 hours **Distance:** 8.8km (5.5 miles)

Elevation: 275ft **Route:** Loop



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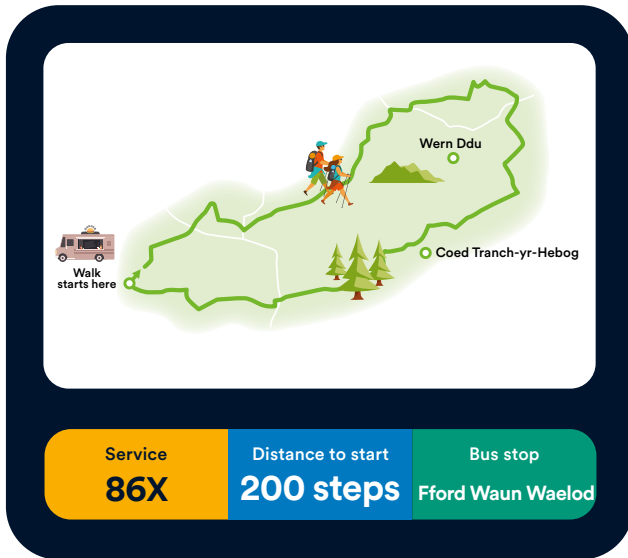


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② Caerphilly Mountain Walk



Don't be put off by its mountain status, Caerphilly Mountain is actually more of a big hill. On a clear day, this light hike will reward you with breathtaking panoramic views, so is worth the effort. Plus, the walk starts and finishes at the mountain's snack bar, ideal if you need a bit of energy before you set off, or feel hungry when you finish!

Time: 3 hours **Distance:** 10.7km (6.7 miles)

Elevation: 370m **Route:** Loop

Begins: Ffordd Waun Waelod



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on the bus

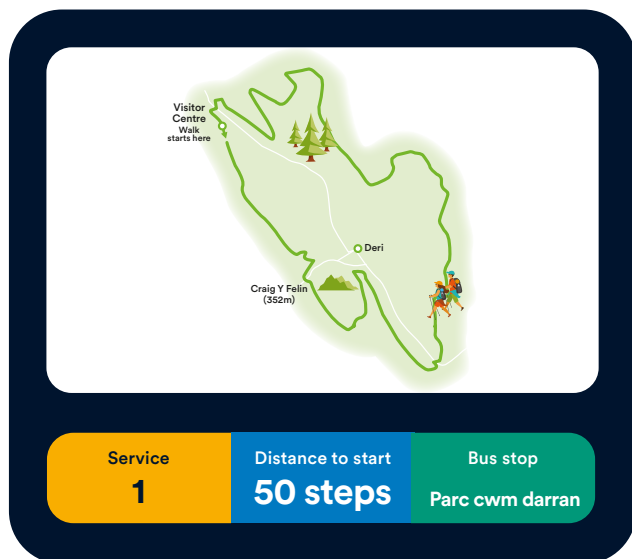


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Blackwood Walks

3 Parc Cwm Darran



This picturesque country park is somewhere you can easily spend a day. Tucked away in the Darran Valley, you can enjoy a gentle walk along the banks of the Ogilvie Lake before admiring the views, coffee in hand, at the lovely café. Refreshed and ready to explore, you can venture into the nearby woodland following a trail that takes you down to a free-flowing waterfall and Memorial Garden.

Time: 5 hours **Distance:** 13.7km (8.5 miles)

Elevation: 182m **Route:** Loop



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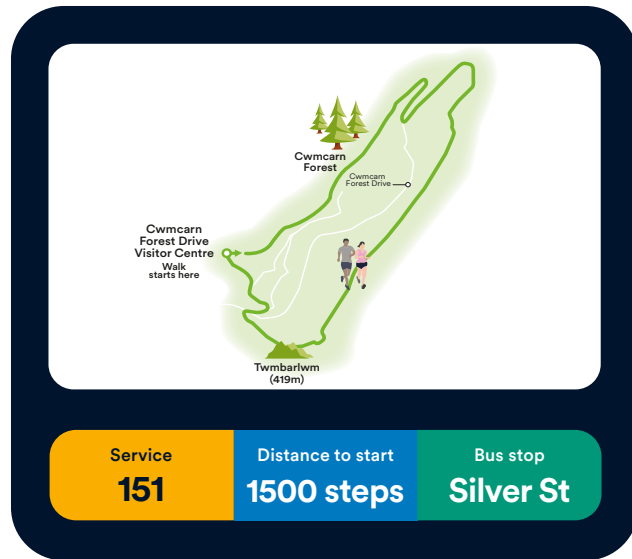


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4 Cwmcarn Forest Walk



Get lost in adventure by exploring the Blackwood walks that the area has to offer. Once a mining area, these forests have been reclaimed by nature boasting scenic views and serene trails to explore - why not make the most of the tranquility and stay in one of the glamping pods on site?

You can also grab a tasty bite to eat at Raven's Café to keep up your energy levels, and if activities are more your style take advantage of the nearby Caerphilly Adventures for climbing and more exhilarating outdoor activities.

Time: 6 hours **Distance:** 14.5km (9 miles)

Elevation: 270m **Route:** Loop



Service Information

Travel all day for £4.40*
with the **Caerphilly DayRider ticket**

Service B	Senghenydd — Cardiff	Frequency Every 20 mins
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First journey

06:27 from Caerphilly Bus Station arrives at Nant Y Parc Primary School Bus Stop **06:45**

Last journey

22:04 from Nant Y Parc Primary School arrives at Caerphilly Interchange **22:24**

Unlimited travel from only £3.65* per day
with the **Rhymney/Tredegar Xtra ticket**

Service 1	Merthyr Tydfil — Bargoed	Frequency Every hour
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First journey

06:28 from Bargoed Interchange arrives at Parc Cwm Darran **06:56**

Last journey

20:51 from Parc Cwm Darran arrives at Bargoed Interchange **21:02**

Travel all day from £5*
with the **Islwyn flexi5 ticket**

Service 86X	Caerphilly Interchange — Cardiff	Frequency Every hour
-----------------------	--	--------------------------------

First journey

06:30 from Caerphilly Interchange arrives at Watford, Ffordd Waun Waelod **06:38**

Last journey

20:29 from Watford, Ffordd Waun Waelod arrives at Caerphilly Interchange **20:36**

Service 151	Blackwood — Newport	Frequency Every 12 mins
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First journey

05:30 from Blackwood Bus Station arrives at Silver Street, Pontywaun at **05:50**

Last journey

23:19 from Silver Street, Pontywaun arrives at Blackwood Bus Station at **23:41**

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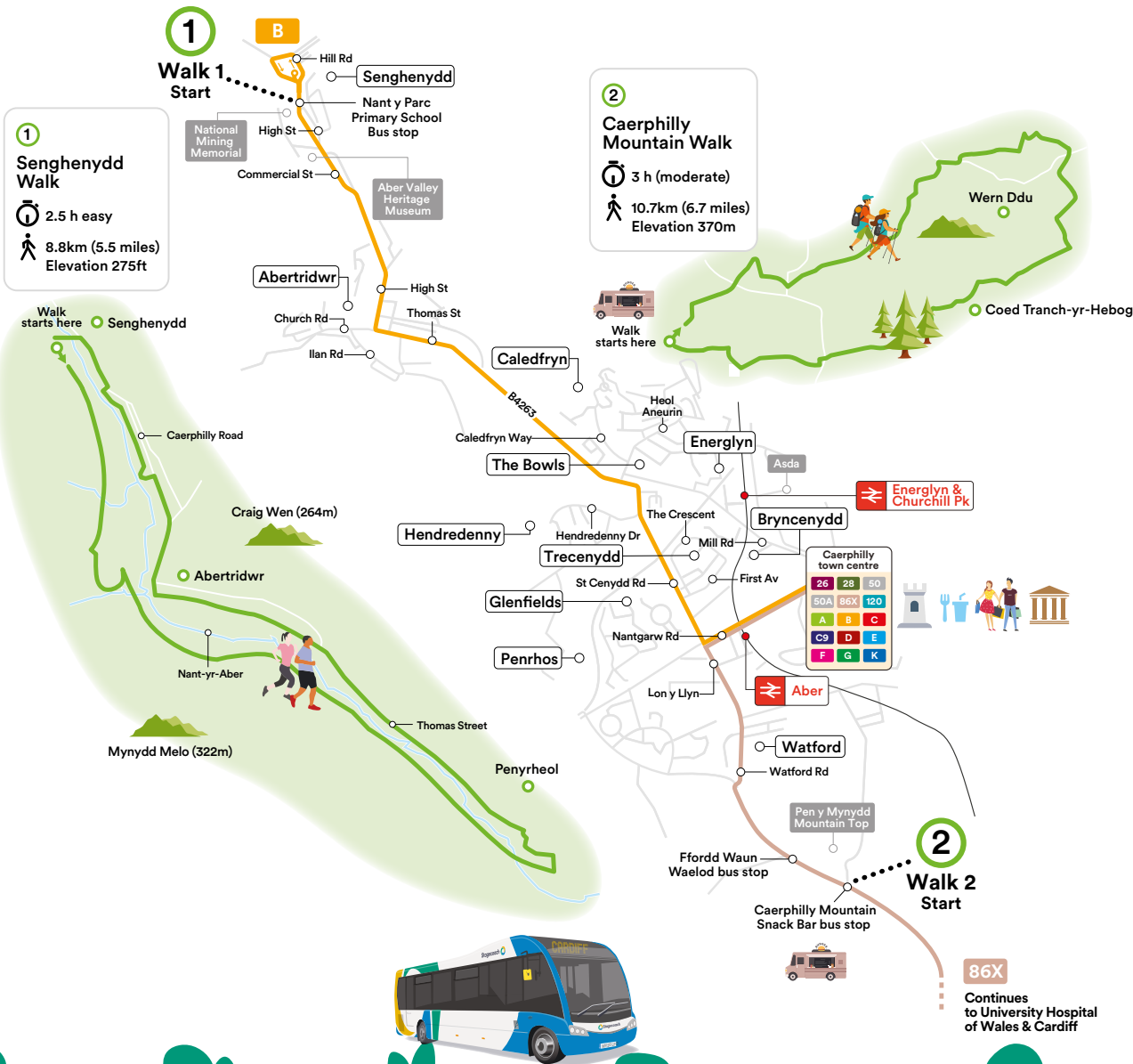


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Caerphilly Area Map



Get your tickets:



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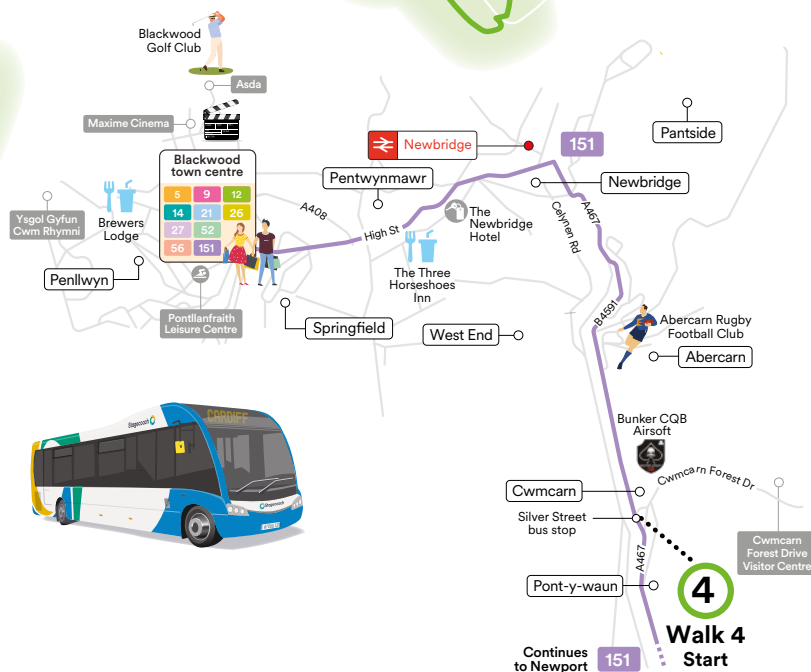
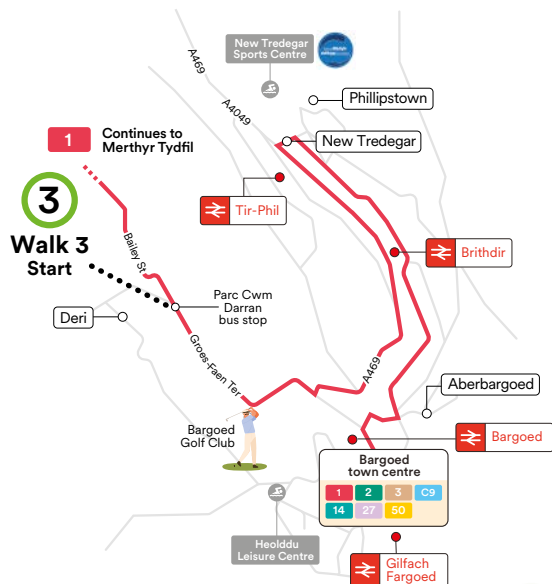
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Blackwood Area Map



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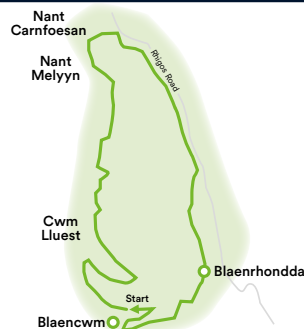


Rhondda

From old railway paths, to leafy green forests and spectacular waterfalls, it's no wonder that Rhondda is renowned for boasting some of the best views in Wales. Spoilt for choice with scenic trails, enjoy embracing Mother Nature and exploring a diverse range of unforgettable walking routes and picturesque scenery.

Walks

1 The Pen Pych waterfall walk



Service
120/130

Distance to start
500 steps

Bus stop
Ty Draw

If you want to immerse yourself in stunning scenic views while exploring on a circular walking route, The Pen Pych waterfall walk will tick all your boxes. From spectacular views of the Rhondda Valleys and the stunning Pen Pych waterfalls, this walk will ensure you soak up all the tranquility from the unforgettable surroundings. The Hendrewen Hotel is the perfect pit stop for a bite to eat and refuel after all that exploring - rumour has it that their Sunday carvery is delicious!

Time: 3 hours **Distance:** 6.4km (4 miles)

Elevation: 283m **Route:** Loop



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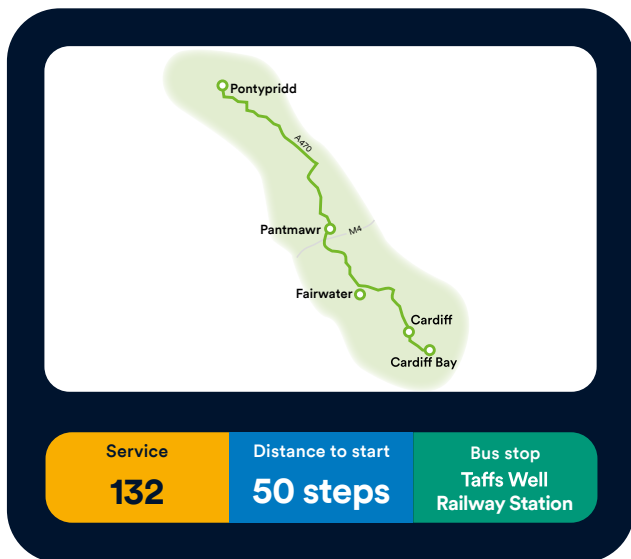


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② The Taff Trail



Nestled away in the Cardiff Bay and travelling north to Brecon Theatre, The Taff Trail is surrounded by natural beauty. With trails made up of canals, old railways and forest paths, enjoy the serenity of the open air and take in the incredible views. Even better, you can select a section of the trail to explore, and you can use the bus for the rest! Quench your thirst with a refreshing ale at popular 'The Bunch of Grapes' in Pontypridd, or another hotspot along the trail 'The Lewis Arms' in Tongwywlais - you'll definitely have earned a cake or two!

Time: 1 to 5 hours

Distance: 88.5km (55 miles)

Begins: Cardiff Bay

Elevation: 540m

Route: Linear

Service Information

Travel all day for £4.40*

with the **Pontypridd & Cardiff flexi5 ticket**

Service 132	Maerdy — Cardiff	Frequency Every 15 mins
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First journey

05:54 from Pontypridd Bus Station arrives at Cardiff
06:39

Last journey

22:00 from Cardiff arrives at Pontypridd **22:45**

Travel all day for £5.60*

with the **Rhondda flexi5 ticket**

Service 120/130	Caerphilly — Blaencwm/ Blaenrhondda	Frequency Every 15 mins
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First journey

06:13 from Porth, Morrisons arrives at Blaencwm **07:04**

Last journey

23:13 from Blaencwm arrives at Porth, depot **00:00**

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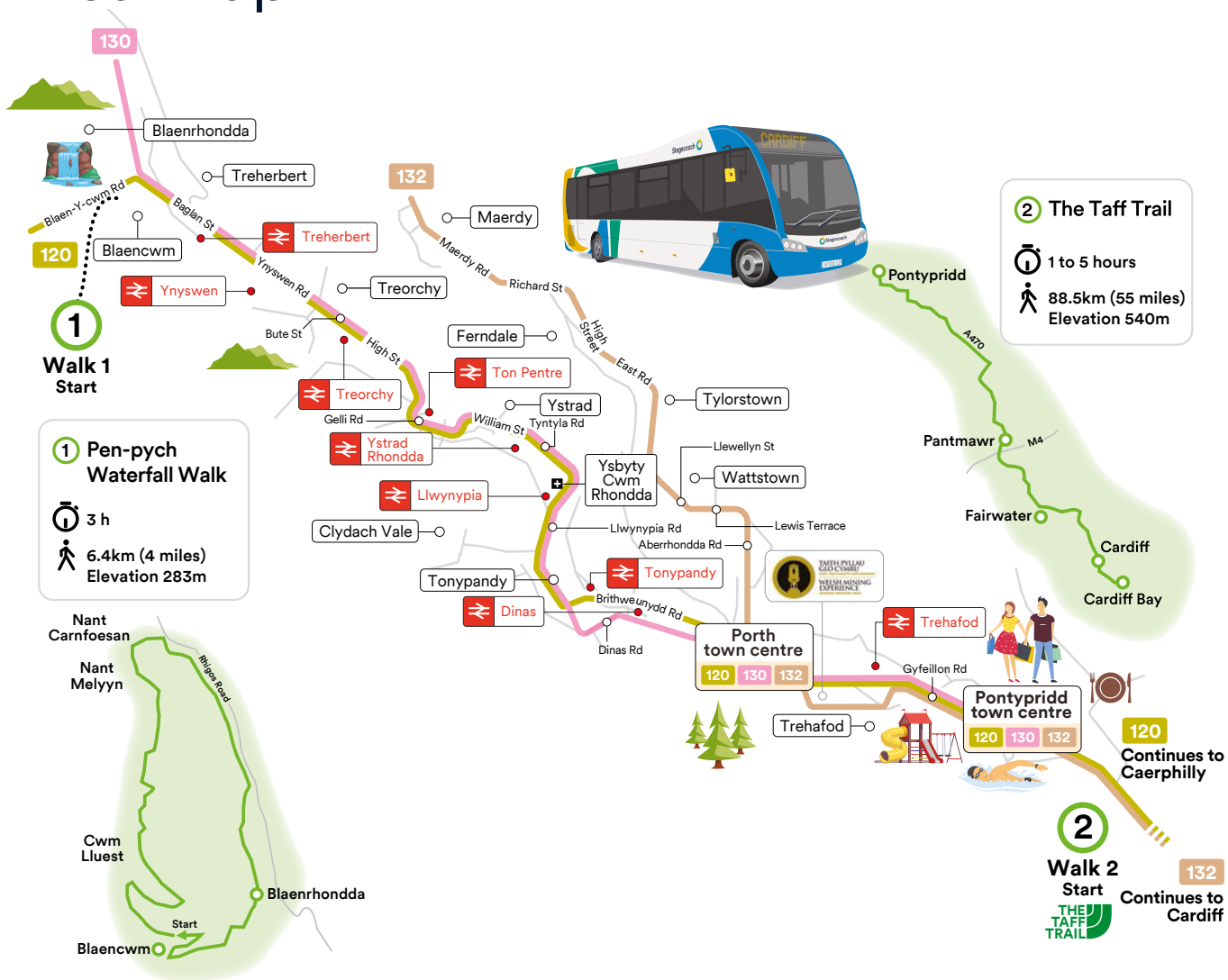


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Rhondda Area Map



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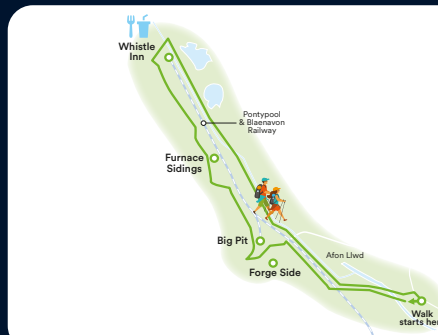


Torfaen

Whether you're looking for an exhilarating adventure, to improve your history knowledge or make lasting memories with a family day out, Torfaen has something for everyone. From making a splash in paddling boats at Cwmbran boating lake, to following cycle trails and astounding sites steeped in history, Torfaen has a diverse range of activities and now is the time to uncover them.

Walks

① Blaenavon walk



Service
X24

Distance to start
200 steps

Bus stop
Blaenavon
Curwood

Get ready to immerse yourself in the rich heritage and fascinating history around Blaenavon. Every walk begins and ends at a convenient picturesque village centre, so there is something for everybody. For the explorers, you can not only follow the cycle trail along Pontypool and Blaenavon, but explore the Big Pit Mining Museum steeped in history and culture to broaden your knowledge on the history of coal, as well as all the intriguing sites that span all the way from the Bronze Age to the Industrial Revolution! Before you head home, pop in to The Butterflies Bar and Kitchen (who have won an award for the best steaks and grills in South East Wales!) - the perfect end to an enchanting day.

Time: 2.5 hours **Distance:** 5.6km (3.5 miles)

Route: Loop

Get your
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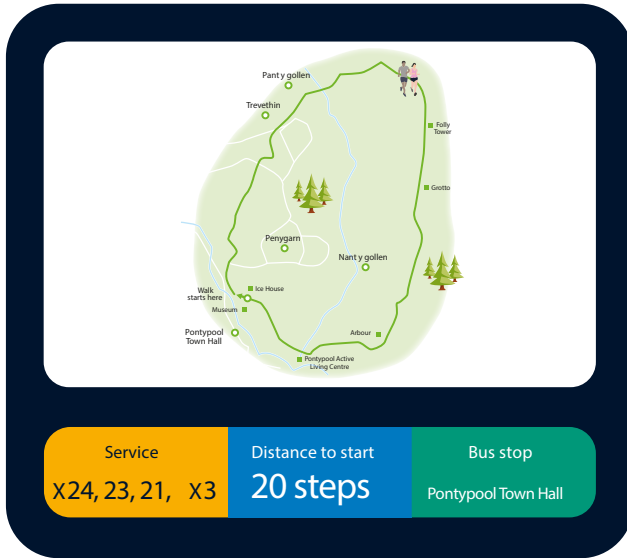
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② Pontypool Town Walk



If you're after a wholesome day out with an array of activities to enjoy with the family, Pontypool Town walk is the perfect choice for having fun and getting your steps in! From a dry ski slope in the winter months and tennis courts, to a children's play area and even ghost hunts, this 4 mile walk will be an unforgettable day out. Don't forget to keep a look out for The Hanbury Arms to enjoy a tasty plate of food after soaking up all the fun!

Time: 4 hours **Distance:** 6.4km (4 miles)

Elevation: 280m **Route:** Loop

③ Henllys Circular Walk



Henllys Circular walk is the ideal blend of adventure and fun family day out that won't be forgotten - aside from its exquisite views of the countryside, you walk past the side of Henllys Colliery and former mine, as well as exploring the urban areas of Fairwater, Cwmbran and Coed Eva. Make a splash in the paddling boats at Cwmbran boating lake and soak up all the fun (as well as a refreshing ice cream - you deserve it!) If you're an animal lover, heading to Greenmeadow Community Farm is a must-do to meet some four-legged friends, and don't forget to enjoy a tasty meal at The Blinkin' Owl (their outdoor seating area is perfect for a sunny day), or The Dorallt Inn.

Time: 2.5 hours **Distance:** 7.2km (4.5 miles)

Elevation: 369m **Route:** Loop

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Service Information

Travel all day from £5*
with the **Torfaen flexi5 ticket**

Service X24	Blaenavon — Newport	Frequency Every 15 mins
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First journey

06:42 from Newport Market Square arrives at Blaenavon Curwood **07:39**

Last journey

21:08 from Blaenavon Curwood arrives at Newport Market Square **22:12**

Service 23	Newport — Pontypool	Frequency Every 30 mins
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First journey

06:55 from Newport City Bus Station Stand 18 arrives at Pontypool Market Square **07:59**

Last journey

18:50 from Pontypool Market Square arrives at Newport City Bus Station **19:30**

Service 21	Blackwood — Cwmbran	Frequency Every 60 mins
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First journey

08:05 from Cwmbran Bus Station Stand F arrives at Pontypool Market Square **08:27**

07:50 from Blackwood Bus Station Stand 3 arrives at Pontypool Market Square **08:25**

Last journey

19:04 from Pontypool Market Square arrives at Cwmbran Bus Station **19:24**

17:53 from Pontypool Market Square arrives at Blackwood Bus Station **18:28**

Service X3	Pontypool — Hereford	Frequency Every 2 hours
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First journey

08:20 from Hereford Country Bus Station arrives at Pontypool Town Hall 2 **09:47**

Last journey

16:45 from Pontypool Town Hall 2 arrives at Hereford Country Bus Station **18:13**

Travel all day for £4.50*
with the **Cwmbran DayRider ticket**

Service 5A	Fairwater — Cwmbran	Frequency Every 15 mins
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First journey

06:52 from Cwmbran Bus Station Stand D arrives at Fairwater Shops **06:58**

Last journey

18:33 from Fairwater Shops arrives at Cwmbran **18:42**

Service 5C	Fairwater — Cwmbran	Frequency Every 15 mins
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First journey

07:07 from Cwmbran arrives at Fairwater Shops **07:18**

Last journey

18:58 from Fairwater Shops arrives at Cwmbran **19:12**

Service 6	Ty Canol — Cwmbran	Frequency Every 15 mins
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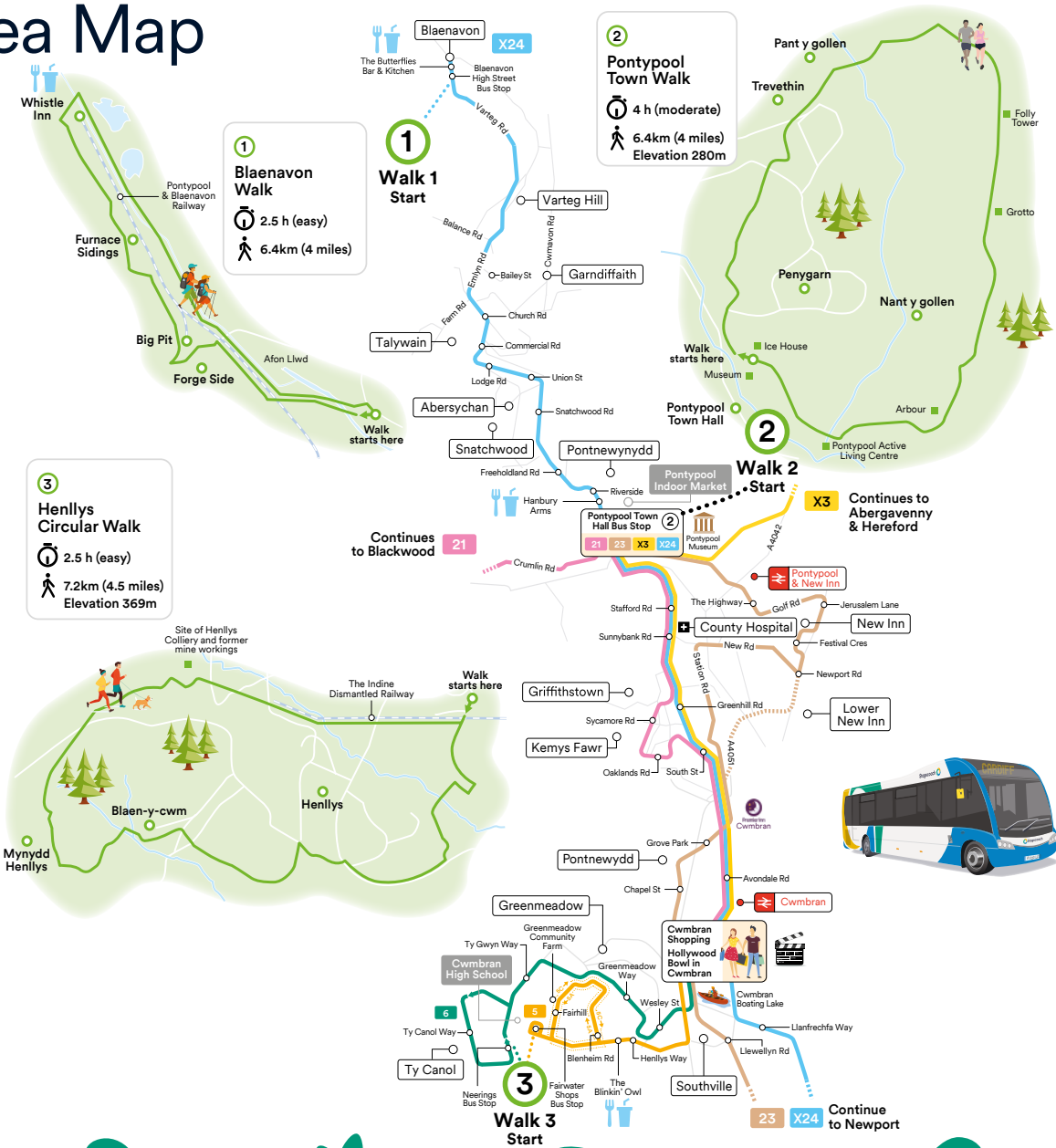
First journey

06:47 from Cwmbran Bus Station Stand D arrives at Fairwater Neerings **07:00**

Last journey

20:20 from Ty Canol, Neerings arrives at Cwmbran **20:33**

Torfaen Area Map



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Blaenau Gwent and Abergavenny

Home to breathtaking natural beauty with walks made for exploring and exhilarating mountain trails, Blaenau Gwent and Abergavenny is a popular destination with endless natural beauty and boasts some of Wales' most exquisite views. If you're on board for unforgettable views with a high step count, this is the place to visit.

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Walks

1 Parc Bryn Bach



Service

78

Distance to start

150 steps

Bus stop

Parc Bryn Bach

Nestled in the heart of Tredegar, Parc Bryn Bach is a real hidden gem with so many activities catering to various interests, you'll want to do it all at once! If you want to get your steps in, spend an hour exploring the idyllic Brecon Beacons, or if you are feeling daring there is gorge walking, archery, caving and climbing to satisfy your adventurous streak. To relax, make sure you enjoy a tasty coffee at the site and soak up all the fun around you, or if you are feeling peckish make sure you order some delicious fish and chips from Ashvale Fish Shop before you head home!

Time: 1 hour

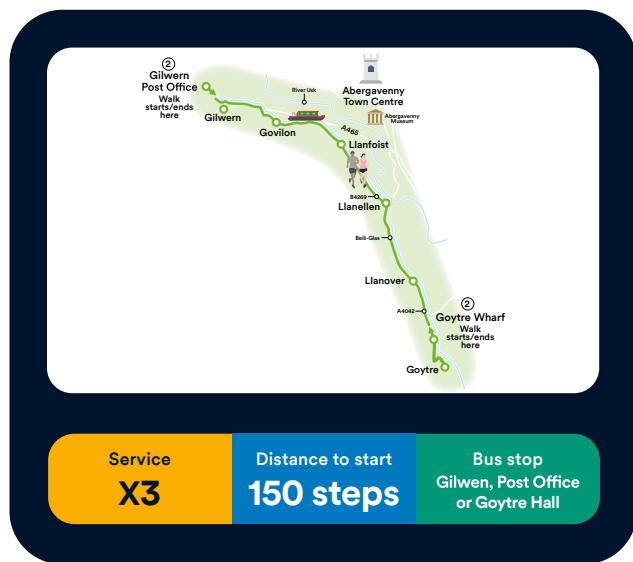
Distance: 2.1km (1.3 miles)

Elevation: 35m

Route: Loop



② Abergavenny Canal Walk

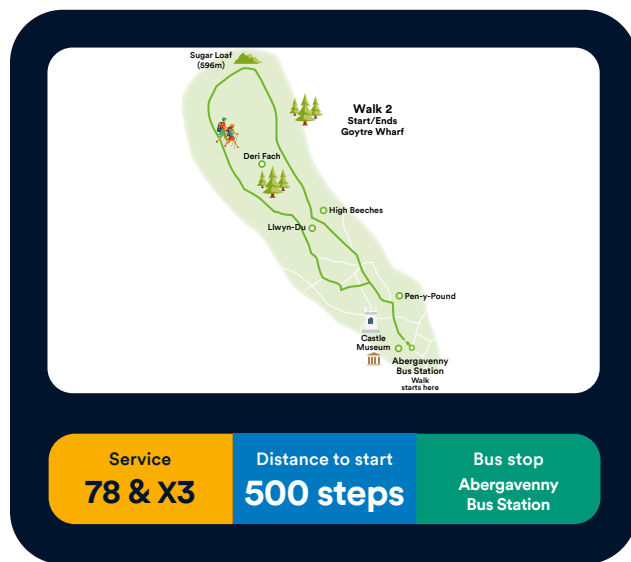


Beginning at either Goytre Wharf or Gilwern, walk along the canal, this serene trail takes you on a whirlwind tour through an array of locations including Llanellen and Abergavenny - it's a flat walk, so there are no hills to be wary of - phew! Shrouded in history, this picturesque trail was once the network of transport, as the canals were built for carrying coal, iron and limestone. To ensure your energy levels are sky high ahead of the 9 mile walk, grab a hot drink and a bite to eat at Penelope's café which is situated at the Goytre Wharf, or if you fancy a quick pit stop during the walk there is the Hummingbird in Llanover for a quick rest and refreshments.

Time: 5-6 hours **Distance:** 14.5km (9 miles)

Route: Linear

③ Sugarloaf Mountain Walk



Rich in history and exquisite natural beauty, Sugarloaf mountain is abound with sensational views and boasts a breathtaking backdrop to the market town Abergavenny. One of the highest peaks nestled in the heart of the black mountains, this is an exhilarating walk but the magnificent views make it worthwhile (especially in the sunshine)! Once you've soaked up the unrivalled panoramic views, exploring the Abergavenny market and the museum and castle is a popular choice amongst walkers! Before you head home, reward yourself with a wholesome afternoon tea at The Angel or a sweet treat from Luigi's Café.

Time: 6 hours **Distance:** 11.2km (7 miles)

Elevation: 880m **Route:** Loop

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Service Information

Travel all day for £5.60*
with the **Rhymney & Tredegar flexi5 ticket**

Service 78	Pontypridd — Abergavenny	Frequency Every hour
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First journey

06:47 from Merthyr Tydfil
arrives at Bryn Bach **07:07**

07:40 from Abergavenny
arrives at Bryn Bach **09:03**

Last journey

20:04 from Bryn Bach arrives
at Merthyr Tydfil **20:25**

17:06 from Bryn Bach arrives
at Abergavenny **18:32**

Travel all day for under £7*
with the **South Wales flexi5 ticket**

For Walk 2 Sugarloaf Mountain

Service X3	Pontypool — Hereford	Frequency Every hour
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First journey

08:45 from Pontypool arrives
at Abergavenny **09:08**

08:20 from Hereford arrives
at Abergavenny **09:15**

Last journey

17:15 from Abergavenny
arrives at Hereford **18:13**

19:20 from Abergavenny
arrives at Pontypool **19:47**

For Walk 3 along historic canal

Service X3	Goytre Hall — Pontypool	Frequency Every hour
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First journey

08:20 from Hereford arrives
at Goytre Hall **09:29**

08:45 from Pontypool arrives
at Goytre Hall **08:55**

Last journey

16:55 from Goytre Hall
arrives at Hereford **18:13**

19:28 from Goytre Hall
arrives at Pontypool **19:47**

* see stagecoachbus.com

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Blaenau Gwent & Abergavenny Area Map



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