



Festival of Walks • Established 1995

The 2016 Festival Programme



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All walks meet at the Selwyn Samuel Centre/Leisure Centre Car Park, Park Crescent, Llanelli.

FRIDAY, 27 MAY 20.00 hrs :

Get together and briefing at The Selwyn Samuel Centre, Park Crescent, Llanelli, where a bar will be available. (If you miss this, any relevant information will be available at the start of your first walk). *N.B. See "A few points to bear in mind" overleaf.*

SATURDAY, 28 MAY

WALK 1 RHONDDA VALLEYS 1: PORTH TO YNYSWEN

Bus 08.45 hrs

This varied walk, through moorland, wood and pasture and following the ridge between the two Rhonddas, Fach and Fawr, offers splendid views over both and far beyond. As Walk 2 leaves our common route above Ferndale, we continue on the high ground, crossing Cefn y Rhondda and Craig yr Aber through Fforch-orky to end at Ynyswen.

Leader: John Davies **01792 864525**

10 miles, strenuous

WALK 2 RHONDDA VALLEYS 2: PORTH TO YSTRAD RHONDDA

Bus 08.45 hrs

Early on, we pass the ancient shrine of Penrhys on our common route with Walk 1, later leaving their route on the high moorland to walk down to Ystrad through a lovely pastoral setting, into a stunning landscape where the crowded hills draw aside to allow the Rhondda to make its way to the channel.

Leader: Greison Thomas **01792 534289**

7 miles, moderate

WALK 3 COTHI VALLEY 1: CILYCW/MYNYDD MALLAEN

Bus 09.00 hrs

Our walk starts through Cilycwm, a charming village nestling in the upper reaches of the Towy river valley. We walk through meadows and forestry whilst climbing gradually up to Mynydd Mallaen, an extensive area of upland heath with far-reaching views. Our return to Cilycwm takes us past the derelict mansion of Neuadd Fawr.

Leader: Huw Francis **01554 751777**

8 miles, fairly strenuous

SUNDAY, 29 MAY

WALK 6 RHONDDA VALLEYS 3 : MAERDY TO PORTH

Bus 08.45 hrs

A magnificent high-level walk over moorland, forestry and farmland, taking in the breathtaking scenery of Rhondda Fach, Rhondda Fawr and Taff valleys and the vast surrounding areas of South Wales.

Leader: John Evans **01792 864259**

9 miles, strenuous

WALK 7 RHONDDA VALLEYS 4 : GLYNOGWR TO TONYPANDY

Bus 08.45 hrs

Our walk begins with a steady climb from the Ogwr valley onto Mynydd Pwll yr Hebog, continuing down into Tonypany in the Rhondda Fawr valley. We enjoy spectacular views over the surrounding countryside and valley towns including Porth and Gilfach Goch.

Leader: Pat Pope **01792 881057**

6 miles, moderate

WALK 8 TENBY TO AMROTH

Bus 09.00 hrs

Meander along part of the spectacular Pembrokeshire Coastal Path through wooded valleys and past hidden coves. Walk through the bustling harbour town of Saundersfoot, through historic railway tunnels to the unspoilt hamlet of Wiseman's Bridge, finishing at the picturesque seaside village of Amroth.

Leader: Sue Jones **01792 418131**

7 miles, fairly strenuous

MONDAY, 30 MAY

WALK 11 LLANTWIT MAJOR TO DUNRAVEN BAY

Bus 08.45 hrs

Join us to be captivated by the magnificent Glamorgan Heritage Coast, with its dramatic geology of crumbling cliffs, spectacular beaches, striking lighthouses and other hidden gems. Starting from historic Llanilltud Mawr (once the most important ecclesiastical centre of Wales), this undulating walk westward to Dunraven Bay will reward your efforts tenfold.

Leader: Mike Williams **01269 832624**

9 miles, fairly strenuous

WALK 12 DUNRAVEN BAY

Bus 08.45 hrs

Starting from Dr. Who's infamous "Bad Boy Bay" (Dunraven Bay), this lovely ramble through woodland, farmland and rolling sand dunes ends by returning to Dunraven Bay along the spectacular Glamorgan Heritage Coast, with its impressive barrier of limestone and shale cliffs above the waters of the Bristol Channel.

Leader: David Clementson **01792 884777**

6 miles, moderate

WALK 13 PEMBREY MOUNTAIN / FFOS LAS RACE-COURSE

Bus 09.00 hrs

A very pleasant walk, we climb gradually through fields and woodland overlooking Burry Port Harbour, Cefn Sidan Sands and the Burry Estuary towards Gower, continuing onto Pembrey Mountain where we enjoy breathtaking views of the Gwendraeth Valley, finishing at the racecourse at Ffos Las.

Leader: Geoff Thomas **01554 833157**

7.5 miles, moderate

WALK 4 COTHI VALLEY 2: DOLAUCOTHI GOLD MINE

Bus 09.00 hrs

A steady, easy ascent above Pumsaint to the highest point of the estate is rewarded by 360 degree views of the surrounding countryside. We follow the River Cothi through woods and grassland to make our way back via Dolaucothi Farm – once the servants' quarters and kitchen for Dolaucothi Mansion – passing a walled garden and a ha-ha. Our walk is followed by an optional underground tour of the National Trust owned Dolaucothi Gold Mine, worked from Roman times until 1938. Entry charge + tour: £7.25 (2015 price); free to National Trust members.

Leader: Mary Buttimore **07709 661906**

5 miles, fairly easy

WALK 5 PORKHERRY TO LLANCARFAN

Bus 09.15 hrs

From Porthkerry Country Park, Barry, we walk to the Liassic limestone cliffs of the most southerly point of mainland Wales, passing the great viaduct and a stone circle before heading inland to visit several historic villages. We end our walk at Llancafarn with a visit to the newly restored medieval wall paintings of St Cadoc's Church.

Leader: Sue Gagg **01554 771885**

7.5 miles, moderate

Following each of the walks on Saturday there will be the opportunity to have a bar meal before returning to Llanelli.



Rhondda

WALK 9 AMROTH

Bus: 09.00 hrs

From the pretty coastal village of Amroth, we stroll along a sheltered valley to the beautiful Colby Woodland Gardens. With splendid coastal views, we make our way to Wiseman's Bridge, we follow a former tramway through Pleasant Valley to the Iron Works Heritage site at Stepside, and return to Amroth via delightful country paths.

Leader: Marilyn Williams **01639 761153**

6 miles, fairly easy

WALK 10 STRADEY WOODS AND FURNACE PONDS

Walk starts from Leisure Centre at 10.00 hrs.

Our walk passes the site of the 11th Century Norman castle of Carnwylion on an island in Pontwym before proceeding along the coast and on to Stradey Castle grounds. We take a sunken path to Pen-y-Fai Lane, continuing to Furnace Pond for lunch. On returning to the Leisure Centre we pass through an area of industrial heritage which included the manufacture of cannonballs for the Napoleonic wars.

Leader: Mike Corker **07790 750118**

6 miles, fairly easy

Website: www.llanelliramblers.org.uk

E-Mail: festival@llanelliramblers.org.uk



Heritage Coast

WALK 14 FFOS LAS CIRCULAR

Bus 09.00 hrs

Set amid rolling hills and overlooking Carmarthen Bay, it is difficult to imagine that the Ffos Las Racecourse site was once the home of Europe's largest opencast coalmine. A very picturesque setting for this easy walk, which starts with a stroll along paths through Glyn Abbey golf course, continues around the perimeter of Ffos Las, and ends with a guided tour of the racecourse complex itself.

Leader: Heather Stretch **07815 010417**

5 miles, easy

WALK 15 BURRY PORT TO PEMBREY COUNTRY PARK (ST ILLTYD'S WALK AND BIG WELSH WALK)

Bus 10.00 hrs

This family friendly walks begins at the pretty harbour town of Burry Port with splendid views across the estuary to Gower. We make our way along the old mineral line, passing the village of Pembrey, then on to Penybedd Forest picnic site where we pick up St Illtyd's Walk, taking us all the way into Pembrey Country Park (Suitable for prams and buggies).

Leader: Diana Davies **01554 833099**

3 miles, easy

Welsh Tea from 15.00 to 17.00 hrs

The traditional Welsh tea and social gathering is in the Catholic Hall, Waunlanyrafon, Llanelli (backing onto the Leisure Centre).



Family walk