

## **Monday, 29th July 2024**

### **Monday Strollers:**

Location: Kidwelly - Walk, Art and Craft Exhibition, Cream Tea

Length: 4 miles (approx)

Maximum Number of Participants: 20

Walk Leader: Elaine Jenkins      Back Marker: Alwyn Williams

To register: Contact Eileen on 07837 157 175 (*by text preferably, please*)

Registration will open at 10am on Friday, 26th July 2024 and will close at 8am on Monday, 29th July 2024

Additional Information: This week's leisurely stroll will take place in and around Kidwelly. During the walk we will visit St Mary's Church where we will be enthralled by 'tales of dark deeds!' Following our walk there will be an opportunity to visit the local Art and Craft Exhibition before enjoying a cream tea! Walking boots are advisable. Please bring a drink and a snack for a mid-walk break.

Parking for the walk will be in Glan-yr-Afon car park in Kidwelly (Postcode: SA17 4UU).

*Please note that* the walk will start from this car park at the later time of 11am this week.

Further information will be available during the registration process.

### **Roamers By Bus:**

Location: Kidwelly Circular

Length: 3 - 4 miles

Maximum Number of Participants: 20

Walk Leader: Carolyn White      Back Marker: Sue Barrett

To register: Contact Carolyn on 07534 445 842 (*by text preferably, please*)

Registration will open at 10am on Friday, 26th July 2024 and will close at 10pm on Sunday, 28th July 2024

Additional Information: This will be an easy, leisurely walk around Kidwelly.

Travel Information: Please take the X11 bus service which leaves Llanelli Bus Station at 10.40am

## Wednesday, 31st July 2024

### Walk 1:

Location: Carmarthen

Length: 7 miles Grade: C+

Walk Leader: Colin Wright Back Marker: Dave Clementson and Keith Jones

To register: Contact Colin on 07970 532 117 (*by text preferably, please*)

Registration will open at 9am on Sunday, 28th July 2024 and will close at 9am on Wednesday, 31st July 2024

Additional Information: The route of this walk will take us from Pensarn and past the railway station before we pick up the path along the River Towy which will take us to the Leisure Centre. From there it will take us through Ystrad Woods before we make our way to the village of Llanllwch. We will then walk under the dual carriageway and continue walking back to Johnstown and our starting point.

The route will take us along well used footpaths and through woodland as well as along some sections of road. *Please note that* there are a few moderate inclines along the route *but* there are no stiles! *Please also note that* the paths through the woods could be a little slippery owing to the current wet and unsettled weather - walking boots and a walking pole are therefore recommended.

Parking for the walk will be in the car park near Charlie's in Pensarn. The walk will start from this car park at 10.30am.

### Walk 2:

## Wednesday, 31st July 2024

### Walk 2

Location: Oxwich *on* Gower

Length: 8.5 miles Grade: C

Walk Leader: David Workman Back Marker: John Coates

To register: Contact David on 07885 759 984 (*by text, please*)

Registration will open at 9am on Sunday, 28th July 2024 and will close at 6pm on Tuesday, 30th July 2024

Additional Information: The route of this walk will take us from the Upper Green in Reynoldston through Little Reynoldston and over Kittle Top Hill before continuing on to Mill Woods. The route will then continue through the woods to Brynsil Top (*providing we do not have to divert because of fallen trees*) and then down through Sheep Lane to Oxwich. We will then join the coast path and walk through Nicholaston Woods to Penmaen before going up onto Cefn Bryn and walking back along the ridge to our starting point in Reynoldston.

Parking for the walk will be by the Upper Green. The walk will start from Reynoldston Post Office at 10am.

Post-walk refreshments will be in the King Arthur Hotel in Reynoldston.

**Thursday, 1st August 2024**

**An Early Evening Walk**

Location: Pontyberem

Length: 3.5 miles (approx) Grade: C

Walk Leader: Heather Stretch Back Marker: Eirwen Stephens

To register: Contact Heather on 07815 010 417 (*by text preferably, please*)  
Registration will open at 9am on Monday, 29th July 2024 and will close at 5pm on Thursday, 1st August 2024

Additional Information: This leisurely early evening stroll will give us a little bit of an insight into the industrial past of the Lower Gwendraeth Valley. The route will take us along quiet country lanes, through woodland and along paths within the grounds of a former colliery, as well as along a section of the former Burry Port and Gwendraeth Valley Railway line.

Most of the paths are firm underfoot but some are stony and muddy in places - walking boots are therefore highly recommended and a walking pole could be useful in places.

Parking for the walk will be in the car park of Pontyberem Park (Postcode: SA15 5EA). The walk will start from this car park at 6pm.

Directions from Llanelli:

- Drive towards Cross Hands, passing through Felinfoel, Swiss Valley and Llannon
- After leaving Llannon, take the road to the left of the 'white house', signposted Pontyberem
- Drive along this road for approximately 3 miles *and*
- at the junction in Pontyberem (opposite the pharmacy), turn left *and then*
- take the second right, signposted Carmarthen (there is a 'filter lane')
- Drive down the hill and then turn right into Pontyberem Park (the rugby club is on your right)

## Saturday, 3rd August 2024

Location: Llandeilo: West and East

Length: 8.5 miles      Grade: C+

Walk Leader: Rob Davies      Back Marker: Jan Davies

To register: Contact Rob on 07974 102 864 (*by text preferably, please*)

Registration will open at 9am on Sunday, 28th July 2024 and will close at 9pm on Friday, 2nd August 2024

Additional Information: The 'west loop' of this walk will take us across fields to Llandyfeisant Church and on to Dinefwr Castle. From here we will then walk through Dinefwr Park back to Llandeilo. The length of this 'loop' is 3 miles and may appeal to members who would enjoy a short, Saturday morning walk.

The 'east loop' will take us across the River Towy and out to the Tregib Nature Reserve. We will then walk steadily uphill through this attractive woodland and across fields towards the Llwyn Bedw trig. The route will then follow the Heart of Wales Trail back to Ffairfach and Llandeilo.

Parking for the walk will be in the Town Centre Car Park where the parking fee is £1.70. The walk will start at 10am from this car park.