

Monday, 12th August 2024

Monday Strollers:

Location: Ferryside

Length: 4 miles (approx)

Maximum Number of Participants: 20

Walk Leader: Mandy James Back Marker: Mary Jones

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

Registration will open at 10am on Friday, 9th August 2024 and will close at 8am on Monday, 12th August 2024

Additional Information: This week's walk will take us from the car park on the square in Ferryside and across fields from where we should have spectacular views over the bay. *Please note that* there will be some uphill walking (with approximately 30 steps) as well as some road walking. Walking boots and a walking pole are therefore advisable. Please bring a drink and a snack for the mid-walk break.

Parking for the walk will be in the main car park on the square in Ferryside. The walk will start from this car park at 10am.

Wednesday, 14th August 2024

Walk 1:

Location: White Rock, Landore, Swansea

Length: 6 miles Grade: C

Walk Leader: Sue Davies Back Marker: Steve Brown

To register: Contact Sue on 07908 164 396 (*by text preferably, please*)

Registration will open at 9am on Saturday, 10th August 2024 and will close at 8pm on Tuesday, 13th August 2024

Additional Information: The route of this walk will take us from White Rock Car Park in Landore, Swansea (*near the Liberty Stadium*) and along the old railway line initially, following the River Tawe. We will pass the old Copperworks and continue on to the former Swansea Docklands area, now known as the SA1 district. We will then continue our walk along the coast path and have lunch near the beach before we return to White Rock along the old railway line footpath.

Parking for the walk will be in White Rock Car Park (*which is not far from the Liberty Stadium*). There is no charge for parking. The walk will start at 10.30am from this car park.

Directions to the car park (Postcode: SA1 2LE) if coming from the M4 or from the A484

- At the Ynysforgan Roundabout (Jct 45) take the exit towards Swansea
- At the next roundabout take the first exit near the Liberty Stadium
- Drive past the Liberty Stadium and the Shopping Centre and continue on to the next mini roundabout (*for the Park and Ride*)
- Pass the Park and Ride and go on to the next roundabout - take the third exit off this roundabout into White Rock Car Park (*after the turning for Swansea*)

Walk 2:

There is no Walk 2 scheduled for this Wednesday at the moment.

Details will be sent out separately if one becomes available.

Thursday, 15th August 2024

An Early Evening Walk

There is no walk scheduled for this Thursday evening at the moment.

Details will be sent out separately if one becomes available.

Saturday, 17th August 2024

Location: Llynfi Valley 1 - Maesteg to Garth (*a linear walk*)

Length: 7 miles Grade: C+

Walk Leader: Alwyn Williams Back Marker: Elaine Jenkins

To register: Contact Alwyn on 07989 138 106 (*by text preferably, please*)

Registration will open at 10am on Monday, 12th August 2024 and will close at 8pm on Friday, 16th August 2024

Additional Information: This will be *a linear walk* from Maesteg to Garth. *Please note that over-trousers are advisable if the weather has been wet as there is one section of 'longish' grass. We will be returning by bus to Maesteg at the end of the walk - so please remember to bring your bus pass!*

Parking for the walk will be in the car park of the Aldi and B & M shopping centre (Postcode: CF34 9DS) - there is no charge for parking. The walk will start at 10am from this car park.

Directions to the car park:

- On arriving in Maesteg, the B4282 will bring you downhill to the traffic lights on the main square
- Turn left at the lights and the car park will be on your right

