

## **Monday, 9th September 2024**

### **Monday Strollers:**

Location: Penllergaer Woods

Length: 4 miles (approx)

Maximum Number of Participants: 20

Walk Leader: Julia Clark    Back Marker: Eileen Beaumont

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

Registration will open at 10am on Friday, 6th September 2024 and will close at 8am on Monday, 9th September 2024

Additional Information: This leisurely stroll in Penllergaer Woods is a new walk for the group. The route will take us along woodland paths and through a quiet residential estate before we return to our starting point along woodland paths. Please bring a drink and a snack for our mid-walk break.

Parking for the walk will be in the car park of Penllergaer Woods where the walk will start at 10am.

Directions to the car park:

- Leave the M4 at Junction 47 and take the exit for the Services
- At the roundabout for the Services, take the THIRD exit - IGNORE the entry / exit routes for McDonalds and the Services!
- Follow the single track road down to the car park

## **Wednesday, 11th September 2024**

### **Walk 1:**

Location: Southgate (Gower) Circular - To the 'Smugglers' Beach'

Length: 5.5 miles    Grade: C+

Walk Leader: Steve Brown    Back Marker: Sue Davies

To register: Contact Steve on 07792 288 838 (*by text preferably, please*)

Registration will open at 10am on Saturday, 7th September 2024 and will close at 9pm on Tuesday, 10th September 2024

Additional Information: The route of this walk will take us initially inland from Southgate and then down through Bishopston Valley and along the coast to Brandy Cove and Pwlldu Bay. After lunch, we will continue on to Pwlldu Head and follow the coastal path back to Southgate.

Parking for the walk will be in the National Trust car park in Southgate (Postcode: SA3 2AN). The walk will start from this car park at 10.30am.

Post-walk refreshments will be in Southgate Golf Club.

## **Walk 2:**

Location: Carreg Cennen and Three Cairns Circular

Length: 8 miles    Grade: B

Walk Leader: Keith Williams    Back Marker: TBC

To register: Contact Keith on 07582 266 932 (*by text preferably, please*)

Registration will open at 10am on Sunday, 8th September 2024 and will close at 4pm on Tuesday, 10th September 2024

Additional Information: Parking for the walk will be in the car park at Carreg Cennen Castle (Postcode: SA19 6UA; What3Words: ///munch.draw.rainbow). The walk will start from this car park at 10am.

Directions to the car park:

- At the traffic lights in Ffairfach, take the road for Bethlehem
- Turn RIGHT, after going under the railway bridge
- In Trapp, take the turning on the left signposted for the Castle

**Saturday, 14th September 2024 / Sunday, 15th September 2024**

*The 'walking week' along the South West Coast Path begins this weekend.*

There is no walk scheduled for this weekend at the moment.

Details will be sent out separately if one becomes available.