

## **Monday, 28th October 2024**

### **Monday Strollers:**

Location: Pontyates and Glyn Abbey

Length: 4 miles (approx)

Maximum Number of Participants: 20

Walk Leader: Mandy James Back Marker: TBC

To register: Contact Mandy on 07896 524 249 (*by text preferably, please*)

Registration will open at 10am on Friday, 25th October 2024 and will close at 8am on Monday, 28th October 2024

Additional Information: The route of this walk, which offers some great views over the surrounding countryside, will take us from Pontyates along the former railway line initially, and then across fields and along quiet country roads to Glyn Abbey before we return to Pontyates. *Please note that there will be a few gentle inclines and that the paths and fields will be muddy and uneven in places owing to the recent rain - walking boots are therefore essential and a walking pole is advisable. Please bring a drink and a snack for the mid-walk break.*

Parking for the walk will be in the car park in Pontyates (Postcode: SA15 5TR) - this car park is between the Rugby Club and the Asda Store / Petrol Station. The walk will start from this car park at 10am.

## **Wednesday, 30th October 2024**

### **Walk 1:**

Location: Oxwich

Length: 5.5 miles Grade: C

Walk Leader: Dave Clementson Back Marker: Colin Wright and Steve Brown

To register: Contact Dave on 01792 884 777 (*please leave a message, including your phone number, if there is no answer*)

Registration will open at 9am on Monday, 28th October 2024 and will close at 9pm on Tuesday, 29th October 2024

Additional Information: The route of this lovely and relatively easy walk will take us initially into Oxwich Nature Reserve where we will walk between the sand dunes before reaching a

footbridge, which will take us into Nicholaston Woods. We will then make our way up through the woods, emerging at the eastern end. After walking through the woods, we will make our way to the beach, a very pleasant place, and walk along it back to the start of the walk. *Please note that* the woodland paths are rough in places - good walking footwear is therefore essential and a walking pole(s) would be useful.

Parking for the walk will be in the car park of the Oxwich Bay Hotel (Postcode: SA3 1LS). Please would you try to car share to minimise the number of cars. Thank you.

The walk will start at 10.30am from the car park - please allow approximately 1 hour 'travelling time' from Llanelli.

**Walk 2:**

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

Details will be sent out separately if one becomes available.

**Saturday, 2nd November 2024**

Location: Llangadog Circular

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 Wednesday, 30th October 2024 and will close at 9.30pm on Friday, 1st November 2024

Additional Information: The route will take us initially across fields and along quiet lanes to skirt Garn Goch Iron Age Fort. We will then begin the steady climb to Trichrug before turning to descend along a bridleway. We will return to Llangadog along lanes and across open fields.

Parking for the walk will be in the car park of Llangadog Community Hall (Postcode: SA19 9BR). The walk will start from this car park at 9.30am.

Directions to Llangadog Community Hall (Postcode: SA19 9BR):

- Follow the A40 through Llandeilo and Manordeilo
- At the next roundabout, take the THIRD exit onto the A4069, signposted Llangadog
- Cross the railway line and drive into the village and turn RIGHT at the Square
- The Community Hall is a few hundred yards along the road on the RIGHT- parking is at the rear of the Hall

Post-walk refreshments will be in The Red Lion in Llangadog.