

Monday, 10th March 2025

Monday Strollers:

Location: Gorseinon to Gowerton

Length: 4 miles (approx)

Maximum Number of Participants: 20

Walk Leader: Andrew Harry Back Marker: Ken Griffiths

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

Registration will open at 10am on Friday, 7th March 2025 and will close at 8am on Monday, 10th March 2025

Additional Information: The route of this leisurely walk, which is flat, will take us along the cycle path to Gowerton, where there will be an opportunity for us to have a mid-walk break at the Harvester before we return to Gorseinon. *Please note that* there will also be a short section of walking along a pavement. After our break, we will return to Gorseinon along the same route. Walking shoes or trainers should be suitable for this walk.

Parking for the walk will be in the car park for Home Bargains in Gorseinon, where the walk will start at 10am.

Wednesday, 12th March 2025

Walk 1:

Location: Oystermouth / Mumbles Circular

Length: 5.5 miles (approx) Grade: C+

Walk Leader: Eirwen Stephens Back Marker: Heather Stretch

To register: Contact Eirwen on 07712 654 423 (*by text preferably, please*)

Registration will open at 9am on Sunday, 9th March 2025 and will close at 8.30am on Wednesday, 12th March 2025

Additional Information: The route of this walk will take us from the car park in Oystermouth over to Rotherslade where we will join the coast path and walk towards Limeslade and Bracelet Bay, where we will have a short break. We will then ascend Mumbles Hill and admire the views across Swansea Bay before descending through narrow lanes to the promenade. We will then pick up a footpath which will take us through woodland up to Oystermouth Castle, where we will have our lunch break. Following lunch, we will continue

our walk through the woodland before returning to the car park through a quiet residential area and Oystermouth Cemetery.

Please note that although the route is relatively firm and dry underfoot there may be some muddy sections in the woodland area. *Please note also that* there are a few gentle inclines along the route (*along the coastal path, up Mumbles Hill and through the residential area*), as well as two sets of ascending steps. Walking boots or strong walking shoes are therefore highly recommended and a walking pole may be useful in places.

Parking for the walk will be in Underhill Car Park on Newton Road in Mumbles (Postcode: SA3 4SL). The walk will start at 10.30am from this car park.

Directions to the car park:

- Drive along Mumbles Road and, *at the roundabout just before the shopping area*, turn RIGHT onto Newton Road
- Drive up Newton Road past the shops and, after going through a set of traffic lights, drive for a short distance along the road which borders the playing fields within the Underhill Hub
- You will see signs for the car park a little way along the road - turn LEFT into the access road and drive into the car park, which is in a woodland area at the end of the road.

Post-walk refreshments will be in The Commercial in Killay (TBC).

Walk 2:

Location: Carreg Cennen Castle and the surrounding area

Length: 8 miles Grade: C+

Walk Leader: Carole Lydon Back Marker: Ray Lloyd

To register: Contact Carole on 07836 356 651 (*by text preferably, please*)

Registration will open at 9am on Saturday, 8th March 2025 and will close at 8pm on Tuesday, 11th March 2025

Additional Information: The route of this walk will take us initially from the car park at Carreg Cennen Castle and through the village of Trapp. We will then continue along the Afon Cennen, looping south, and walk back to the castle along the Heart of Wales Line Trail.

Please note that there are some 'climbs' as well as 'numerous' stiles along the route, *that* some paths may be muddy, particularly those alongside the river, *and that* there is also some road walking. Walking boots are therefore essential and walking poles would be useful.

Parking for the walk will be in the car park at Carreg Cennen Castle (Postcode: SA19 6UA) - there is no charge for parking. The walk will start from this car park at 10am.

Saturday, 15th March 2025 / Sunday, 16th March 2025

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

Details will be sent out separately if one becomes available.