

Monday, 17th March 2025

*Please note that there has been a change to the walks programme.
The walk, which was scheduled for today, will take place at a later date.*

Monday Strollers:

Location: Delta Lakes and North Dock

Length: 4 miles (approx)

Maximum Number of Participants: 20

Walk Leader: Elizabeth Nicholas Back Marker: Eileen Beaumont

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

Registration will open at 10am on Friday, 14th March 2025 and will close at 8am on Monday, 17th March 2025

Additional Information: The route of this walk will take us initially around Delta Lakes before we walk over to North Dock, where we will enjoy a leisurely stroll around the area before returning to our starting point. *Please note that* most of the paths are firm underfoot - walking boots or strong walking shoes are however recommended and a walking pole could be useful.

Please note also that there will be an opportunity for us to have a mid-walk break at St Elli Bay in North Dock.

Parking for the walk will be in the Bwlch Rangers car park, near Lidl. The walk will start from this car park at 10am.

Wednesday, 19th March 2025

Walk 1:

Location: Pumsaint and the Dolaucothi Estate

Length: 5.5 miles (approx) Grade: C+

Walk Leader: Kath Lovatt Back Marker: Heather Stretch

To register: Contact Heather on 07815 010 417 (*by text preferably, please*)

Registration will open at 9am on Friday, 14th March 2025 and will close at 9am on Wednesday, 19th March 2025

Additional Information: This walk offers outstanding views over the surrounding countryside as well as a brief insight into the history of the area. The route will take us along woodland paths, through fields and along tracks within the Dolaucothi Estate, as well as along a quiet country lane. *Please note that* there will be two moderate inclines - the *first* incline, along a woodland path, is short and will be at the beginning of the walk, and the *second*, along a track, will be just before our lunch break. Both are *gradual inclines* and will be taken *at our own pace*. *Please note also that* some of the paths in the woodland areas are stony, *that* some are covered with foliage in places *and that* there are also a few short sections of superficial mud - walking boots are therefore essential and a walking pole is recommended.

Parking for the walk will be in the woodland car park at Dolaucothi Gold Mines in Pumsaint (Postcode: SA19 8US). The walk will start from this car park at 10.30am.

Directions to the car park: *From Llandeilo...*

- Drive down the main street of Llandeilo and at the roundabout take the 2nd exit for Llandovery
- *Almost immediately after this roundabout*, take the road on the LEFT signposted Talley (B4302)
- Drive along this road, passing through Halfway and Talley, until you arrive at a T junction
- At the T junction, turn LEFT onto the A482 and follow the signs for Dolaucothi Gold Mines. The car park is opposite the main entrance

Post-walk refreshments will hopefully be in the Dolaucothi Arms Hotel, a National Trust property, in Pumsaint (*0.5 miles from the car park for the walk*). Postcode: SA19 8UW. The landlord has said that he will open especially for us, *but* he would like to have an idea of numbers sometime on Tuesday afternoon, if possible. Please would you indicate during registration if you are intending to go for a drink after the walk so that arrangements can be made. Many thanks.

Walk 2:

Location: Llanddewi Church Circular - A Gower Pilgrimage Way Walk

Length: 6 miles Grade: C+

Walk Leader: Steve Brown Back Marker: John Coates

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

Registration will open at 9am on Saturday, 15th March 2025 and will close at 9pm on Tuesday, 18th March 2025

Additional Information: The route of this walk will take us from Reynoldston, down through Knelston and over to St David's Church at Llanddewi, where we will have our mid-walk break. After our break, we will continue our walk up along Trumpet Lane before we arrive eventually at Hillend Farm. We will then 'ascend and descend' Cefn Bryn and return to our starting point.

Parking for the walk will be along the top road above the King Arthur Hotel in Reynoldston. The walk will start at 10am from this area.

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

Saturday, 22nd March 2025

Location: Between Four Valleys

Length: 12 miles Grade: B (B+)

Walk Leader: John Maudsley Back Marker: TBA

To register: Contact John on 01792 298 354 (*if there is no answer, please leave a message and John will return your call*)

Registration will open at 9am on Monday, 17th March 2025 and will close at 6pm on Friday, 21st March 2025

Additional Information:

Please note the following WALK INFORMATION provided by John:

- 'High-level stravaig' on plateau encompassed by Cwm Corrwg, Cwm Gwynfi, Cwmparc and Cwm Rhondda
- 'Generally moderate' on well-defined tracks, some of which are well-rutted, but also includes more demanding sections on the Cwm Saerbren ascent and on the short tussocky moorland descents above Craig y Ddelw and Ty-draw
- Escarpment paths offer wide-ranging views, *if weather permits*
- Two stream crossings required
- Walking poles and gaiters are advised
- Estimated walk time is 6.5 hours
- Sorry - no dogs!

PARKING and WALK START TIME:

Parking will be in Pen Pych Car Park, Blaencwm (Postcode: CF42 5DG). The walk will start from this car park at 9.30am.

DIRECTIONS TO THE CAR PARK:

- Heading east on the M4, leave the motorway at Jct 43 (A465)
- Follow the A465 for 16 miles to the new Hirwaun flyover, which is located at the top of a long uphill section of the A465. *Please note that* currently part of the A465, between Aberdulais and Resolven (4.5 miles approx), has a 40mph speed restriction in place
- *As you approach the new flyover at Hirwaun*, take the exit slip road, which then has two mini-roundabouts
- Enter the FIRST mini-roundabout and take the THIRD exit *and then*
- Enter the SECOND mini-roundabout and take the SECOND exit - the A4061, *signposted to Treherbert*
- After 600 yards, there will be a further roundabout. On this roundabout, turn LEFT (FIRST exit) on the A4061, *signposted to Treherbert*, as it begins a long uphill climb past the former Tower Colliery before zig-zagging right, left and right again to the top of Rhigos Mountain. Continue over the mountain and descend towards Treherbert
- At the foot of the descent, as you enter the 20mph zone of Treherbert and opposite a garage, turn RIGHT into Hill Street and proceed 100 yards to the junction with Dunraven Street
- Turn RIGHT and follow Dunraven Street / Wyndham Street for half a mile, past St Alban's Church, and take a LEFT turn into Blaencwm Road
- Follow Blaencwm Road for 700 yards as it heads towards the village of Blaencwm
- The forest car park (*denoted by a brown picnic table sign*) is situated on the RIGHT, on a bend in the road, BEFORE you enter the village

Please note that further directions will be available, if required, during registration.