

## WEEK 1

### WEEK BEGINNING MONDAY, 12th MAY 2025

#### Monday, 12th May 2025

Monday Strollers: *(please note the change of contact person for registration given below)*

Location: Mynydd Mawr Woodland Park

Length: 3.5 miles (approx)

Maximum Number of Participants: 20

Walk Leader: Sandra Bennett    Back Marker: Siân Davies

To register: **Contact Sandra on 07776 137 318** *(by text preferably, please)*

Registration will open at 10am on Friday, 9th May 2025 and will close at 8am on Monday, 12th May 2025

Additional Information: This is a relatively easy walk along a route which is mainly flat. The route will take us along woodland tracks and wide walking trails. *Please note that* there could be a little mud in places following heavy rain - good walking boots or shoes are therefore essential and a walking pole could be useful.

*Please note that* we will have a short break for refreshments during the walk - please bring your own tea/coffee for this break, if you would like to. *Please note also* that there is the possibility of having a cup of tea / coffee or a meal in Tumble after the walk.

Directions to Mynydd Mawr Woodland Park from Llanelli:

- Take the road for Tumble / Cross Hands, passing through Llannon
- In Upper Tumble take the turning by the shop on the corner and drive down through Tumble for approximately one mile
- When the road levels off at the bottom of the hill, take the turning on the right for the Woodland Park - it is signposted

The walk will start from the main car park in the Woodlands at 10am.

#### Wednesday, 14th May 2025

##### Walk 1:

Location: Pontarddulais - Cwm Dulais

Length: 6 miles    Grade: C+

Walk Leader: Dave Clementson    Back Marker: Bernard Dezelu

To register: Contact Dave on 01792 884 777 (*please leave a message on the answerphone if there is no answer*)

Registration will open at 9am on Monday, 12th May 2025 and will close at 9pm on Tuesday, 13th May 2025

Additional Information: The route of this walk will take us initially from Coed Bach Park up to the higher parts of Pontarddulais via the Show Field. It then continues up onto Mynydd Pysgodlyn before dropping down onto the eastern side of Cwm Dulais and will continue as far as the site of the major drainage scheme before coming back down onto the western side of the valley. There will then be a 'smallish' ascent onto the lower reaches of Cefn Drum before we descend via Upper Mill and through some houses and return to the park. *Please note that some of the terrain is 'slightly difficult' - good strong walking boots or shoes are essential and a walking pole(s) could be useful.*

Parking for the walk will be in the car park near the rugby ground in Coed Bach Park (Postcode: SA4 8LG). The walk will start from this parking area at 10.30am.

Directions to Coed Bach Park:

- From Llanelli, travel along the road through Hendy
- At the mini roundabout near the Black Horse, turn RIGHT
- Follow the road (A48) through Pontarddulais to the traffic lights near the new Co-operative Store and turn RIGHT onto Pentre Road (B4296)
- Take the FIRST turning on the RIGHT into Gwynfryn Road
- Turn LEFT into Coed Bach Park - *please park near the rugby ground and NOT near the tennis courts*

## **Walk 2:**

Location: Jersey Marine via Tennant Canal / Kilvey Hill

Length: 9 miles    Grade: C+

Walk Leader: Alan John    Back Marker: Phil Rogers

To register: Contact Alan on 07521 074 856 (*by text preferably, please*)

Registration will open at 10am on Saturday, 10th May 2025 and will close at 9pm on Tuesday, 13th May 2025

Additional Information: After an initial flat walk of approximately two miles, there will be a longer climb of about 0.75 of a mile up to the summit of Kilvey Hill, from where we should

have stunning views down into Swansea and of the surrounding area. The descent will be less steep through a forested area with some interesting focal features.

*Please note the parking arrangements for this walk:*

Arrangements have been made with the Towers Hotel at Jersey Marine to park in their private car park free of charge. Postcode: SA10 6JL. Please would those who are bringing their cars provide Alan with their vehicle registration numbers so that he can notify the hotel reception. Thank you.

The walk will start from this car park at 10am. *Please note that* the 'travelling time' from Llanelli is approximately 1 hour.

**Saturday, 17th May 2025 / Sunday, 18th May 2025**

There is no walk scheduled for this weekend.

## WEEK 2

### WEEK BEGINNING MONDAY, 19th MAY 2025

#### Monday, 19th May 2025

Monday Strollers: *(please note the change of contact person for registration given below)*

Location: Grovesend to Pontarddulais *(and back!)*

Length: 4 miles (approx)

Maximum Number of Participants: 20

Walk Leader: Siân Davies      Back Marker: Marie Hoey

To register: **Contact Siân on 07870 618 377** *(by text preferably, please)*

Registration will open at 10am on Friday, 16th May 2025 and will close at 8am on Monday, 19th May 2025

Additional Information: This will be an easy, leisurely stroll along a flat route. The route will take us from Grovesend along the cycle path and through Coed Bach Park to Pontarddulais, where there will be an opportunity for us to have a break for refreshments before we return to Grovesend through Coed Bach Park and along the cycle track. *Please note that the cycle path and the paths in the park are well maintained - walking shoes or trainers would therefore be suitable for this walk.*

Parking for the walk will be at the end of Station Road in Grovesend (Postcode: SA4 4WD). The walk will start from this parking area at 10am.

#### Wednesday, 21st May 2025

##### **PLEASE NOTE:**

Both Walk 1 and Walk 2 will take place in the same location this week - Cowbridge in the Vale of Glamorgan.

*However, there are differences in*

- the length of each walk
- the registration details for each walk
- the parking arrangements for each walk
- the start / end times of the walks

Post-walk refreshments for BOTH groups will be in The Bear Hotel in High Street, Cowbridge.

### **Walk 1:**

Location: Cowbridge

Length: 6.5 miles      Grade: C+

Walk Leader: Dave Clementson      Back Marker: Colin Wright

To register: Contact Dave on 01792 884 777 (*please leave a message on the answerphone if there is no answer*)

Registration will open at 9am on Sunday, 18th May 2025 and will close at 9pm on Tuesday, 20th May 2025

Additional Information: This walk, which starts in the historic town of Cowbridge, will take us through the pretty little villages of Aberthin, St Hilary and Llanblethian. The route will take us along lovely country paths and boardwalks as well as across fields. There will also be a little road walking. *Please note that there are a few slight inclines which are generally firm underfoot.* Good walking shoes or boots are needed for this walk and a walking pole(s) would be useful.

Parking for this walk (Walk 1) will be in the car park adjacent to Cowbridge Scout Hall (Postcode: CF71 7AP). There is no charge for parking. *Please note that this is a busy car park - car sharing is therefore important.*

*Please note that this walk (Walk 1) will start at 10.30am from this car park.*

Directions to the car park:

- Shortly after entering Cowbridge High Street, turn right by Harry's Restaurant into 'The Butts' area of the town. The car park for Walk 1 is *adjacent* to the Cowbridge Scout Hall (Postcode: CF71 7AP). This car park is also *adjacent* to the car park being used by the walkers of Walk 2.

*Please note that the journey time from Llanelli is approximately 1 hour. However, please bear in mind that the M4 can be busy at times.*

Post-walk refreshments will be in The Bear Hotel in High Street in Cowbridge.

### **Walk 2:**

Location: Cowbridge, Aberthin, St Hilary, Beaupre Castle and Llanblethian

Length: 8.5 miles      Grade: C+

Walk Leader: Phil Rogers    Back Marker: TBC

To register: Contact Phil on 07730 474 970 (*by text preferably, please*)

Registration will open at 10am on Saturday, 17th May 2025 and will close at 8pm on Tuesday, 20th May 2025

Additional Information: This walk will initially follow the same route as Walk 1 (*as described above*) as far as the village of St Hilary. We will then continue in a southerly direction to Beaupre Castle (a medieval fortified Manor House) before we return to Cowbridge via Llandough and St Quentin's Castle in Llanblethian.

Parking for this walk (Walk 2) will be in the 'Cake Market' (also known as the 'Cattle Market') Car Park in Cowbridge - there is no charge for parking. Postcode: CF71 7AP.

*Please note that* this walk (Walk 2) will start at 10am from this car park.

Directions to the car park:

- Shortly after entering Cowbridge High Street, turn right by Harry's Restaurant into 'The Butts' area of Cowbridge. The car park for Walk 2 will be on the right. Postcode: CF71 7AP. This car park is *adjacent* to the car park being used by the walkers of Walk 1.

*Please note that* the journey time from the centre of Llanelli is approximately 60 minutes.

Post-walk refreshments will be in The Bear Hotel in High Street in Cowbridge.

**Saturday, 24th May 2025 / Sunday, 25th May 2025**

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

Details will be sent out separately if one becomes available.