Summer Programme
West Glamorgan Ramblers
wrth galon cerdded
at the heart of walking

April 2010 to September 2010
http://www.westglamorganramblers.org.uk
West Glamorgan Ramblers wish to thank all walk leaders for providing the walks for this programme. Without volunteer leaders, a programme of walks would not be possible. If you are a member of the Ramblers and would like to lead a walk, please contact us or come along to the Leaders meeting. Details can be found in the programme.

**Contact Details:**

**Secretary**  
Zetta Flew  
Tel: 01792 232060

**Membership**  
Roger Jones  
Tel: 01792 205051

**Programme**  
Kath Thomas

**West Glamorgan Web Site**  
www.westglamorganramblers.org.uk

**Ramblers UK Web Site**  
www.ramblers.org.uk

Joining a walk

Walks are open to anyone, including visitors on holiday. Newcomers are especially welcome; those who walk regularly with us will be invited to become a member. It is at the discretion of the Leader to refuse to take anyone considered to be unsuitably equipped or likely to cause a problem during the walk.

Walkers must wear suitable footwear and clothing, carry enough food and drink and a small First Aid pack. In case of accident, ID and contact numbers should be carried. Walk leaders can usually provide ID cards for this purpose. While the safety of members is always of paramount concern, accidents may occasionally occur. It is important to appreciate that you have a responsibility for the safety of yourself and fellow walkers.

Dogs are NOT allowed in the lambing season (1st Dec. - 30th April). At other times dogs on short leads are permitted if indicated in the walk description.

Meeting for the walk

The start point of a walk is sometimes given in the programme in addition to the meeting point. In exceptional circumstances, such as adverse weather conditions, the leader might need to cancel the walk. **The leader will only inform those present at the meeting point.** Anyone wishing to travel directly to the start point is advised to contact the leader to confirm if the walk will go ahead.

Walks are graded as follows:-

**Easy:** Generally 6 miles or less using good footpaths with no major inclines or obstacles. Suitable for new or infrequent walkers.

**Moderate:** 6 to 12 miles long across coastal, farmland and forested areas with occasional ascents, stiles and obstacles. Suitable for regular walkers with a reasonable level of fitness.

**Strenuous:** Generally greater than 12 miles across upland, moorland and rugged countryside with several steep climbs and obstacles. Suitable only for regular, experienced walkers with a good level of fitness and stamina.
Celebrating 75 years of The Ramblers

Retirement of Programme Secretary

Our programmes of walks have been collated for some time by Kath Thomas who has given her free time to liaise with the programme co-ordinators to amalgamate and produce the programme that you see today. Kath has now decided to step down and make way for someone new to continue this important work. On behalf of all our members the committee would like to thank Kath for all her hard work. A vacancy now exists for programme Secretary.

March 2010

N.B. This is a change of details for the walk in the last programme

<table>
<thead>
<tr>
<th>Sunday 28th March</th>
<th>Ogmore Vale Circular</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leader: Val Bird</td>
<td>12 miles</td>
</tr>
<tr>
<td>Tel: 01792-233634</td>
<td>Moderate/Strenuous</td>
</tr>
<tr>
<td>Description: A circular walk around the hills above Ogmore Vale.</td>
<td></td>
</tr>
<tr>
<td>Meet: 9.00 a.m.</td>
<td>No Dogs</td>
</tr>
<tr>
<td>Meeting Place: Old Baths Car Park near Guildhall</td>
<td>GR: SS 643 922</td>
</tr>
<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>10.00 a.m.</td>
<td>Fire station car park at Ogmore Vale</td>
</tr>
</tbody>
</table>

April 2010

<table>
<thead>
<tr>
<th>Saturday 3rd April</th>
<th>Rose Cottage Roundabout</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leader: Mike Lewis</td>
<td>6 – 7 miles</td>
</tr>
<tr>
<td>Tel: 01792-546118</td>
<td>Moderate</td>
</tr>
<tr>
<td>Description: A walk with just one climb, taking in Cefn Bryn and via The King Arthur.</td>
<td></td>
</tr>
<tr>
<td>Meet: 11.00 a.m.</td>
<td>Dogs on short leads</td>
</tr>
<tr>
<td>Meeting Place: Rose Cottage, Penmaen</td>
<td>GR: SS 527 884</td>
</tr>
</tbody>
</table>
### Celebrating 75 years of The Ramblers

#### Sunday 4th April

**Penmaen to Cilifor**

**Leader:** Lynne Lock  
**Tel:** 01792-645748  
**Description:** A walk from Penmaen to Cilifor and return over Cefn Bryn.  
**Meet:** 10.00 a.m.  
**Meeting Place:** Penmaen NT Car Park  
**Distance:** 8 miles  
**Moderate**  
**Tel:** 01792-645748  
**Meeting Place:** Penmaen NT Car Park  
**GR:** SS 532 887

#### Sunday 11th April

**The Hills Above Pontardawe**

**Leader:** Ann Sedge  
**Tel:** 01792-864035  
**Description:** A walk over Mynydd y Garth, Mynydd Uchaf and the Gwrhyd.  
**Meet:** 9.30 a.m.  
**Meeting Place:** Pontardawe, Herbert St Car Park  
**Distance:** 12 miles  
**Moderate/Strenuous**  
**Tel:** 01792-864035  
**Meeting Place:** Pontardawe, Herbert St Car Park  
**GR:** SN 724 039  
**No Dogs**

#### Tuesday 13th April

**Pennard School to Murton Community Centre**  
- **N.B. This is a Linear Walk**  
- **Joint Walk with The Gower Society**

**Leader:** Jane Jones  
**Tel:** 01792-232316  
**Description:** The walk will start with a No. 14 bus ride from Murton to Pennard School. We will then have a coastal walk along the cliffs & beaches featuring some inclines.  
**Meet:** 10.15 a.m. (sharp to catch bus)  
**Meeting Place:** Murton Green Community Centre Car Park  
**Distance:** 6-7 miles  
**Moderate**  
**Tel:** 01792-232316  
**Meeting Place:** Murton Green Community Centre Car Park  
**GR:** SS 586 893  
**No Dogs**  
**N.B. Please check bus times for alterations**

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*Remember to check when the next path clearance takes place!  
Work parties clear paths to ensure you can walk Gower and Swansea*

*Phone John Mellor on 01792 - 412701*
### Saturday 17th April

<table>
<thead>
<tr>
<th>Oxwich via the New Bridge</th>
<th>8.5 miles</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leader:</strong> Pam &amp; Gerry Horsey</td>
<td></td>
</tr>
<tr>
<td>Tel: 01792-417619</td>
<td>Moderate</td>
</tr>
<tr>
<td><strong>Description:</strong> A walk to Oxwich Bay, Mill Wood and Cefn Bryn. We will cross a new bridge over the pill at Nicholaston that some of our members helped to construct.</td>
<td></td>
</tr>
<tr>
<td>If you have some spare time in the week why don’t you come and join in the ‘fun’ with our regular work parties? Most work parties just clear undergrowth so you can still ‘build bridges’ in the community without having to build a real bridge!</td>
<td></td>
</tr>
<tr>
<td><strong>Meet:</strong> 10.00 a.m.</td>
<td>Dogs on short leads</td>
</tr>
<tr>
<td>Meeting Place: Rose Cottage, Penmaen</td>
<td>GR: SS 527 884</td>
</tr>
</tbody>
</table>

### Sunday 18th April

<table>
<thead>
<tr>
<th>Rhossili Down</th>
<th>5 miles</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leader:</strong> Enid Owen</td>
<td></td>
</tr>
<tr>
<td>Tel: 01792-403302</td>
<td>Moderate</td>
</tr>
<tr>
<td><strong>Description:</strong> A walk up Rhossili Down to Llangennith and back along the coastal path.</td>
<td></td>
</tr>
<tr>
<td><strong>Meet:</strong> 1.30 p.m.</td>
<td>No Dogs</td>
</tr>
<tr>
<td>Meeting Place: Rhossili Car Park</td>
<td>GR: SS 414 880</td>
</tr>
</tbody>
</table>

### Saturday 24th April

<table>
<thead>
<tr>
<th>Briton Ferry Short Walks</th>
<th>3 miles</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leader:</strong> Gail Allen</td>
<td></td>
</tr>
<tr>
<td>Tel: 01792-469232</td>
<td>Easy</td>
</tr>
<tr>
<td><strong>Description:</strong> Easy walking from Briton Ferry beside the Neath Canal.</td>
<td></td>
</tr>
<tr>
<td><strong>Meet:</strong> 11.00 a.m.</td>
<td>Dogs on short leads</td>
</tr>
<tr>
<td>Meeting Place: Park in lay-by on Old Road behind McDonalds.</td>
<td>GR: SS 742 937</td>
</tr>
<tr>
<td>Directions: Approaching from Swansea, at eastern end of the old A48 bridge, take 2nd turning left off the Briton Ferry Roundabout and drive up Old Road (McDonalds will be on the right).</td>
<td></td>
</tr>
</tbody>
</table>

### Sunday 25th April

<table>
<thead>
<tr>
<th>Waterfall Walk, Penderyn</th>
<th>10 miles</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leader:</strong> Howard and Joan Siddle</td>
<td></td>
</tr>
<tr>
<td>Tel:01685-878476 or 0790-977-0708</td>
<td>Moderate</td>
</tr>
<tr>
<td><strong>Description:</strong> A waterfall walk over Moel Penderyn.</td>
<td></td>
</tr>
<tr>
<td><strong>Meet:</strong> 08.30 a.m.</td>
<td>No Dogs</td>
</tr>
<tr>
<td>Meeting Place: Old Baths Car Park near Guildhall</td>
<td>GR: SS 643 922</td>
</tr>
<tr>
<td>OR 9.10 a.m. Penderyn.</td>
<td>GR: SN 945 089</td>
</tr>
</tbody>
</table>
May 2010

Don’t forget to volunteer for a work party!

We often go out one day in the week to clear paths BUT you don’t have to go out every week! Just phone us and put your name on the list of volunteers. A number of volunteers have in the past enjoyed putting a walk on the programme using a path they have previously cleared!

Phone John Mellor on 01792 - 412701

Sunday 2nd May

Leader: Alan Bailey
Tel: 01792-233046

Description: A walk to look at the old brick works and quarries. After the brick works, the path will climb 600 feet up the old quarry incline to provide enjoyable views over the hills. The return path will pass through the forestry and go along the old railway track.

Meet: 10.30 a.m.

Dogs on short leads

Meeting Place:
Old Quarry at Penwyllt next to South Wales Caving Club. GR: SN 856155
Directions: Follow A4067 towards Craig y Nos and turn right to Penwyllt just past Pen y Cae.

Thursday to Sunday 6th to 9th May

Organiser: Dave Bird
Tel: 01792-233634

Description: A long weekend in the Lake District. All those going will have already booked their place with Dave Bird. Any regular walkers interested in next year’s weekend (date/area not yet confirmed) should contact Dave Bird for details.

Lake District Weekend
Strenuous

No Dogs
# Celebrating 75 years of The Ramblers

## Saturday 8th May

**May Gower – the Best Bits**  
**Joint Walk with The Gower Society**

**Leader:** Alan Bailey  
Tel: 01792-233046  
**Moderate**

**Description:** A walk from Penny Hitch to Oxwich Point returning through the nature reserve, Nicholaston Woods and the Penrice Estate. Sounds perfect for a glorious weekend in May!  
**Meet:** 10.30 a.m.  
Dogs on short leads

**Meeting Place:** Penrice, Mill Wood Car Park  
**GR:** SS 493 882

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## Sunday 9th May

**Our Annual Glamorgan Area Walk**

**Leader:** Tiger Bay Ramblers  
**Easy & Moderate & Strenuous**  
**5 or 10 or 15 miles**

**Tel:**  

**Description:** Join us on the one day in the year when all the Rambler Groups in the Glamorgan Area get together to enjoy a joint walk. This year it is the turn of the Tiger Bay Ramblers to lead the rest of Glamorgan on a mixture of both long and short walks.  
The details of the walks were not available at the time of going to press. This information will be added to our web site as soon as we receive it.  
Our site is at: [www.west glamorgan ramblers.org.uk](http://www.westglamorganramblers.org.uk)

**Meet:** TBA  
No Dogs

**Meeting Place:** TBA

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## Sunday 16th May

**Kidwelly in Early Summer**  
**Joint walk with Bridgend Ramblers**

**Leader:** Andrew Morgan  
Tel: 0771-940-9504  
**Moderate**

**Description:** An interesting walk in the Kidwelly area taking in the panoramas of coast and countryside, including unusual views of Worms Head, Burry Holms, Caldey Island and Kidwelly Castle. Maybe even glimpse horseracing at Ffos Las from the hillside! Possible ‘pub stop’ if time permits.  
**Meet:** 9.00 a.m.  
No Dogs

**Meeting Place:** Old Baths Car Park near Guildhall, GR: SS 643 922  
**OR 9.40 a.m.** Glanymor Riverside Car Park, off Bridge Street, Kidwelly.  
**GR:** SN 406 068
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Leader</th>
<th>Distance</th>
<th>Level</th>
<th>Description</th>
<th>Meet Time</th>
<th>Dogs</th>
<th>Meeting Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 18th May</td>
<td>Llanwrtyd Wells Area&lt;br&gt;Leader: Tim Gronow&lt;br&gt;Tel: 07710-231-630&lt;br&gt;Description: Circular woodland and moorland walk from Llanwrtyd Wells via Waunlwyd and Cwm Annell.&lt;br&gt;Meet: 9.00 a.m.&lt;br&gt;Meeting Place: Co-op Car Park, Crosshands. GR: SN 565 130</td>
<td>Tim Gronow</td>
<td>10 miles</td>
<td>Moderate</td>
<td>Circular woodland and moorland walk from Llanwrtyd Wells via Waunlwyd and Cwm Annell.</td>
<td>9.00 a.m.</td>
<td>No Dogs</td>
<td>Co-op Car Park, Crosshands. GR: SN 565 130</td>
</tr>
<tr>
<td>Saturday 22nd May</td>
<td>RAMBLERS NATIONAL&lt;br&gt;“GET WALKING DAY”&lt;br&gt;A Walk Beside Loughor Estuary&lt;br&gt;Stepping Stones Short Walks&lt;br&gt;Leader: Allyson Evans&lt;br&gt;Tel: 01792-475521&lt;br&gt;Description: Walking on flat paths beside Loughor Estuary. Can be muddy&lt;br&gt;Meet: 11.00 a.m.&lt;br&gt;Meeting Place: Loughor Estuary Foreshore Car Park. GR: SS 571 988&lt;br&gt;Directions: At M4 Junction 47, take A48 signed Gorseinon/Penllergaer. Continue straight on A4240 going through Penllergaer and Gorseinon and heading for Loughor. Half a mile after the 4th set of traffic lights, the road bends to the left at the Reverend James pub. Turn right here and follow signs to foreshore car park which is 300 yards on left.</td>
<td>Allyson Evans</td>
<td>2-3 miles</td>
<td>Easy</td>
<td>Walking on flat paths beside Loughor Estuary. Can be muddy.</td>
<td>11.00 a.m.</td>
<td>No Dogs</td>
<td>Loughor Estuary Foreshore Car Park. GR: SS 571 988</td>
</tr>
<tr>
<td>Sunday 23rd May</td>
<td>St Dogmaels and Cemaes Head&lt;br&gt;Leader: Gary Evans&lt;br&gt;Tel: 01792-360837 or 07751 090755&lt;br&gt;Description: A varied countryside and coastal walk including the final section of the Pembrokeshire Coastal Path.&lt;br&gt;Meet: 9.00 a.m.&lt;br&gt;Meeting Place: Co-op Car Park, Crosshands. GR: SN 565 130&lt;br&gt;OR&lt;br&gt;10.30 a.m. Main car park, St Dogmaels (near Cardigan) GR: SN 164 460</td>
<td>Gary Evans</td>
<td>11 miles</td>
<td>Moderate/strenuous</td>
<td>A varied countryside and coastal walk including the final section of the Pembrokeshire Coastal Path.</td>
<td>9.00 a.m.</td>
<td>No Dogs</td>
<td>Co-op Car Park, Crosshands. GR: SN 565 130&lt;br&gt;OR&lt;br&gt;10.30 a.m. Main car park, St Dogmaels (near Cardigan) GR: SN 164 460</td>
</tr>
<tr>
<td>Sunday 30th May</td>
<td>Cwm Twrch Circular&lt;br&gt;Leader: Vernon Davies&lt;br&gt;Tel: 01792-842123&lt;br&gt;Description: Follow the old tramways and miners trails along Twrch Valley.&lt;br&gt;Meet: 10.30 a.m.&lt;br&gt;Meeting Place: 50 yards beyond Twrch River Bridge at site of Old Berrington Arms Pub. GR: SN 754 115</td>
<td>Vernon Davies</td>
<td>8 miles</td>
<td>Moderate</td>
<td>Follow the old tramways and miners trails along Twrch Valley.</td>
<td>10.30 a.m.</td>
<td>No Dogs</td>
<td>50 yards beyond Twrch River Bridge at site of Old Berrington Arms Pub. GR: SN 754 115</td>
</tr>
</tbody>
</table>
Celebrating 75 years of The Ramblers

June 2010

Yes! – The work party still needs you! Give us a ring today!

Phone John Mellor on 01792 - 412701

We would also like to see new members on your committee. Why not come along and see how the present volunteers run the group behind the scenes and deal with the issues of walking Swansea and Gower.

Phone Zetta on 01792 - 232060

<table>
<thead>
<tr>
<th>Saturday 5th June</th>
<th>Sarn Helen &amp; Nedd Fechan Valley Joint Walk with the Gower Society</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leader:</strong> Roger Jones</td>
<td><strong>Leader:</strong> John Carlile</td>
</tr>
<tr>
<td><strong>Tel:</strong> 01792-205051</td>
<td><strong>Tel:</strong> 01792-792285</td>
</tr>
<tr>
<td><strong>8 miles</strong></td>
<td><strong>11 miles</strong></td>
</tr>
<tr>
<td><strong>Moderate</strong></td>
<td><strong>Strenuous</strong></td>
</tr>
<tr>
<td><strong>Description:</strong> A walk to Sarn Helen then down the Nedd Fechan Valley to Pwll Du and Pont Melin Fach. Return via Afon Mellte waterfalls and Porth yr Ogof. A cracking walk that had to be cancelled on the last programme because of the weather.</td>
<td><strong>Description:</strong> An escarpment and ridge walk to Allt Llwyd, Carn Pica, Graig Fan Las, and Graig Fan Ddu. Good views. One steep ascent and descent, total for walk approx. 800ft of ascent.</td>
</tr>
<tr>
<td><strong>Meet:</strong> 10.15 a.m.</td>
<td><strong>Meet:</strong> 8.30 a.m.</td>
</tr>
<tr>
<td>No Dogs</td>
<td>No Dogs</td>
</tr>
<tr>
<td>Meeting Place: Ystradfellte Village Car Park (no charge)</td>
<td>Meeting Place: Old Baths Car Park near Guildhall</td>
</tr>
<tr>
<td><strong>GR:</strong> SN 930 135</td>
<td><strong>GR:</strong> SS 643 922</td>
</tr>
<tr>
<td>OR</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>9.30 a.m. Torpantau car park</td>
<td><strong>9.30 a.m. Torpantau car park</strong></td>
</tr>
<tr>
<td><strong>GR:</strong> SO 056 176</td>
<td><strong>GR:</strong> SO 056 176</td>
</tr>
</tbody>
</table>
Celebrating 75 years of The Ramblers

Sunday 13th June  The Downs and Ups of North Gower History
Leader: John France  8 miles
Tel: 01792-513211 (Day) or 01792-547439 (Evening)  Moderate
Description: A walk over fields, valleys and hills, taking in the Bulwarks Prehistoric Hill Fort and its associated burials. Splendid views over the Loughor Estuary. We pass by Cheriton Church. There is one sharp climb up Llanmadoc Hill and another, much shorter, over Ryer’s Down. The going is generally easy, though there are some stiles.
Meet: 10.00 a.m.  No Dogs
Meeting Place: Llangennith, Tankeylake Moor  GR: SS 435 915

Wednesday 16th June  Knelston to Hardings Down & Old Henllys
Leader: Gail Allen  6 miles
Tel: 01792-469232  Easy
Description: A pretty walk through fields (with stiles) and lanes. One climb up Hardings Down with its ancient earthworks and great views.
Meet: 9.30 a.m.  No Dogs
Meeting Place: Old Baths Car Park near Guildhall  GR: SS 643 922
OR
10.15 a.m.  In the lay-by at Knelston Primary School (before Scurlage)  GR: SS 468 889

Saturday 19th June  A Gowerton Circular
Joint walk with the Gower Society
Leader: Peter Jones  8 miles
Tel: 01792-873456  Moderate
Description: A moderate walk on farmland, across a golf course and part of The Gower Way - and probably some mud!
Meet: 10.00 a.m.  No Dogs
Meeting Place: Gowerton Car Park on B4295 near the Commercial Inn  GR: SS 591 964
### Saturday 19\textsuperscript{th} June

**Steppeing Stones Short Walks**

**Leader:** Viv Davies  
Tel: Not Available  
**Description:** Woodland track alongside river to Sgwd Gwladys waterfall.  
**Meet:** 10:30 a.m.  
Meeting Place: Pontneddfechan Tourist Centre GR:SN 893 071  
Directions: Drive north along A465 up the Neath Valley to the 2\textsuperscript{nd} roundabout for Glynneath. Turn right at the lights onto the B4242 road to Pontneddfechan (and watch out for the unexpected sharp left of the B4242 on the way!). Drive approximately half a mile to the Tourist Centre.

### Sunday 20\textsuperscript{th} June

**Circle walk around Mynydd Troed**

**Leader:** Ian Smith  
Tel: 01792-368609  
**Description:** A strenuous walk from Llangors up over Pen Tir and around Mynydd Troed. Views over Llangorse Lake and Black Mountains  
**Meet:** 9:00 a.m.  
Meeting Place: Old Baths Car Park near Guildhall GR: SS 643 922  
OR  
10:00 a.m. Llangors Village GR: SO 134 277

### Saturday 26\textsuperscript{th} June

**Circular Walk from Coast to Moor**

**Leader:** Zetta Flew  
Tel: 01792-232060  
**Description:** A circular walk from the coast, crossing moorland into Cilibion Wood and back along the Gower Way and Cilifor. A couple of climbs that reward you with extensive views of North Gower and the Loughor Estuary. Time for a pint in the Dolphin after the walk to thank the landlord for the free parking!  
**Meet:** 10.00 a.m.  
Meeting Place: The Dolphin Inn Car Park, Llanrhidian GR: SS 496 923
Celebrating 75 years of The Ramblers

Sunday 27th June  
Port Eynon to Mewslade  
Leader: Paul Thomas  
Tel: 01792-894289  
Description: Walk from Port Eynon to Mewslade and back through Overton  
Meet: 10.30 a.m.  
Meeting Place: Port Eynon Car Park  

Ok – Another advert for the volunteers for the work party and for the committee – Yes! We all know it’s annoying to keep being reminded on the programme but better a programme with adverts rather than no programme at all!!

Phone John Mellor on 01792 - 412701

Would you like to have seen more short walks on the programme? Would you have liked more midweek short walks? How about volunteering to lead a short midweek walk? If enough people are prepared to lead short walks and their efforts are supported we could make them a regular feature. Let us know!
Celebrating 75 years of The Ramblers

July 2010

Saturday 3rd July  

Rhossili Roundabout  

Joint Walk with The Gower Society  
AND Coventry Ramblers

Leader: John Ashley  
Tel: 01792-201171

10 miles  
Moderate

Description: A figure-of-eight walk with visitors from Coventry Ramblers starting in Rhossili and going via Hillend to Burry Holms and Broughton. We then return to Hillend and walk back along the beach to Rhossili. If you would prefer a shorter walk you will be able to turn back at Hillend.

Meet: 10.00 a.m.  
Dogs on short leads

Meeting Place: Rhossili Church Car Park (donation box)  
GR: SS 417 881

If this is full, park in the main Rhossili car park (Charge was £2.50 in 2009) and then walk back to the church to meet the leader.

Sunday 4th July  

Pen y Fan from Pont Cwmyfedwen  
Joint with Coventry Ramblers

Leader: Mark Wolle  
Tel: 07739 857825

11 miles  
Strenuous

Description: A walk up Pen y Fan with Coventry Ramblers who are staying in Gower for the weekend and joining a number of local walks.

Meet: 9.00 a.m.  
Dogs on short leads

Meeting Place: Old Baths Car Park near Guildhall  
GR: SS 643 922

OR

10.00 a.m.  
Pont Cwmyfedwen parking area  
GR: SO 042 164

Wednesday 7th July  

Llangynwyd Circular  
via Cwm Sychbant, near Maesteg

Leader: Gail Allen  
Tel: 01792-469232

6 miles  
Easy

Description: A walk on the other side of Mynydd Margam from the beautiful village of Llangynwyd. The thatched pub in the village is worth a visit and they do food all day! Why not stop for a drink afterwards?

Meet: 9.30 a.m.  
No Dogs

Meeting Place: Old Baths Car Park near Guildhall,  
GR: SS 643 922

OR

10.30 a.m. Llangynwyd Village  
GR: SS 857 888

Directions: From M4 junction 36, take A4063 through Tondu and Coytrahen to Pont Rhyd-y-cyff. Turn left up Llan Road to Llangynwyd, Park by church/thatched pub.
Celebrating 75 years of The Ramblers

Nice weather to be out on a work party! Ring NOW to join
John Mellor on 01792 - 412701

Thursday 8th July    IMPORTANT DATE FOR YOUR DIARY!
LEADERS’ MEETING at 7.30 p.m. in the VIVIAN ARMS, SKETTY
Tel: Dave Bird 01792-233634
All leaders, current and potential, are asked please to meet at The Vivian Arms, Sketty so that the whole calendar for the next programme can be determined. (not necessarily walk details).
The last meeting was again very successful and made the programme easier to complete for the programme organisers.
If you absolutely cannot make it, please let Dave Bird know the dates you'd prefer and those you definitely can't do.

Sunday 11th July   Rhossili Roundabout
Leader: Val Bird    7 ½ miles
Tel: 01792-233634     Moderate
Description: Walk along Rhossili Down to Broughton and return past the Old Rectory
Meet: 10.00 a.m.     No Dogs
Meeting Place: Rhossili Car Park (charge)      GR: SS 414 880

Saturday 17th July  Penmaen & Southgate Circular
Leader: Mark Wolle  7 miles
Tel: 07739-857-825     Moderate
Description: A walk via Parc le Breos and Three Cliffs Bay. There will be a coffee stop at Southgate so you can buy refreshments in the coffee shop if you don’t want to carry your own. (Cakes are pretty good too!).
Meet: 9.30 a.m.     Dogs on short leads
Meeting Place: Penmaen NT Car Park (behind church)      GR: SS 532 837
Celebrating 75 years of The Ramblers

Saturday 17th July  
Coed Bach, Pontardulais  
Stepping Stones Short Walks

**Leader:** Allyson Evans  
Tel: 01792-475521  
Moderate

**Description:** A walk out of Coedbach Park by the River Loughor on mainly flat ground but uneven in parts and can be muddy. Go on! Give it a try!

**Meet:** 11.00 a.m.  
No Dogs

**Meeting Place:** Coedbach Park  
GR: SN 592 031

**Directions:** From M4 junction 47, take A48 signposted for Gorseinon/Pontlliw. At next roundabout take last exit to Pontlliw. Keep straight, passing through Pontlliw and on entering Pontardulais turn left at traffic lights just in front of King Hotel. Take 1st right into Gwynfryn Road and then turn left and drive into park. Keep to the left and park in car park at end.

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Sunday 18th July  
Giedd Area

**Leader:** Bob Smith  
Tel: 01792-850650  
Strenuous

**Description:** A visit to Bob’s favourite area just north of Craig y Nos Castle with good views and steep climbs!

**Meet:** 9.00 a.m.  
No Dogs

**Meeting Place:** Old Baths Car Park near Guildhall  
GR: SS 643 922

**OR**  
9.45 a.m. Gwyn Arms  
GR: SN 846 165

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Sunday 25th July  
In the Footsteps of Dylan Thomas

**Leader:** Zetta Flew  
Tel: 01792- 232060  
Moderate

**Description:** A walk in the town of Laugharne, made famous by Dylan, taking in both countryside and the outstanding coastal views.

**Meet:** 8.30 a.m.  
No Dogs

**Meeting Place:** Coop Car Park, Cross Hands  
GR: SN 565 130
August 2010

*Not too late to volunteer for that work party!*

*Phone John Mellor on 01792 - 412701*

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</table>
| **Sunday 1st August** | **Peter Thomas Memorial Long Walk**  
  **Joint Walk with The Gower Society** |
| **Leaders:** Breda Regan & Lynn Smith | 12 miles  
  **Moderate/Strenuous** |
| Tel: 01792-234842 | Description: A walk along the Gower Way from Penmaen towards Llanddewi and returning through South Gower.  
  **Meet:** 9.00 a.m.  
  **Meeting Place:** Rose Cottage, Penmaen  
  **GR:** SS 527 884 |

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<th>Date</th>
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| **Sunday 1st August** | **Peter Thomas Memorial Short Walk**  
  **Joint Walk with The Gower Society** |
| **Leaders:** John France | 8 miles  
  **Moderate** |
| Tel: 01792-513211 (day) or 01792-547439 (evening) | Description: A walk along the Gower Way from Penmaen towards Reynoldston and returning through South Gower.  
  **Meet:** 9.00 a.m.  
  **Meeting Place:** Rose Cottage, Penmaen  
  **GR:** SS 527 884 |

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<tr>
<th>Date</th>
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| **Wednesday August 4th** | **Llansteffan**  
  **Joint walk with The Gower Society** |
| **Leader:** John Mellor | 6 miles  
  **Moderate** |
| Tel: 01792-412701 | Description: A walk above the village of Llansteffan and return along the beach. There is an option to extend the walk along the beach at the mouth of the River Taf. This week is often chosen by the village for their scarecrow competition. Don’t know how often John has won though!  
  **Meet:** 10.30 a.m.  
  **Meeting Place:** Crosshands Co-op car park to share cars  
  **GR:** SN 566 130 |
### Sunday 8th August

**Brechfa**

**Leader:** John Ashley  
**Tel:** 01792-201171  
**Description:** Circumnavigate Banc-y-Daren and enjoy panoramic views of the Heart of Wales followed by a babbling brook and the haunted house and (sorry) a pub at the end. I really must plan better!

**Meet:** 10.30 a.m.  
**Meeting Place:** Small car park just past the Forest Arms in Brechfa on the B4310  
**GR:** SS 524 303

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### Saturday 14th August

**Stepping Stones Short Walks**

**Crofty, North Gower**

**Leader:** Gail Allen  
**Tel:** 01792-469232  
**Description:** A walk from Crofty on the marsh road towards Llanrhidian.

**Meet:** 11.00 a.m.  
**Meeting Place:** Park near chapel/shop in Crofty.  
**Directions:** Take North Gower Road B4295 through Penclawdd, then right onto Pencaerfenni Road to Crofty.  
**GR:** SS 527 950

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### Saturday 14th August

**Mystery Meander in Carmarthenshire**

**Joint Walk with The Gower Society**

**Leader:** John Mellor  
**Tel:** 01792-412701  
**Description:** A walk at the Cleddau Estuary from where John will lead a moderate walk once he’s found out where to go! Wherever it is, it will be beautiful. Join our leader for yet another memorable walk!

**Meet:** 10.00 a.m.  
**Meeting Place:** Coop Car Park, Cross Hands to share cars  
**GR:** SN 566 130
## Celebrating 75 years of The Ramblers

### Sunday 15th August  
**The Two Lakes**

**Leader:** Nigel Hall  
**Tel:** 01792-232815  
**14 miles**  
**Strenuous**

**Description:** A moorland walk visiting a Roman camp, Afon Llechach, Mynydd y Llan, and following the "Beacons Way" to Llyn y Fan Fach and Llyn y Fan Fawr.

**Meet:** 8.30 a.m.  
**Meeting Place:** Old Baths Car Park near Guildhall  
**GR:** SS 643 922  
**OR**  
**10:00 a.m.**  
**Pont ar Wysg car park**  
**GR:** SN 820 272

### Sunday 22nd August  
**Mynydd Brombil, near Margam**

**Leader:** Gail Allen  
**Tel:** 01792-469232  
**7 miles**  
**Easy/Moderate**

**Description:** Discover a hidden valley and interesting views! Should be a good walk!

**Meet:** 9.30 a.m.  
**Meeting Place:** Old Baths Car Park near Guildhall,  
**GR:** SS 643 922  
**OR**  
**10.00 a.m.**  
**Shopping area, Margam**  
**GR:** SS 784 874

**Directions:** From Swansea take M4 Junction 40, 3rd turning off roundabout onto A4107. Turn left onto A48 for 1.5 miles through Taibach to Margam. Turn right just past 12 Knights Pub and park by the shops.

### Saturday 28th August  
**North West Gower**

**Joint Walk with The Gower Society**

**Leader:** Lynne Lock  
**Tel:** 01792-645748  
**7 - 8 miles**  
**Moderate**

**Description:** A walk over Ryers Down and Llanmadoc Hill returning via Cheriton. On the way (and If we're good!) perhaps Lynne will stop for coffee and brownies in Llanmadoc Community shop!

**Meet:** 10.30 a.m.  
**Meeting Place:** Landimore Car Park at end of village  
**GR:** SS 464 936

Dogs on short leads
Celebrating 75 years of The Ramblers

Sunday 29th August  
Carn Pica & Fan-y-Big

Leader: Ian Smith
Tel: 01792-368609

Description: Strenuous walk with climb up to Carn Pica and Fan y Big. Stunning views weather permitting.

Meet: 9.00 a.m.
Meeting Place: Old Baths Car Park near Guildhall  
GR: SS 643 922

OR

10:00 a.m. Llanfrynach Village  
GR: SO 075 258

Important Dates for your diary:

20th October 2010  
AGM of West Glamorgan Ramblers

6th November 2010  
AGM of Glamorgan Area
Celebrating 75 years of The Ramblers

September 2010

Well how about that work party then?

Phone John Mellor on 01792 - 412701

- and don’t forget the AGM in October. We urgently need new committee members. Would you like to help? Your society can’t go on without sufficient volunteers to handle the administration that makes the group function. Please come and take an active role. You’ll enjoy making your society work.

Phone Zetta on 01792 - 232060

Sunday 5th September
Walk from Rhossili
Leader: Mike Lewis
Tel: 01792-546118
Description: A walk from Rhossili to Burry Holms, Broughton and return on the Coastal Path. A few small inclines.
Meet: 11.00 a.m.
Meeting Place: Rhosilli Car Park (charge)
Dogs on short leads
GR: SS 417 881

Saturday 11th September
Parc le Breos/Penmaen Circular
Stepping Stones Short Walks
Leader: Gary Evans
Tel: 01792-360837
Description: Circular walk through woodland to foothills of Cefn Bryn. One gradient, some stiles and can be muddy.
Meet: 10.30 a.m.
Meeting Place: Green Cwm
GR: SS 538 896
Directions: At western end of Parkmill on A4118, take the small road at the Forestry Commission sign for Park Wood and the Gower Heritage Centre. Turn left and follow the single track road uphill for approximately half a mile toward Green Cwm. Use the small parking area at Parc le Breos campsite/Green Cwm.
<table>
<thead>
<tr>
<th>Saturday 11&lt;sup&gt;th&lt;/sup&gt; September</th>
<th>Walking by Rail</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leader:</strong> John Ashley</td>
<td><strong>Joint Walk with The Gower Society</strong></td>
</tr>
<tr>
<td>Tel: 01792-201171</td>
<td>7 - 8 miles</td>
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<tr>
<td><strong>Moderate</strong></td>
<td></td>
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<tr>
<td>Description: We will enjoy a moderate, hilly walk with gorgeous views and time for a pint before the train home at 4.05 p.m. (arriving Swansea 6.06 p.m.) – or take the later train if you can’t tear yourself away from the Neuadd Arms! In 2009 the train fare was £7.50. Unfortunately, the free travel for the chronologically challenged (John’s description!) has ended.</td>
<td></td>
</tr>
<tr>
<td><strong>Meet:</strong> 11.00 a.m.</td>
<td>Dogs on short leads</td>
</tr>
<tr>
<td><strong>Meeting Place:</strong> Llanwrtyd Wells Railway Station. The train leaves Swansea at 09.15*, Pontardulais 09.49* and other stops along the way.</td>
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<tr>
<td><em>(N.B. The summer timetable had not been printed at the time of going to press so please check that there have been no changes!!).</em></td>
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<thead>
<tr>
<th>Sunday 12&lt;sup&gt;th&lt;/sup&gt; September</th>
<th>Penmaen to Oxwich</th>
</tr>
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<tbody>
<tr>
<td><strong>Leaders:</strong> Howard and Joan Siddle</td>
<td>11 miles</td>
</tr>
<tr>
<td>Tel:01685-878476 or 07909-770-708</td>
<td><strong>Moderate</strong></td>
</tr>
<tr>
<td>Description: Come and see the fine views of Gower from Cefn Bryn, Penrice, Horton and Oxwich.</td>
<td></td>
</tr>
<tr>
<td><strong>Meet:</strong> 9.30 a.m.</td>
<td>No Dogs</td>
</tr>
<tr>
<td><strong>Meeting Place:</strong> Rose Cottage, Penmaen on A4118 GR: SS 527 885</td>
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<thead>
<tr>
<th>Thursday 16&lt;sup&gt;th&lt;/sup&gt; September</th>
<th>Gateway to Gower</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leader:</strong> Dave Bird</td>
<td>6/7 miles</td>
</tr>
<tr>
<td>Tel: 01792-233634</td>
<td><strong>Moderate</strong></td>
</tr>
<tr>
<td>Description: A commons walk over Barland, Blackhills, Clyne and Bishopston.</td>
<td></td>
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<tr>
<td><strong>Meet:</strong> 10.30 a.m.</td>
<td>No Dogs</td>
</tr>
<tr>
<td><strong>Meeting Place:</strong> Parking area at Barland Common on B4436 GR: SS 578 896</td>
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Celebrating 75 years of The Ramblers

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<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Leader</th>
<th>Distance</th>
<th>Difficulty</th>
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</thead>
<tbody>
<tr>
<td>Sunday 19th September</td>
<td>Clydach Valley</td>
<td>Karen Gibbs</td>
<td>7 miles</td>
<td>Easy</td>
</tr>
<tr>
<td>Tel: 01792-361683</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Description: A walk in the Clydach Valley.</td>
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<td></td>
</tr>
<tr>
<td>Meet: 9.30 a.m.</td>
<td>Meeting Place:</td>
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<tr>
<td>Car park adjacent to Clydach Health Centre</td>
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<td></td>
<td></td>
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<tr>
<td>Tel: 01792-361683</td>
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<td>GR: SN 693 015</td>
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<th>Leader</th>
<th>Distance</th>
<th>Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 25th September</td>
<td>Last of the Summer Strolls</td>
<td>Mike Lewis</td>
<td>7 miles</td>
<td>Moderate</td>
</tr>
<tr>
<td>Joint Walk with The Gower Society</td>
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<tr>
<td>Tel: 01792-546118</td>
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<tr>
<td>Description: A walk taking in Pennard Castle, Parc le Breos and Penmaen – Mike’s branching out!</td>
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<tr>
<td>Meet: 11.00 a.m.</td>
<td>Meeting Place:</td>
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<tr>
<td>Rose Cottage, Penmaen</td>
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<td></td>
</tr>
<tr>
<td>Tel: 01792-546118</td>
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<tr>
<td>GR: SS 527 884</td>
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<tr>
<th>Date</th>
<th>Location</th>
<th>Leader</th>
<th>Distance</th>
<th>Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday 26th September</td>
<td>Richard’s Stomping Ground</td>
<td>Karen Gibbs</td>
<td>12 miles</td>
<td>Moderate</td>
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<tr>
<td>Tel: 01792-361683</td>
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<tr>
<td>Description: A walk in remembrance of Richard Gibbs around the hills of his beloved Llangennith, including a brief stop on Hardings Down at his favourite (and final) resting place. Everyone is welcome to join me afterwards for a few jars and a meal at the Greyhound, Oldwalls.</td>
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<tr>
<td>Meet: 10.00 a.m.</td>
<td>Meeting Place:</td>
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<tr>
<td>Tankeylake Moor</td>
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<tr>
<td>Tel: 01792-361683</td>
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<tr>
<td>GR: SS 435915</td>
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That is the last of the walks for this programme. We hope you enjoyed the walks over the summer. If you would like there to be another programme of walks for the next six months (and after that!), why not become a committee member and help keep West Glamorgan Ramblers functioning. We look forward to hearing from you!

Phone Zetta on 01792 - 232060