

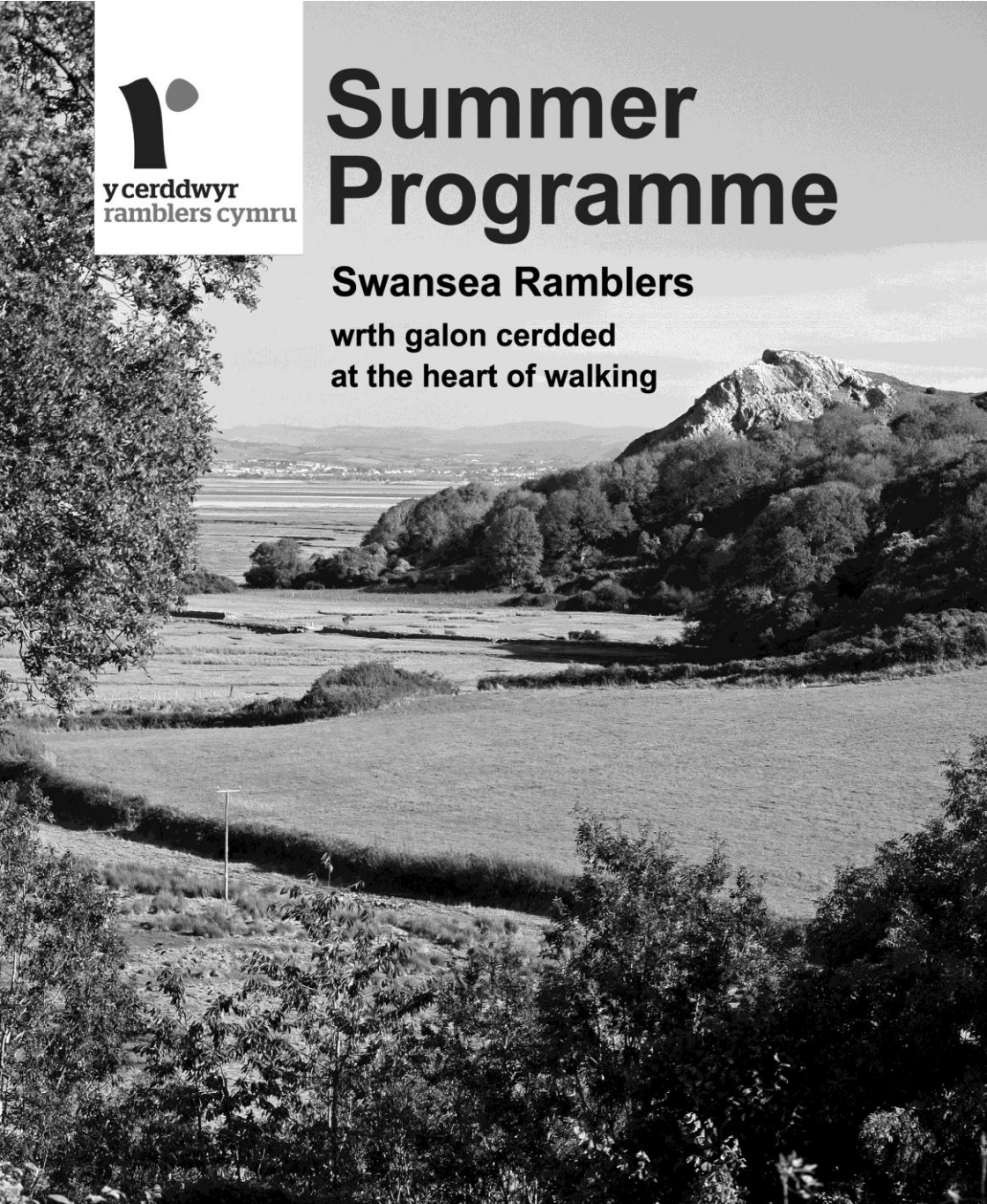


y cerddwyr  
ramblers cymru

# Summer Programme

**Swansea Ramblers**

**wrth galon cerdded  
at the heart of walking**



**April 2011 to September 2011**

**[www.SwanseaRamblers.org.uk](http://www.SwanseaRamblers.org.uk)**



Swansea 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 the Programme Secretary.

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[Secretary@SwanseaRamblers.org.uk](mailto:Secretary@SwanseaRamblers.org.uk)

**Membership**      Roger Jones      Tel: 01792 205051  
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**Ramblers UK**      [www.ramblers.org.uk](http://www.ramblers.org.uk)

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West Glamorgan Ramblers were formed thirty years ago, in 1981. Since then we have welcomed the creation of many new Ramblers groups in the area. It now makes sense, especially to visitors, to identify ourselves more closely with the geographic centre of our membership. With the blessing of the parent Ramblers Association we have renamed ourselves Swansea Ramblers. We continue to organise walks across a wide area into East Wales, West Wales, Mid-Wales, and of course Gower.

Cover, North Hill Tor. Photo: John Ashley,

## 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 (1<sup>st</sup> Dec. - 30<sup>th</sup> 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.

## Programme Updates

This programme is put together several months in advance. Inevitably there will be some changes over the six months. Please check before the walk either on the Swansea Ramblers website or by calling the walk leader.

[www.SwanseaRamblers.org.uk](http://www.SwanseaRamblers.org.uk)

We will also add a few walks to the programme as opportunities arise. If there is no walk in this programme on the day you want to go out, check on the website and one may well have appeared.

Checking the site all the time can be a pain, so we maintain a mailing list of walks updates. Send the Programme Secretary an email to be included:

Programme@SwanseaRamblers.org.uk

*(Under no circumstances will your email address be given to anyone else.)*



Castlemartin (walk on 12<sup>th</sup> June). Photo: Alan Bailey.

## April 2011

**Sunday 3<sup>rd</sup> April** **Southerndown and Ogmore**  
**Leader: John Ashley** **8 miles**  
Tel: 01792 201171 **Moderate**  
Description: The season opener is a picturesque walk including St Brides Major (John is still looking for the pirate treasure!), Ogmore Castle and Ogmore River, returning along the coast.  
Meet: 09.30 a.m. Dogs on short leads  
Meeting Place: Old Baths Car Park near Guildhall, GR: SS 643 922 **OR**  
10.15 a.m. at the Three Golden Cups at Southerndown, GR SN 883 738.

**Saturday 9<sup>th</sup> April** **All Our Yesterdays - Kilvey Hill**  
**Joint Walk with The Gower Society**  
**Leader: Mike Lewis** **6/7 miles**  
Tel: 01792 546118 **Moderate**  
Description: A moderate walk up and around Kilvey Hill with man who built it - no, that can't be right. If you've done the walk with Mike you'll know how he's made it his own & you won't want to miss it; if you haven't, you don't know what you're missing!  
Meet: 11.00 a.m. No dogs  
Meeting Place: White Rock CP. GR: SS 667 952:

**Sunday 10<sup>th</sup> April** **Maesteg Circular**  
**Leader: Roger Brown** **12 miles**  
Tel: 01792-580969 **Moderate**  
Description: Walk via Llangynwydd, mynydd Bach and Nantfyllon.  
Meet: 8.30 a.m. Dogs on short leads  
Meeting Place: Old Baths Car Park near Guildhall, GR: SS 643 922 **OR**  
09.10 a.m. behind the pub at Bryn GR SN: 818 925.

### **Saturday 17<sup>th</sup> and Sunday 24<sup>th</sup> April**

Contact the Programme Secretary to add a walk to the website programme on one of these weekends.

Tuesday 19<sup>th</sup> April

Clyne Gardens

walk 4 life

**Leader: Viv Davies**

**1-2 miles**

**Easy**

Description: A pleasant *Walk4Life* stroll on firm paths in Clyne Gardens with one set of steps.

**Meet:** 11.00 a.m.

Dogs on short leads

Meeting Place: Off Mumbles Road at main gates to Clyne Gardens near The Woodman Inn, Blackpill, GR: SS 618 904.

Buses available from Swansea. Car parking available in the nearby car park (Charge) at the entrance to Clyne Valley Cycle Path.



**Saturday 23<sup>rd</sup> April**

**Clyne in Bloom**

***Joint Walk with The Gower Society***

**Leader: Merfyn Williams**

**6 miles**

Tel: 01792 520181

**Moderate**

Description: A longer walk through the gardens & woods where we will see rhododendrons, azaleas and possibly bluebells. Many buses stop on the Mumbles Road opposite the Woodman Inn.

Meet: 11.00 a.m.

Dogs on short leads

Meeting Place: Clyne Gardens car park next to The Woodman Inn,  
GR SS 618 905.

Nicholaston Pill Bridge under construction. Photo: Zetta Flew.





## May 2011

### Sunday 1<sup>st</sup> May

### Llethryd in Flower?

**Leader: Andrew Morgan**

**8 miles**

Tel: 0771-940-9504

**Moderate**

Description: A walk inland from Llanrhidian to Llethryd where we might see one of the best bluebells displays on Gower (depending if the weather has been kind!). We'll use the new crossing point we established between Welshmoor and Forest Common and also see one of the finest views across the Loughor Estuary. At the end of the walk let's go back to the Dolphin Inn for coffee or something stronger to thank the landlord for letting us use his car park again.

Meet: 10.30 a.m.

Dogs on short leads

Meeting Place: Dolphin Inn car park,

GR: SS 497 922

### Saturday 7<sup>th</sup> May

### Redemption at Aberkenfig?

### *Joint Walk with The Gower Society*

**Leader: Ceri Lougher**

**7/8 miles**

Tel: 01639 892222 / 07775 890274

**Moderate**

Description: A 7-8m/11-13k moderate walk with woods, fields, streams, a Japanese garden and the story of the local boy made bad and good. Followed by a cuppa at "the station".

Meet: 10.00 a.m.

Dogs on short leads

Meeting Place: Parc Slip Nature Reserve near Aberkenfig GR SS 882 842 (Leave M4 at J38; follow A48 to Pyle; at traffic lights turn left on to B4281; after 3miles turn left opposite Fountain pub; after 1/4m turn left into car park).



Llanrhidian Church and the Celtic Cross. Photo: John Ashley



**Sunday 8<sup>th</sup> May**

**30<sup>th</sup> Anniversary and Area Walks**

Today we celebrate the 30<sup>th</sup> birthday of West Glamorgan (now Swansea) Ramblers. As a double celebration we are hosting the annual Area Walk. Many thanks to Cardiff Ramblers for exchanging Area Walk years with us and supporting the party.

The starting point for the three circular walks is the King Arthur Hotel at Reynoldston, GR SS 484 899. They are timed to finish between 4 and 5, when for a moderate charge payable on the day the pub will provide a splendid buffet in the function room.

**Cunningham Memorial Walk**

**Leader: Gail Allen**

**6 miles**

Tel: 01792 469232

**Easy**

Description: An easy walk on Cefn Bryn to Arthur's Stone and Llanrhidian. En route we will use the stile erected by the Ramblers in 1987, with a memorial plaque to Bob Cunningham. He was the first footpath officer 30 years ago, and Joan Cunningham was the secretary at that time. The route can be boggy. Dogs on short leads.

Meet 12.00 a.m.

Dogs on short leads

**Fields, Woods, Coast and Hills**

**Leader: Roger Jones**

**10 miles**

Tel: 01792 205051

**Moderate**

Description: Moderate walk with 400 m. of ascent. Across the fields from Reynoldston to Berry Wood nature reserve and Merrysun then on to Millwood, pond, mill and fish pool. Through Penrice estate and castle and then Nicholaston wood. Onto the high level path overlooking Oxwich Bay followed by the sand dunes and then coastal path to the Three Cliffs bay overlook. Take a look at the old fort site, ruined church and prehistoric stones and then return via Penmaen and Cefn Bryn ridge with views across north and south Gower.

Meet: 10.15. a.m.

Dogs on short leads

**Three Downs and a Hill**

**Leader: Lynne Lock**

**15 miles**

Tel: 01792 645748

**Moderate / Strenuous**

Description: Lynne's Magical Mystery Tour of the Gower Alps! Guaranteed to build an appetite.

Meet: 09.00 a.m.

Dogs on short leads

**Sunday 15<sup>th</sup> May**

**Llanelli to Burry Port**

**walk 4 life**

**Leader: John Ashley**

Tel: 01792 201171

**4 miles**

**Easy**



Description: Swansea Ramblers celebrate the Ramblers Association's National **Get Walking Day**. This is a flat and easy linear walk from Llanelli to Burry Port along the coast. There are great views of Gower and Whiteford Lighthouse, and we can watch the tide doing its thing on the sand banks as we walk along. We will have a leisurely lunch / snack, either bring your own or at a café. The return journey will be on the train (hourly, don't forget the fare), or if you really want to **Get Walking** turn round and hike back!

Meet: 11.00 a.m.

Dogs on short leads

Meeting Place: Visitor Centre at North Dock, Llanelli (car park charge).

GR SS 497 995.

**Thursday 19<sup>th</sup> May**

**Rhossili to Port Eynon**

**Leader: Jane Jones**

Tel: 01792 232316

**7 miles**

**Moderate**



Description: We will walk from Rhossili Bus stop following the Coast Path back to Port Eynon CP.

Meet: 10.30 a.m.

Dogs on short leads

Meeting Place: Port Eynon car park to catch the 10.40 bus to Rhossili.

GR SS 468 852. Please check the bus times.

**Saturday 21<sup>st</sup> May**

**Coastal Path to Port Eynon**

**Joint Walk with The Gower Society**

**Leader: Merfyn Williams**

Tel: 01792 520181

**8 miles**

**Moderate**

Description: An 8m/13k moderate walk down to the cliffs and along the coastal path to Port Eynon for lunch (the chips are good if you don't want to carry sandwiches!), returning via Paviland Manor.

Meet: 10.30 a.m.

Dogs on short leads

Meeting Place: Pilton Green, GR SS 446 871 (park at edge of farm track).

**Sunday 22<sup>nd</sup> May**

**Heart of Wales 2  
Ammanford to Llangadog**

**Leader: Dave Bird**

**14 miles & 1900ft ascent  
Strenuous**

Tel: 01792-233634



Description: From Ammanford we use lanes and paths through beautiful scenery with views of Carreg Cennen Castle before joining the Beacons Way to the Iron Age fort, Carn Goch, then down to Llangadog for the 7.01pm train back to to Ammanford. Bring money for the train fare, some dry clothes if rain is likely and something for a late tea (although we might be able to buy something in Llangadog).

The Heart of Wales Walks 1 and 3 are in the in Gower Society programme.

**Meet:** 9.30 a.m.

Dogs on short leads

Meeting Place: Ammanford railway station GR SN 624147 (park on roads to the east the station)

**Sunday 29<sup>th</sup> May 2011**

**A Beacons Challenge  
Joint Walk with The Gower Society**

**Leader: Ian Smith**

**23 miles**

Tel: 01792 368609

**Challenging**

Description: Figure of Eight walk Pont ar Daf – Corn Du – Pen y Fan – Cribyn – Fan y Big – nr Carn Pica – Upper Neuadd Reservoir – Bwlch Duwynt – Pont ar Daf – Fan Fawr – Fan Llia – Fan Dringarth – Fan Frynych – Pont ar Daf

This has 6,100 ft in four big ascents, equivalent to doing two Strenuous walks and will take at least 10 hours.

Require at least 2-3 litres of water, lunch will be at half way point at Pont ar Daf so can leave it in the cars. No dogs.

**You Must Check** with leader the day before:

**Meet:** Old Baths CP SS 643 922 (or Pont ar Daf SN 988 199)

07:30 (08:30) If weather forecast good.

09:00 (10:00) If showers etc will then do half the walk.

If the weather is bad (strong winds and / or rain) will most likely cancel.

**Sunday 29<sup>th</sup> May**

**All Wales Coast Path  
and Berwig Nature Reserve**

**Leader: Andrew Morgan**

**5 miles**

Tel: 0771-940-9504

**Easy**

Description: A circular walk on part of the All Wales Coast Path. We'll also go inland and visit the Berwig Nature Reserve.

Meet: 9.00 a.m.

Dogs on short leads

Meeting Place: Bynea Car Park (charge),

GR: SS 555 983

Directions: From Loughor, cross the bridge and turn right off the roundabout onto the B4297. After a short distance the car park is on the left.

## **June 2011**

**Saturday 4th June**

**Towards The Appalachian Trail  
Joint with The Gower Society**

**Leader: Andrew Morgan**

**8 miles**

Tel: 0771-940-9504

**Moderate**

Description: A Pendine Circular using inland routes and part of the new All Wales Coast Path. The International Appalachian trail starts near Amroth but we will stay east and dream of completing the Appalachian another day. Pendine car park charge £3.

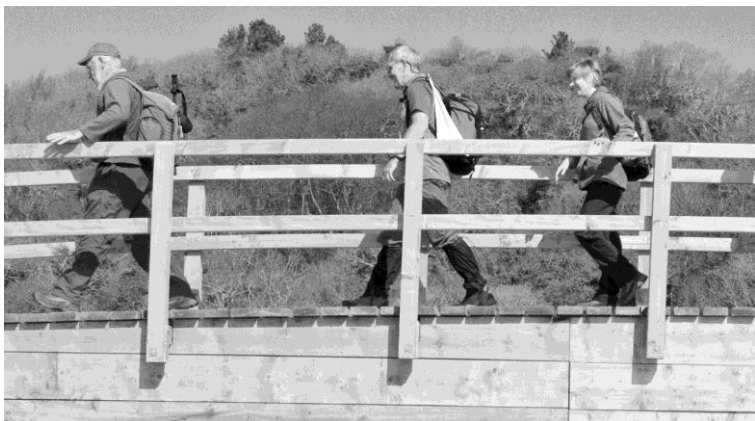
Meet: 9.00 a.m.

Dogs on short leads

Meeting Place: Cross Hands: Co-op Car Park,

GR: SN 565 130

Nicholaston Pill Bridge. Photo: Andrew Morgan.



**Saturday 4<sup>th</sup> June**

**Cwmavon near Port Talbot**

**walk 4 life**

**Leader: Allyson Evans**

**2/3 miles**

Tel: 01792 475521

**Easy**

Description: A *Walk4Life* beside the River Avan. Mainly flat but can be muddy.

Meet: 11.00 a.m.

Dogs on short leads

Meeting Place: On B4286 half a mile from Port Talbot just before Cwmavon, GR 772 911.

Directions Leave M4 at jct 41. At roundabout take 1st left signed Cwmavon, then take next left B4286 signed Cwmavon (turning is opposite Princess Royal theatre). After about half a mile park on left hand side of road on waste ground.

GR: SN GR772 911.

**Sunday 5<sup>th</sup> June**

Contact the Programme Secretary to add a walk to the website programme.

**Sunday 12<sup>th</sup> June**

**North Gower**

**Leader: John France**

**10 miles**

Tel: Programme Secretary

**Moderate**

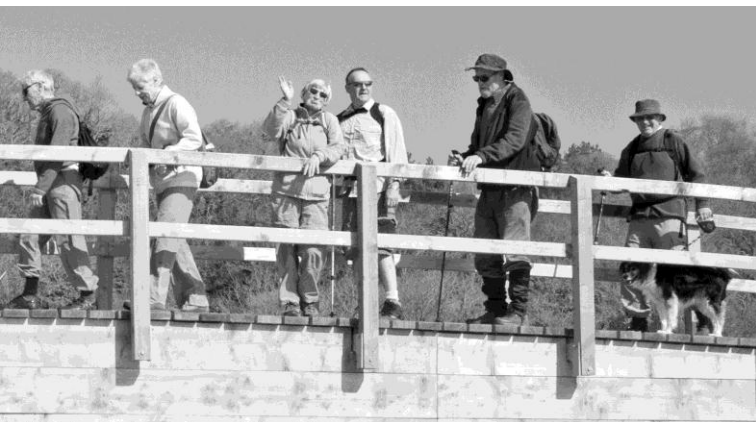
Description: 10 miles easy going, with a couple of steep ascents. Up Llanmadoc Hill, past the Bulwarks Hill-Fort and up the beach to the tip of Whiteford Point before returning via Ryer's Down.

Meet: 10.00 a.m.

Dogs on short leads

Meeting Place: Tankeylake Moor

GR: SS 436 916



**Sunday 12<sup>th</sup> June**

**The Castlemartin Walk 2011**

**Joint Swansea Ramblers and Gower Society**

This is a walk, where the MOD requires two leaders, on the West live firing range at Merrion. It has been arranged for a lull in the firing during the day. It will be easy-paced in order to see the sights. There will also be a walk on the East range where there are not the same security restrictions

**Walk Descriptions**

- a) A linear 7 mile walk from Stack Rocks to Brownslade needing a short car shuttle service for the return journey.
- b) A linear walk of 5 miles to follow on from option (a). This will be on the East range from Stack Rocks to Boshertson village via St Govans church, Broadhaven and the Lily Ponds. A car shuttle service will provide the return journey. Anybody who wishes has the choice of walking back to Stack Rocks, a distance of a further 4 miles. This may not be escorted as a total of 16 miles will depend on the health of the leader!

We can expect to see nesting sea birds at Stack Rocks, very rare beetles (therefore hard to find), choughs, hill forts, a mock up Afghan village, a flooded mill and Brownslade model farm visited by Edward VII, his wife and mistress whom we have been told is a distant relative of Camilla P-B. During gales spectacular seas can be seen.

The area has been preserved since 1938 and is unique.

Meet at 9 am at Crosshands, SN 565 130, prior to driving to Merrion. Everyone will need to fill in an MOD form giving name and address and agree to be bound by the instructions governing the walk. The forms will be issued at Crosshands for completion en route. A security briefing will be given. No dogs are permitted.

**Booking is essential as the party is limited by the MOD to 30.  
Phone John Mellor 01792 412701.**

**Sunday 19<sup>th</sup> June**

**Mynydd Emroch, Port Talbot**

**Leader: Gail Allen**

**8 miles**

Tel: 01792 469232

**Moderate**

Description: This walk is mostly easy surfaces for the feet but hard on the lungs at the start, to gain 200 metres in height. It may be a first for the Ramblers, as the two local farmers said they've never seen walkers on their land in their whole lives! Vertical views downwards. Dogs on short leads.

Meeting Place: 9.30 a.m. at Old Baths car park near Guildhall GR SS 643 922 **OR** 10 a.m. one minute off the M4: junction 40, 1<sup>st</sup> exit. Straight over mini-roundabout (not to Afan Argoed). 1<sup>st</sup> turning right, park on roadside. GR: SS 776 896.

**Sunday 19 June**

**Mynydd Preseli**

Leader: **Mark Wolle**

**21 Km**

Tel: **07739 857825**

**Strenuous**

Description: Eastern end of Mynydd Preseli

**Meet:** 9.00 a.m. or 10.00 a.m.

Dogs on short leads

Meeting Place: Co-op Crosshands, GR: SN 565 130  
or CP Rosebush, GR: SN 075 294

**Tuesday 21<sup>st</sup> June**

**Llanwrtyd Wells**

**Leader: Tim Gronow**

**7 miles**

Tel: 0771 023 71630

**Moderate**



Description: Catch 0915 Heart of Wales train to Llanwrtyd Wells for moderate woodland walk. Return on 1605 train to Swansea. Check train times nearer date. Bring train fare and meet at Station or on train. Dogs on short leads

**Saturday 25<sup>th</sup> June**

**Damsels and History**

***Joint Walk with The Gower Society***

**Leader:** Gail Allen and Gordon Davies

**6 miles**

Tel: 01792 469232

**Easy**

Description: A 6m/10k easy walk of about 3 hours, with information about local industrial and social history. Plus there should be damselflies and other wildlife by the Tennant canal in the Site of Special Interest.

Meet: 11.00 a.m.

Dogs on short leads

Meeting Place: Towers Hotel CP GR 713 937 (from Fabian Way, at large roundabout by Amazon warehouse, take B4290. Hotel is on the left a short way along or take bus 156/158).



**Sunday 26<sup>th</sup> June**

**Lliw Reservoirs**

**Leader: Bob Denley**

**7 miles**

Tel: 01792 371 248

**Moderate**

Description: A walk on the hills above and around the Lliw reservoirs with great views, some rough ground and a nice bog!

Meet: 10.30 a.m.

Dogs on short leads

Meeting Place: Lower Lliw Reservoir

GR: SN 650 033

## July 2011

**Sunday 3<sup>rd</sup> July**

**Peter Thomas Memorial Walk  
Valleys and Moorland**

**Leader: Ann Sedge**

**11 miles**

Tel: 01792 864035

**Moderate**

Description: The walk covers Gower Way Stones 40 to 50. It starts at Stone 42 in Lliw car park and proceeds across the fields to Felindre village, then to Cwm Ysgiach with views over the South Wales coastline. On to Mynydd Pysgodlyn and Mynydd Garnfach. Visit the ancient site at Penlle'r Castell returning along the upper section of the Gower Way.

Meet: 10.15 a.m.

Dogs on short leads

Meeting Place: Lower Lliw Reservoir

GR: SN 650 034

**Saturday 9<sup>th</sup> July**

**Contemplation in Cowbridge  
Joint Walk with The Gower Society**

**Leader: Ceri Lougher**

**7/8 miles**

Tel: 01639 892222 / 07775 890274

**Moderate**

Description: A 7-8m/11-13k moderate walk with fields, lanes, streams, a castle or two and finishing with a nice place to sit and contemplate.

Meet: 10.00 a.m.

Dogs on short leads

Meeting Place: The Cattle Market Cowbridge GR SS 992 746 (Leave M4 at J37 and follow A48 about 16m to Cowbridge; in the main street turn right by The Market Place Restaurant into The Butts; after 200yds turn right into Cattle Market).

## Saturday 10<sup>th</sup> July

Contact the Programme Secretary to add a walk to the website programme.

## Sunday 17<sup>th</sup> July

Carn Goch and Carreg Cennen

**Leader: Nigel Hall**

**12 miles**

Tel: 01792 232815

**Moderate**

Description: Farmland, woodland and moorland, passing two sites of historical interest.

Meet: 09.00 a.m.

Dogs on short leads

Meeting Place: Old Baths Car Park near Guildhall.

## Sunday 24<sup>th</sup> July

**Bryn y Wrach, Pen y Foel & Pant Blaenhirwr  
from Blackmill, Ogmere Valley**

**Leader: Gail Allen**

**9 miles**

Tel: 01792 469232

**Moderate / Strenuous**

Description: This is a totally NEW walk from Blackmill. Gaining a height of 350 metres, with some very good paths and some boggy moorland. Lots of interesting views. Dogs on short leads.

Meeting Place: 9.30 a.m. Old Baths car park near Guildhall. GR: SS 643 922 **OR** 10.30 a.m. Blackmill public car park to rear of Junction pub. GR: SS 934 868

Directions; M4 junction 36, take A4061 to Blackmill. Turn left by garage and Fox & Hounds pub on left, go around to the right to rear of Junction pub; meet in public car park over the bridge.

## Saturday 30<sup>th</sup> July

**Romantic Rambling fro Mid-Summer  
Joint Walk with The Gower Society**

**Leader: Roger Jones**

**8 miles**

Tel: 01792 205051

**Moderate**

Description: an 8m/13k moderate walk through the local limestone scenery of disappearing streams and hidden caves on to Sarn Helen and the Roman Camp returning via Blaen Llia and Carnau Gwynion.

Meet: 10.15 a.m.

Dogs on short leads

Meeting Place: Ystradfellte village CP (no charge) GR SN930 135

**Sunday 31<sup>st</sup> July**

**Leader: Roger Brown**

Tel: 07977 144074

Description: Walk via Brombil, Cwmwerndar Reservoir then onto Coed Morgannwg

Way into Margam Park. Dogs on short leads.

Meeting Place: Baths Car Park 09.00 or layby on A48 GR 798 861.

**Margam**

**10 miles**

**Moderate**

## **August 2011**

**Saturday 7<sup>th</sup> August**

Contact the Programme Secretary to add a walk to the web site programme.

**Saturday 13<sup>th</sup> August**

**Graig Gwladys**

**walk 4 life**

**Leader: Allyson Evans**

Tel: 01792 475521

Description: A *Walk4Life* on woodland tracks with good paths but can be muddy.

Some inclines and steps.

Meet: 11.00 a.m.

Dogs on short leads

Meeting Place: At Graig Gwladys car park, Cilfrew GR 766 997.

Directions Leave M4 at Jct 43 onto A465. Leave A465 at Aberdulais jct signed A4109 Seven Sisters. Take 1st turning left signed A4230 Cilfrew then take 1st right also signed Cilfrew. Go past school and approx 300 yards further on, turn left where a brown sign on right hand side of road indicates the way to Graig Gwladys. Turn left and drive up a steep hill. Park in 2nd parking area on right after going up 2 separate inclines.

**3 miles**

**Easy / Moderate**

**Saturday 13<sup>th</sup> August**

**Penclawdd Circular**

**Joint with The Gower Society**

**Leader: Peter Jones**

Tel: 01792-873456

Description: A moderate walk in North East Gower using lesser used paths. Maybe Peter will take you somewhere you've never been before?

Meet: 10.30 a.m.

Dogs on short leads

Meeting Place: Penclawdd, Foreshore Car Park

GR: SS 544 958

**7 miles**

**Moderate**

**Sunday 14<sup>th</sup> August** **Rhossili Downs and Coast**  
**Leader:** Breda Regan and Lynn Smith **10 miles**  
 Tel: 01792 234842 **Moderate / Strenuous**  
 Description: Rhossili Downs - Old Henlys - Pilton Green - Paviland - back along coast.  
 Meet: 10.00 a.m. Dogs on short leads  
 Meeting Place: Rhossili CP (charge). GR: SS 416 880

**Wednesday 17<sup>th</sup> August** **Gower Mystery Walk**  
**Leader: John Ashley** **6/8 miles**  
 Tel: 01792 201171 **Moderate**  
 Description: Check [www.SwanseaRamblers.org.uk](http://www.SwanseaRamblers.org.uk) on Monday for a mid-week summer Mystery Walk on Gower! John will choose the route to suit the weather.

**Saturday 20<sup>th</sup> August** **Llanwrtyd Wells Hill Walk**  
**Joint Walk with The Gower Society**  
**Leader: John Ashley** **7/8 miles**  
 Tel: 01792 201171 **Moderate**



Description: We will enjoy a 7-8m/11-13k moderate, hilly walk with gorgeous views and time for a pint before the train home at 1605, arriving Swansea 1806—or take the later train if you can't tear yourself away from the Neuadd Arms!  
 Dogs on short leads.

Meeting Place: Meet at 11.00a.m. at Llanwrtyd Wells railway station. Train from Swansea 0915, Pontardulais 0949 or other stops along the way. (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.)

**Sunday 21<sup>st</sup> August** **Craig y Llyn, Rhigos**  
**Joint Walk with Cynon Valley Ramblers**  
**Leader: Gail Allen** **7 miles**  
 Tel: 01792 469232 **Easy / Moderate**

Description: Easy/moderate, as we drive up most of the height. The highest mountain in Glamorgan (600 metres). Fabulous views of Penylan, Carmarthen Vans, Old Smoky, Mumbles, Somerset when clear.

Meet: 9.30 a.m. Old Baths car park near Guildhall GR SS643 922 Dogs on short leads

**OR** 10.30 a.m. at viewpoint on the right near the top of the mountain (not in larger car park further on the left). GR: 927 032

Directions: From A465 near Hirwaun, at roundabout take A4061. Keep on it and drive carefully up the Rhigos.

**Sunday 28th August**

Contact the Programme Secretary to add a walk to the web site programme.

## **September 2011**

**Saturday 3<sup>rd</sup> September**

**In the Footsteps of Derek!  
Joint Walk with The Gower Society**

**Leader: Alan Bailey**

**8 miles**

Tel: 01792 233046

**Moderate**

Description: An 8m/13k moderate walk following most of the "Weatherman's Walk" shown recently on BBC but starting from Southgate. We will walk up Bishopston Valley following the stream and then back along the top of the valley to reach Brandy Cove. The return route is along the cliff path back to the car park.

Meet: 10.30 a.m.

Dogs on short leads

Meeting Place: NT CP Southgate (likely charge for non NT members)

GR: GR 554873



Ramblers at Castlemartin. Photo: Alan Bailey

**Sunday 4<sup>th</sup> September**

**Llangain & Dylan Thomas in Autumn**

**Leader: Andrew Morgan**

**8 miles**

Tel: 0771-940-9504

**Moderate**

Description: Those of you who came in January will have fond memories of a wet day and a warm pub! (See the pictures on the web, [www.swansearamblers.org](http://www.swansearamblers.org)). We'll repeat the pub but hopefully the weather will be better this time. The woods will still be in leaf so enjoy a late summer walk as a contrast to last winter. We can even see Dylan's Fernhill from the road if you like!

**Meet:** 10.30 a.m.

Dogs on short leads

Meeting Place: Cross Hands: Co-op Car Park,

GR: SN 565 130

**Wednesday 7<sup>th</sup> September**

**Pembrey Forest**

**walk 4 life**

**Leader: Gail Allen**

**3 miles**

Tel: 01792 469232

**Easy**

Description: On this *Walk4Life* we'll aim for the bird watching hide as well as the beach

Meet: 2.00 p.m.

No dogs

Meeting Place: Just outside Pembrey Country Park. Directions: A484 through Burry Port, then turn left up lane signed to the country park. After approximately half a mile the road bends to the right and there is free parking off on the left.

GR: SN 415 006

**Sunday 11<sup>th</sup> September**

**Rhossili Down and Worms Head**

**Leader: John Carlile**

**10 miles**

Tel: 01792 792285

**Moderate**

Description: A walk over Rhossili Down through Rhossili to the coastguard hut and crossing the causeway to Worms Head. From the inner head it should be possible to reach the outer head, conditions permitting. Access the causeway requires clambering across approx. 50m of rocks and a similar activity is required if you wish to visit the outer head. A degree of agility is required for this and the walk is therefore well into the strenuous category. However, a visit to Worms Head is a unique and rewarding experience.

Meet: 09.00 a.m.

No dogs

Meeting Place: Entrance to Hillend Car Park, Llangennith (charge)

GR: SS 418906

**Saturday 10<sup>th</sup> September**

**Cwm Clydach Circular**  
*Joint Walk with The Gower Society*

**Leader: Lynne Lock**

Tel: 01792 645748

**9 miles**  
**Moderate**

Description: A 9m/14k moderate walk on the newly designated "official" walk surrounding Cwm Clydach on which members of our work party got very wet building stiles and clearing paths! Expect quite a few stiles, probably lots of mud and some climbs but with great views and possibly, interesting things for 'twitchers' in the reserve

Meet: 10.00 a.m.

Meeting Place: RSPB Nature Reserve CP, Clydach

Dogs on short leads

GR: SS 683 027

**Saturday 18<sup>th</sup> and Thursday 22<sup>nd</sup> September**

Contact the Programme Secretary to add a walk to the website programme on one of these weekends.

**Saturday 24<sup>th</sup> September**

**Last of the Summer Strolls**  
**Joint Walk with The Gower Society**

**Leader: Mike Lewis**

Tel: 01792 546118

**7 miles**  
**Moderate**

Description: Moderate walk to Oxwich - out one way & back the other, the exact route will depend on last night!. I've heard coffee is on the leader at Oxwich Bay, but I could be wrong!

Meet: 11.00 a.m.

Meeting Place: Rose Cottage, Penmaen

Dogs on short leads

GR: SS 527 884

**Sunday 25<sup>th</sup> September**

**Above Llanafan Fawr**

**Leader: Mark Wolle**

Tel: **07739 857825**

**21 Km**  
**Strenuous**

Description: Forestry and Moor including Y Gamriw & Gorllwyn

Meet: 9.00 a.m. or 10.00

Meeting Place: Co-op Crosshands, GR: SN 565 130

or Forestry parking 1 Km east of Ty Bach Farm, GR: SN 948 577

Dogs on short leads



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