

Winter Programme

Swansea Ramblers

wrth galon cerdded
at the heart of walking



www.swansearamblers.org.uk

October 2012 to March 2013



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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Swansea Ramblers, (formally known as West Glamorgan Ramblers) was formed in 1981. Since then we have welcomed many new walkers to the group who come to share our enjoyment the countryside. We organise walks across a wide area into East Wales, West Wales, Mid-Wales and of course Gower.

Joining a walk

Walks are open to anyone, including visitors on holiday. Newcomers are especially welcome; those who wish to 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. Also carry enough food, drink and a small First Aid pack. In case of accident, ID and contact numbers should be carried. 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. These are suitable for new or infrequent walkers.

Moderate: 6 to 12 miles long across coastal, farmland and forested areas with occasional ascents, stiles and obstacles. These are 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. These are suitable only for regular, experienced walkers with a good level of fitness and stamina.

Advertising

Occasionally we run adverts for walking companies and other walking related events. Swansea Ramblers are not responsible for any loss or injury experienced whilst engaging in those activities.

October

Saturday 6th October **Joes to Joes**
Leader: Lynne Esson **4 miles**
Tel: 01792-845845 **Easy**
Description: A **linear** walk from Joes Ice Cream parlour in Swansea to Joes Ice Cream parlour in Oystermouth along beach and prom.
Meet: 1.00 p.m. Dogs on short leads
Meeting Place: Grassy area opposite Crown Court, Guildhall Road South
GR: SS 645 924

Sunday 7th October **West of Cwm-Twrch**
Leader: Mark Wolle **10.5 miles**
Tel: 07739-857825 **Strenuous**
Description: A circular walk from Cwm-Twrch Uchaf, taking in Allt-y-grug, Mynydd Uchaf and Pen-Rhiw-Fawr.
Meet: 9.00 a.m. Dogs on short leads
Meeting Place: On street parking at rear of Guildhall GR: SS 643 924

Tuesday 9th October **Albert's Cadoxton Walk**
Leader: Jo Shercliff **10 miles**
Tel: 01792-541292 **Moderate**
Description: A circuit including Cadoxton, an ascent through Craig Gwladys woods and back through Bryncoch beside the River Clydach.
Meet: 9.30 a.m. No Dogs
Meeting Place: At *the back of* the Crown and Sceptre Inn car park, off Cadoxton Rd/Main Rd (A4230) Neath, SA10 8AP. Refreshments can be bought afterwards to thank the landlord for parking. GR: SS 755 985

Saturday 13th October **Lliw Valley Reservoir**
Leader: Mike Clarke **4.5 miles**
Tel: 01792-843590 **Easy**
Description: A walk on easy terrain around the reservoir.
Meet: 11.00 a.m. Dogs on short leads
Meeting Place: Lower Reservoir Car Park GR: SN 650 034

Sunday 14th October

Dinefwr Castle and Parkland

Leader: Andrew Morgan

5 miles

Tel: 07719-409504

Moderate

Description: A walk from Llandeilo along the River Twyi and into the National Trust parkland. We'll look over the panoramic view of the river from the old castle and see Newton House in the distance before returning to the town via an abandoned church in the woods.

Meet: 10.00 a.m.

Dogs on short leads

Meeting Place: On street parking at rear of Guildhall

GR: SS 643 924

Wednesday 17th October

Swansea Ramblers AGM

Come along and find out how Swansea Ramblers has been doing over the last twelve months. There will be some nibbles afterwards and we can then go across to the pub for a drink.

This year our secretary, Zetta Flew will be stepping down and the post will be vacant. Under the rules for running a charity, we will really need to appoint a new secretary at the AGM otherwise we will have to begin the process to close down the group and lose our funds to London. That also means of course no future programme of walks.

If you think you could become our new secretary, please contact Zetta on 01792-232060 and she can tell you what the secretary's job entails.

Meet: 7.00 p.m.

Meeting Place: The Environment Centre which is sandwiched down the side of the Evening Post offices and Morgan's Hotel



The Wales Coast Path stepping stones at Cheriton which were part funded by a donation from Swansea Ramblers

Saturday 20th October**Bounds of Clyne Valley****Leader:** Keith Fuller**5 miles****Tel:** 01792-201054**Moderate****Description:** An interesting walk around the boundary of Clyne Valley**Meet:** 11.00 a.m.**Dogs allowed****Meeting Place:** Ynys Newydd Car Park (*along Derwen Fawr Road, left into Ynys Newydd Road, car park on left*)

GR: SS 617 915

Sunday 21st October**Fan Llia and Cwm Du****Leader:** Tim Gronow**12 miles****Tel:** 07710-231630**Strenuous****Description:** A hill walk along part of Beacons Way and Sarn Helen**Meet:** 9.00 a.m.**No Dogs****Meeting Place:** On street parking at rear of Guildhall
Or 10.00 a.m. Blaen Llia car park.

GR: SS 643 924

GR: SN 927 165

Saturday 27th October**Maggie's Tower on Cefn Drum****Leader:** Gail Allen**5 miles****Tel:** 01792-469232**Easy****Description:**

A historically interesting route with views all around from Twr Maggie.

Meet: 2.00 p.m.**Dogs on short leads****Meeting Place:** Pontarddulais**Directions:** *From Penllergaer, take A48 through Pontlliw. As you enter Pontarddulais look for the Fountain Inn on the right and park up the lane beside the pub.*

GR: SN 602 031

Sunday 28th October**Ystradgynlais****Leader:** Lynne Esson**7 miles****Tel:** 01792-845845**Moderate****Description:** A walk from the River Tawe to the Dulais River via Twyn Eithiniog**Meet:** 10.00 a.m.**No Dogs****Meeting Place:** On street parking at rear of Guildhall
Or 10.30 a.m. Lay by (on right) just before A4067/B4599 roundabout for Ystalyfera

GR: SS 643 924

GR: SN 766 083

November

Saturday 3rd November **Glamorgan Area Walk & AGM**

Leader: Cardiff Group **(Short walk) 3-5 miles**

Tel: 01792-580969 Moderate

Description: The annual Glamorgan Area walk to warm you up on a winter's day before the regional AGM.

Come and meet people from different Ramblers group in Glamorgan and maybe arrange to go on one of their walks or invite them to one of ours. Hopefully the usual coffee and cakes will follow the walk before we get down to seeing what's been happening across the area this year.

A different and good day out to socialise with Ramblers you may never have met before.

Meet: 10.00 a.m. No Dogs

Meeting Place: Ararat Centre, Plas Treoda, Whitchurch, Cardiff

CF14 1PT GR: ST 158 797

(To find Ararat, enter search term 'Plas Treoda' into www.streetmap.co.uk)

Sunday 4th November **Llangynidr**

Leader: Rob Johnston **10 miles**

Tel: 01792-296886 **Strenuous**

Description: Views of Welsh Industrial Valleys, Black Mountains and Brecon Beacons.

Meet: 8.30 a.m. No Dogs

Meeting Place: On street parking at rear of Guildhall GR: SS 643 924

Saturday 10th November **RSPB Reserve, Craig Cefn Park**

Leader: Mike Clarke **3.5 miles**

Tel: 01792-843590 **Easy**

Description:

A walk on easy terrain with a slight, sometimes muddy incline.

Meet: 11.00 a.m. Dogs on short leads

Meeting Place: RSPB Car Park GR: SN 684 026

Sunday 11th November

Remembrance Day Walk

Joint with Gower Society

Leader: Ian Smith

**13 miles & 3000ft
(21 Km & 900m)**

Strenuous

Tel: 01792-368609

Description: Circular walk going to Wellington MF509 crash site, Bannau Sir Gaer, Fan Brycheiniog and back down Fan Hir. Rough broken ground in parts.

Meet: 8.30 a.m.

No Dogs

Meeting Place: On street parking rear of Guildhall

GR: SS 643 924

OR 9.15 a.m. - Lay-by before Gwyn Arms

GR: SN 845 164

Sunday 11th November

Swansea Woods

Joint with Gower Society

Leader: Merfyn Williams

8 miles

(4 miles also available)

Tel 01792-520181

Moderate

Description: This is a figure of eight walk, firstly in Penllergare Valley Woods then Penllergaer Forest. Those wishing to do the four mile walk can finish at the lunch stop near the start.

Meet: 10.30 a.m.

Dogs on short leads

Meeting Place: Meet in the Car Park of the Council Offices

On the A48 approximately 200 yards from the Penllergaer roundabout, J47 on the M4.

GR: SS 622 990

Saturday 17th November

Who Do You Think You Are?

Leader: Terry Johns

5 miles

Tel: 01792-845845 (Lynne Esson)

Moderate

Description: All will be explained at the start of the walk!

Meet: 11.00 a.m.

Dogs on short leads

Meeting Place: Penmaen NT Car Park (behind church) GR: SS 531 888



Cynon Valley Ramblers
joined the coast path
celebrations

Tuesday 20th November

Llanwrtyd Wells by Train

Leader: Tim Gronow

8 miles

Tel: 07710-231630

Moderate

Description: A walk along quiet lanes and forest around Llanwrtyd.

Meet: 9.00 a.m.

No Dogs

Meeting Place: High St Station, Swansea.

GR: SS 655 936

Catch 09.15 a.m. Heart of Wales train to Llanwrtyd. Return on 16.05 p.m. train from Llanwrtyd.

Check train times before travelling and for stations en-route.

Saturday 24th November

Three Cliffs Bay and Cakes

Leader: Andrew Morgan

5 miles

Tel: 07719-409504

Moderate

Description A short walk to see the magnificent view of Three Cliffs Bay, followed by a walk to the castle and onto Southgate where we can have coffee and cakes. Suitably refreshed with goodies we'll make our way back maybe stopping for something in Parkmill en route. An unrushed walk to enjoy ourselves with a few climbs to burn off the calories.

Meet: 11.00 a.m.

Dogs on short leads

Meeting Place: Penmaen NT Car Park (behind church) GR: SS 531 888

Sunday 25th November

To Port Eynon

Leader: Merfyn Williams

8 miles

Tel 01792-520181

Moderate

Description: Along the cliff to Port Eynon and back, passing Paviland Manor on the way.

Meet: 10.30 a.m.

Dogs on short leads

Meeting Place: National Trust, Pilton Green.

(Park at edge of Farm Track).

GR: SS 446 871



Enjoying the walk
along the coast

December

Saturday 1st December (Part of) Mumbles Way

Leader: Al Evans 4/5 miles

Tel: 01792-475521 Easy/Moderate

Description: This walk skirts Oystermouth Castle past the old Norton Lime works through Oystermouth Cemetery and on to Mumbles Hill and back to Oystermouth Square. Mainly good paths but may be muddy in places. Some ups and downs and uneven ground.

Meet: 11.00 a.m. Dogs on short leads

Meeting Place: Ripples café/ice cream parlour on cycle track between West Cross and Oystermouth Square. GR: SS 614 889

Sunday 2nd December Christmas Dinner & Reynoldston Walk

Leader: Peter Jones 6 miles

Tel: 01792-873456 Moderate

Description: A walk in the Reynoldston area to work up an appetite for the delights of a King Arthur Christmas Meal. Previous Christmas visits to the King Arthur have been very popular. Two guest rooms will be available for those who would like to shower and change before sitting down to lunch. Remember to bring soap and towels. Those of you just coming for the meal should aim to be at the hotel 1:30 for 2 p.m.

Meet: 10.00 a.m. No Dogs

Meeting Place: Car Park at rear of King Arthur Hotel GR: SS 482 899

Thursday 6th December Coffee at Blackhills Nursery

Joint with Gower Society

Leader: Jane Jones 6 miles

Tel: 01792-232316 Moderate

Description: A walk across Clyne Common for coffee at Blackhills Nursery, returning via Barland Common and Bishopston.

Meet: 9.30 a.m. No Dogs

Meeting Place: Community Centre, Murton Green GR: SS 586 893
(We will wait for the bus departing 9.05 a.m. from Swansea – please check times)

Saturday 8th December**Swansea Canal****Leader: Mike Clarke****5.5 miles**

Tel: 01792-843590

Easy**Description:** A walk along the Swansea canal.**Meet:** 11.00 a.m.

Dogs on short leads

Meeting Place: Castle Hotel Car Park, Pontardawe

GR: SN 722 041

Sunday 9th December**Mike's Kilvey Hill Ramble***Joint with Gower Society***Leader: Mike Lewis****4 miles**

Tel: 01792-546118

Moderate**Description:** An afternoon stroll up to the top of Kilvey Hill to see the panorama over Swansea Bay, visit the ruins of Mike's Windmill and maybe discover the prehistoric burial sites, now that the vegetation has died away. Mike says we'll be down before dark! *Head torches anyone?***Meet:** 1.00 p.m.

Dogs on short leads

Meeting Place: Kilvey Community C.P.

(At A4217 / B5444 Pentre Chwyth Road Junction).

GR: SS 664 947

Saturday 15th December**Aberdulais and Cilfrew****Leader: Gail Allen****5 miles**

Tel: 01792-469232

Easy**Description:** Through woodland, open countryside and beside the canal**Meet:** 11.00 a.m.

Dogs on short leads

Meeting Place: Lay-by outside NT at Aberdulais**Directions:** *M4 Junction 43 onto A465, turn off at 2nd exit, follow brown signs for Aberdulais Falls.*

GR: SS 772 993

Sunday 16th December**Burry Holms****Leader: Bob Denley****10 miles**

Tel: 01792-371248

Moderate**Description:** Glorious views from Llanmadoc Hill, and the Broughton Bay coast together with the enchantment of Burry Holms.**Meet:** 9.30 a.m.

No Dogs

Meeting Place: Coety Green, Llangennith

GR : SS 427 910

Wednesday 26th December

**Boxing Day Walk
(The Bryn shorter walk)**

Festival of Winter Walks

Leader: Roger Brown

Tel: 01792-580969

Description: Walk to Llangynwyd then down to closed pub. Up Cwm Du back down and then through housing estate to north of Garth, then climb back to Bryn.

Meet: 9.00 a.m.

Meeting Place: On street parking at rear of Guildhall
Or 9.45 a.m. Bryn C.P. up the hill to left of Pub

No Dogs

GR: SS 643 924

GR: SS 818 919



Flying the
Ramblers' 'Flag'
– (*well actually
a kite!*)
– at the opening
weekend of the
Wales Coast
Path

January

Tuesday 1st January

New Year's Day Walk

Festival of Winter Walks

Leader: Ian Smith

9 miles

Tel: 01792-368609

Moderate

Description: Towards Rhossili Down, Towards Llanddewi, Towards Port Eynon and Towards Rhossili to start the new year with some fantastic scenery.

Meet: 10.30 a.m.

No Dogs

Meeting Place: Rhossili Car Park (charge may apply)

GR: SS 414 880

Sunday 6th January

Bishopston to Caswell

Leader: Jane Jones

7 miles

Tel: 01792-232316

Moderate

Description: A circular walk through woods to the Coast Path.

Meet: 10.30 a.m.

No Dogs

Meeting Place: Community Centre, Murton Green

GR: SS 586 893

Saturday 12th January

Around Pennard and Southgate

Leader: Jane Jones

4 miles

Tel: 01792-232316

Easy/Moderate

Description: A circular walk to Pennard Castle, Pobbles, up the cliff and along to the café at Southgate for tea – return via footpaths

Meet: 2.00 p.m.

No Dogs

Meeting Place: Pennard School CP

GR: SS 554 884

Sunday 13th January

Rhossili Circular

Leader: Breda Regan

10 miles

Tel: 01792-234842

Moderate

Description: A walk over the top of Rhossili Down to Llangennith, going around to Blue pool and Broughton Burrows then back to Rhossili along the bottom path.

Meet: 9.30 a.m.

No Dogs

Meeting Place: Rhossili car park.

GR: SS 414 881

It may be cold outside but now's the time to think about your favourite summer walk that you are just dying to include in the next programme!

Long walks, short walks, medium walks, evening walks, walks with a talk, walks with a stop for cream tea or walks that take you over the hills and far away! All walks '*great-fully*' received!! AND remember – if each of us offers a walk then we can have a full and enjoyable programme each week.

New leaders are always welcome and if you don't as yet feel confident then come along and we'll match you up with an experienced leader who can help you start leading. Start with one of the short walks on Lynne Esson's Saturday programme and enjoy the experience of leading a walk.

Last summer's Festival of July evening walks (when dry!!) attracted new people to the group so please think about doing a summer evening stroll on the next programme.

If you know some of the history of an area or know someone who will come on your walk then we could do some slow paced walk 'n' talk history tours.

Petrol prices keep going up so would anyone like to arrange more service bus trips or rail rambles? (E.g. Pembrokeshire Coast Path, Mid Wales, South East Wales??)

Have a think before the meeting and on the day book your date with the programme co-ordinator.

Meet: 7.00 p.m.

Meeting Place: Bay View Hotel (near Guildhall) GR: SS 644 922



Heading around to the old vicarage near Rhossili.

Sunday 20th January**Cwm Dulais****Leader: Lynne Esson****7 miles**

Tel: 01792-845845

Moderate

Description: A walk from Glan Yr Afon along stream and moorland, going via Twyn Tyle to Hafod Las then back along the hillside of Mynydd Pysgodlyn.

Meet: 9.30 a.m.

No Dogs

Meeting Place: Park and Share Car Park off J46 of M4
Or 10.00 am Glan Yr Afon track

GR: SS 647 995

GR: SN 637 062

Saturday 26th January**Pub Lunch Walk****Leader: Bob Denley****4 miles**

Tel: 01792-371248

Easy

Description: A gentle walk to Green Cwm, Willoxton Cwm and Ilston Cwm and back to pub for lunch if you wish. We are sure to find some mud!

Meet: 11.00 a.m.

Dogs on short leads

Meeting Place: Gower Inn Car Park (*No parking charge but the landlord would appreciate our custom afterwards*)

GR: SS 552 892

Sunday 27st January**Foel Fynddau and Buarth Y Gaer Fort****Leader: Steve Hawkes****9 miles**

Tel: 01792-360495

Moderate

Description: A Walk in the Afan Valley, featuring hillside and forest paths. Come see the stunning views of Port Talbot, Swansea and the Mumbles. We'll return via the Railway and Viaduct Bridges of Pontrhydyfen.

Meet: 9.30 a.m.

No Dogs

Meeting Place: On street parking at rear of Guildhall
Or 10.00 a.m. on the green adjacent to the Rolling Mill Public House at Cwmafon

GR: SS 643 924

GR: SS 788 928

Wednesday 30th January**Gower****Leader: Lynne Lock****6/7 miles**

Tel: 01792-645748

Moderate

Description: 'Mystery Walk'

Meet: 10.30 a.m.

No Dogs

Meeting Place: King Arthur Hotel

GR: SS 484 898

February

Saturday 2nd February **Gowerton**
Leader: Peter Jones **4/5 miles**
Tel: 01792-873456 **Easy**
Description: A circular walk on lesser known but well defined paths.
Meet: 11.00 a.m. Dogs on short leads
Meeting Place: Commercial Hotel, Gowerton GR: SS 591 964

Sunday 3rd February **Baglan and Aberavon**
Leader: Ceri Lougher **9 miles**
Tel: 01639-892222 or 07775-890274 **Moderate**
Description: A walk taking in Briton Ferry Dock, the beach, downtown Aberavon and the Baglan Mountain, with only one short steep climb to enjoy the view.
Meet: 10.00 a.m. No Dogs
Meeting Place: Baglan Library GR: SS 750 928
Directions: *Take A483 Fabian Way from Swansea; cross river Neath on old A48 bridge (not M4). At roundabout take second left, keep McDonalds on your right, after 1 mile turn left into Lodge Drive. Take 2nd left into car park.*

Sunday 10th February **Around Resolven**
Leader: Tim Gronow **10 miles**
Tel: 07710-231630 **Moderate**
Description: A walk around hills and forest above Resolven.
Meet: 9.00 a.m. No Dogs
Meeting Place: On street parking at rear of Guildhall GR: SS 643 924
Or 9.45 am Melincourt waterfall car park GR: SN 822 020

Saturday 16th February **Aberdulais Falls**
Leader: Zetta Flew **3 miles**
Tel: 01792-232060 **Easy**
Description: A guided Walk and Talk through the historic remains of Aberdulais Falls (£4.50 entry fee or free for NT members). Time then for a cuppa in the café followed by a short walk through the Tonna Woods and back along the canal.
Meet: 11.00 a.m. No Dogs
Meeting Place: Car Park opposite Aberdulais Falls GR: SS 772 994

Sunday 17th February

Crynant

Joint with Cynon Valley Ramblers

Leader: Gail Allen

7 miles

Tel: 01792-469232

Moderate

Description: An exploration of the hillsides around Crynant in the Dulais Valley.

Meet: 9.30 a.m.

No Dogs

Meeting Place: On street parking rear of Guildhall
or 10.15 am at Crynant Stores

GR: SS 643 924

GR: SN 794 048

Directions: Take A465 onto A4109 signed Seven Sisters. Follow signs for Cefn Coed Colliery museum. One mile past the museum, park on the main road in Crynant, near stores.

Saturday 23rd February

Pontneddfechan

Leader: Lynne Esson

3/4 miles

Tel: 01792-845845

Easy

Description: A walk from Pontneddfechan to the old gunpowder works alongside the River Mellte

Meet: 1.00 p.m.

Dogs on short leads

Meeting Place: Visitor Centre, Pontneddfechan

GR: SN 900 075

Sunday 24th February

Mynydd Pembre

Leader: Karen Gibbs

11 miles

Tel: 01792-361683

Moderate

Description: A coast and country walk exploring the Pembrey area.

Meet: 9.30 a.m.

No Dogs

Meeting Place: Burry Port Harbour car park

GR: SN 444 005



Peter celebrating the Wales Coast Path and raising the local profile of the Ramblers

March

Saturday 2nd March **Pontarddulais**

Leader: Lynne Esson

5 miles

Tel: 01792-845845

Moderate

Description: Craig Fawr and Cefn Drum over common.

Meet: 12.30 p.m.

Dogs on short leads

Meeting Place: In lay-by on A48 from Pontlliw to Pontardulais just past cross roads with Allt Y Graban Road and Heol Y Barna GR: SN 605 025

Sunday 3rd March **Mike's Castle & History**

Joint with Gower Society

Leader: : Mike Lewis

5 miles

Tel: 01792-546118

Moderate

Description: Mike's taking us down through Parc le Breos to see the Severn Cotswold burial chamber. Then onto Shepherds (ice creams, Mike?) and up to Pennard Castle. If Mike's tide table fairy has been good to him, we'll cross the stepping stones to get to Penmaen.

(Snorkels anyone?)

Meet: 11.00 a.m.

Dogs on short leads

Meeting Place:

National Trust C.P. behind Penmaen Church

GR: SS 531 888

Saturday 9th March **Dunvant to Three Crosses**

Leader: Roger Davies

5 miles

Tel: 07890-191979

Moderate

Description: A circular walk, via Poundffald, Three Crosses and Prior Meadow.

Meet: 11.00 am

No dogs

Meeting Place: Dunvant Car Park

GR: SS 594 938

Sunday 10th March **South Gower**

Leader: Howard and Joan Siddle

10 miles

Tel: 01685-878476

Strenuous

Description: A walk taking in Cefn Bryn, Penrice and Oxwich Cliffs

Meet: 9.30 a.m.

No Dogs

Meeting Place: Rose Cottage, Penmaen

GR: SS 527 884

Tuesday 12th March **Chapels, Crosses and Collieries**
Leader: Richard Beale **8 miles**
Tel: 01792-207833 **Moderate**
Description: A walk around Dunvant and Three Crosses looking at industrial history.
Meet: 9.30 a.m. **No Dogs**
Meeting Place: Dunvant cycle track car park **GR: SS 595 938**

Saturday 16th March **Historical Walk**
Leader: John France **2/3 miles**
Tel: 01792-547439 or 07719 829106 **Easy**
Description: An easy going walk to Old Pennard Castle, the ancient Chapel and the Burroughs. Lovely views over Three Cliffs and Tor.
Meet: 11.00 a.m. **No Dogs**
Meeting Place: Rose Cottage, Penmaen **GR: SS 526 884**

Sunday 17th March **Upper Cwmtwrch**
Leader: Gail Allen **7 miles**
Tel: 01792-469232 **Moderate**
Description:
Part of this walk will follow the old Miners Trail in Upper Cwmtwrch. After that we will go on to the village of Cwmllynfell. (Map OL12)
Meet: 9.30 a.m. **No Dogs**
Meeting Place: On street parking rear of Guildhall **GR: SS 643 924**
or 10.15 am in the car park of New Tredegar Arms on main road in Cwmtwrch Uchaf **GR: SN 755 115**
Directions: From 4067, at Ystalyfera take A4068. The pub is on the left shortly after the road divides, the car park is opposite.

Saturday 23rd March **St Nicholas & Burial Chambers**
Joint with Cynon Valley Ramblers
Leader: Allan Harrison **6 miles**
Tel: 01685-881824 **Easy**
Description: The walk is in the Vale countryside and follows the Valeways Millennium Trail and field and woodland paths visiting burial sites on route (there are a number of stiles).
Meet: 9.00 a.m. **No Dogs**
Meeting Place: On-street parking at rear of Guildhall **GR: SS 643 924**
Or 10.00 a.m. near the Church of St Nicholas **GR: ST 090 753**

Sunday 24th March

Ammanford to Llangadog

Leader: Dave Bird

14 miles

Tel: 01792-233634

Strenuous

Description: From Ammanford we will use lanes & paths through beautiful scenery with views of Carreg Cennen Castle. We'll visit the Iron Age Fort, Garn Goch before finally descending to Llangadog for the 7.01 p.m. train back to Ammanford.

Bring money for train fare, some dry clothes if rain is likely & something for a late tea (although we aim to have a meal at the Red Lion).

Meet: 9.00 a.m.

No Dogs

Meeting Place: Ammanford Railway Station

GR: SN 623 126

Sunday 31st March

Explore the other side of the water

Leader: Zetta Flew

8 miles

Tel: 01792-232060

Moderate

Description: Come and explore the other side of the water through Ffwrdd Farm Nature Reserve and St Illtyd's Way, returning across the other Mumbles Hill.

Meet: 10.05 a.m.

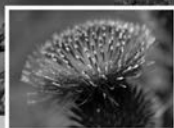
No Dogs

Meeting Place: Forestry CP, Penybedd Wood, Pembrey GR: SN 420 014

Directions: Take turning signposted Pembrey Country Park and then turn right into the parking area.



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