

Winter Programme

Swansea Ramblers

October 2014 to March 2015

wrth galon cerdded
at the heart of walking



October 2014 to March 2015

www.swansearamblers.org.uk



Swansea Ramblers wish to thank all walk leaders for providing 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 learn how to lead a walk, please contact a Programme Coordinator.

Secretary

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Swansea Ramblers

www.swansearamblers.org.uk

Ramblers GB

www.ramblers.org.uk

Swansea Ramblers, formed in 1981, was originally known as West Glamorgan Ramblers. We always welcome new walkers to the group to share our enjoyment of the countryside. We organise long and short walks varying from the easy to the strenuous across a wide area of South and Mid Wales, including of course Gower. And there are social events throughout the year offering the opportunity to socialise and make new friends.

Publicity photographs for our website

We take photographs and video of our walks to publicise our programme on the web and in newspapers/periodicals, etc. If you do not wish to appear in these then please let the leader know **each** time you join a walk.

Keeping in Touch

We occasionally send out emails about social events, changes to the programme and to let you know what's happening in the group. If you would like to receive these details, please email the secretary.

Additional walks after the programme has been printed

These may be planned at short notice. Details will be emailed to members and appear on the web at least 5 days before the walk. If you can volunteer to lead a walk, please contact the Weekday co-ordinator.

Joining a walk

Our walks are social and newcomers are especially welcome. If you have enjoyed three of our walks and wish to continue to walk regularly with us, we will be pleased to invite you to become a member. Occasionally there are 1st year discounts so please ask for details.

You will need suitable footwear and clothing, enough food and drink plus a small First Aid pack. While the safety of members is always of paramount concern, accidents may occasionally occur so please carry ID and contact numbers. It is also important to appreciate that you have a responsibility for the safety of both yourself and fellow walkers.

Additional advice about joining a walk.

- Walk gradings are provided as a general guide only. If you have any doubt about your fitness for a particular walk please contact the organiser or leader in advance.
- Bear in mind the distance of the walk, regional differences in terrain and the possibility of bad weather, which can make a walk more difficult than planned.
- If you're unsure of your fitness level, try a short and easy walk first - it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted.
- Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit.

Walks are graded as follows:-

- **Easy Access** - walks for everyone, including people with conventional wheelchairs and pushchairs, using easy access paths. Comfortable shoes or trainers can be worn. Assistance may be needed to push wheelchairs on some sections, please contact the leader running the walk for details.
- **Easy** - walks for anyone who does not have a mobility difficulty, a specific health problem or is seriously unfit. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.
- **Easy/Moderate** - walks for reasonably fit people with at least a little country walking experience. May include unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended.
- **Moderate** - walks for people with country walking experience and a good level of fitness. May include some steep paths and open country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.
- **Strenuous** - walks for experienced country walkers with an above average fitness level. May include hills and rough country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential. People in doubt about their fitness should contact the organiser or leader in advance.
- **Technical** - walks for experienced and very fit walkers with additional technical skills. May require scrambling and use of ropes, ice axes and crampons. You must contact the organiser or leader in advance for further details.

Using Public Transport

Members are encouraged to plan/attend walks using public transport. Information from Traveline Cymru (Tel: 0871-200-22-33) <http://www.traveline-cymru.info/> and <http://www.baytrans.org.uk/>.

Car Sharing

To avoid disappointment, those wishing to request a lift **should do so in advance of the walk rather than arrive at the meeting point expecting a lift to be available.** Passengers should contribute towards the driver's petrol costs. After a walk, the driver may intend to return immediately or have refreshments & socialise with the group, **so please confirm the driver's wishes before accepting a lift.**

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, the leader may need to cancel the walk. **The leader will only inform those present at the meeting point.** Anyone intending to travel directly to the start point is advised to contact the leader to confirm if the walk will go ahead.

Finding a meeting point

Grid reference coordinates are printed in the programme and these can be converted to Post Codes or Lon/Lat for Sat Navs using websites such as <http://gridreferencefinder.com/>

Frequent Meeting/Start Points with Directions on Google

Meeting Point		Grid Ref	Google Map	Lon Lat
Cefn Bryn (Arthur's Stone)	SA3 1AE	SS 490 900	http://goo.gl/maps/54OSf	51.589 -4.180
Cross Hands (Co-op)	SA14 6RE	SN 565 130	http://goo.gl/maps/KBGEP	51.797 -4.081
Cwm Ivy (Llanmadoc)	SA3 1DJ	SS 439 935	http://goo.gl/maps/rgx5p	51.619 -4.255
Dunvant (Cycle path Site)	SA2 7TB	SS 594 938	http://goo.gl/maps/SGkj6	51.626 -4.032
Gowerton (B4295 Car park)	SA4 3BP	SS 591 964	http://goo.gl/maps/TO4zn	51.649 -4.037
Green Cwm (Parkwood)	SA3 2EH	SS 538 896	http://goo.gl/maps/uNdis	51.586 -4.111
Guildhall	SA1 4NP	SS 643 924	http://goo.gl/maps/BcNgB	51.613 -3.961
<i>(Guildhall meeting point is in Francis Street between Guildhall & Victoria Park)</i>				
Gwyn Arms (Lay-by)	SA9 1GP	SN 846 165	http://goo.gl/maps/5lh9q	51.835 -3.677
Killay (Railway Inn)	SA2 7DS	SS 598 924	http://goo.gl/maps/RGDpr	51.613 -4.027
Llanrhidian (Dolphin)	SA3 1ER	SS 497 923	http://goo.gl/maps/C9qV9	51.609 -4.172
Penmaen (Rose Cottage)	SA3 2HJ	SS 526 884	http://goo.gl/maps/CJrc6	51.576 -4.128
Rhossili	SA3 1PP	SS 414 880	http://goo.gl/maps/S9N9YE	51.569 -4.289
Tankeylake (Llangennith)	SA3 1JT	SS 435 916	http://goo.gl/maps/4gd4I	51.601 -4.260

Walking Etiquette –Safety at all times!

We are all responsible for our own safety **and** that of others on the walk. We need to keep together and not stride out ahead of the leader or force the pace. Participants should not leave the group during the walk without reference to the leader or the back-marker. This may cause the walk leader (& emergency services) to waste time looking for you!

Dogs on walks

Four-legged companions are welcome where we do not go near livestock. Unfortunately farm animals can be disturbed even by the presence of a well-behaved dog on a lead and the walk description indicates whether a dog is allowed on that walk. It remains a leader's decision if they think a walk is unsuitable for dogs. To ensure safety of other walkers and to prevent dogs chasing animals, **all dogs must remain on a non-extendable short lead**. The majority of footpaths in the countryside will at some point cross a number of stiles where it may be necessary for a dog's owner to carry their dog over these stiles. During the lambing season, (1st Dec. - 30th April), it is not advisable to bring even registered assistance dogs unless the walk does not cross farmland.

Ramblers Association

The Ramblers' Association is a company limited by guarantee, registered in England and Wales. Company registration number: 4458492. A registered charity in England & Wales, no: 1093577. Registered office: 2nd floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW.



Swansea Ramblers enjoying a pub stop for lunch

October

Advance notice: Christmas Get Together (Walk, Meal & Social)
Book now for Christmas dinner on Sunday 7th December
All cheques and menu choices to Zetta by 31st October 2014

Wednesday 1st October

Last of the Summer Wine

Brecon to Talybont on Usk for a pub lunch

Leader: Colin Warlow

7 miles

Tel: 01792-701984

Moderate

Description: Catch a bus to Brecon; from there walk to Tal-y-bont on Usk where we will have lunch at the Star Inn. Returning by bus to Brecon from where we can catch a bus to Swansea.

Meet: Meeting Place: Registered Assistance Dogs Only

8.30 a.m. Swansea: Quadrant Bus Station GR: SS 653 928

OR

10.40 a.m. Brecon: Canal Wharf GR: SO 047 281

Saturday 4th October

Bryn to Port Talbot

A linear walk by public transport

Leader: Gerry & Pam Horsey

6 miles

Tel: 01792-845845 (Lynne Esson)

Easy/Moderate

Description: A **linear** walk along disused mineral railway line from Bryn to Port Talbot bus station. We'll first catch the bus in Swansea then get off at Bryn. When we reach Port Talbot, we'll catch the bus back to Swansea.

Meet: Meeting Place: Dogs remain on short leads

9.45 a.m. Swansea: Quadrant Bus Station. (10.00 a.m. X3 bus to Royal Oak, Bryn. - Please bring bus fare or pass)

OR

11.00 a.m. Bryn (near Maesteg): Royal Oak Pub GR: SS 653 928

GR: SS 819 920



Pennard Circular
(see 18th October)

Sunday 5th October

N.B. Two Events Today

Sunday 5th October Two Ladies of Rhondda (and a Runner)

Leaders: Karen and Richard **12.5 miles**

Tel: 07505-974986

Strenuous

Description: Starting from Penrhys, we pass the Lady of Penrhys statue and proceed to Ferndale in the Rhondda Fach, and past locations used for the TV series 'Stella'. Climbing up to Cefn Gwynno, the route includes Llanwonno churchyard where the famous runner Guto Nyth Bran is buried. Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only

8.30 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

9.30 a.m. Rhondda Fach Valley: Penrhys - *Car park off roundabout on B4512 at top of the hill*

GR: ST 003 946

Sunday 5th October

**Oxwich Point
Nordic Walking Event**

Leader: Mike Aspland

4.5 miles

Tel: 07974-715901

Moderate

Experienced Nordic Walkers Only. Poles NOT Supplied.

Description: We'll go through the woods on uneven and muddy ground and a long flight of steps towards Oxwich Point. Onto open heathland along the coastal edge with some great sea views, before turning inland past the Castle. Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only

9.15 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

10.00 a.m. Oxwich: Main Car park (Charges apply)

GR: SS 502 865

Thursday 9th October

A Walk in the Old Parish of Llangiwl

Leader: Huw Davies & Gary Evans

9 miles

Tel: Huw 07790-066539 or Gary 07751-090755

Moderate

Description: An historic walk along the Swansea Valley Canal towpaths and the disused Swansea Vale Railway, from Pontardawe to Ystalyfera, also visiting Cilybebyll, Gellinudd and Alltwen. Fairly flat walk with two short steep climbs, the latter ending with superb views over Cwmtawe.

Meet: **Meeting Place:** Dogs remain on short leads

10.30 a.m. Pontardawe: Tesco Car Park

(Near recycling bins, farthest away from store).

GR: SN 723 035

Saturday 11th October**Castell Coch
(and the Glamorganshire Canal)****Leader: Andrew Morgan****6 miles**

Tel: 07719-409504

Moderate

Description: An autumn walk in woodland near the fairy tale castle, just north of Cardiff. Explore the nature reserve by the remaining section of the Glamorganshire Canal and walk next to the River Taff. Last admission to castle is at 4.30 p.m., so time after the walk to look around (CADW: £5.50).

Meet: Meeting Place: Dogs remain on short leads

10.30 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

11.30 a.m. Tongwynlais: Castell Coch Visitor Car Park

Google Map: <http://goo.gl/maps/3P0BS>

GR: ST 132 826

Sunday 12th October**Kilvey Hill with Mike****Leader: Mike Lewis****6 miles**

Tel: 01792-546118

Moderate

Description: Mike is sure the tide won't affect his walk when he climbs to the top of Kilvey Hill - *so promises nobody will get their feet wet in the sea.*

Today's walk follows Mike through the years (*and Millennia Mike?*) as he recounts his youth and searches for ancient burial chambers. Enjoy the 360 degree panorama over Swansea Bay and northward up the Swansea Valley to the mountains beyond. Always an interesting walk in the company of a leader who has walked this route man and boy. Remember to bring food & drink for a lunch stop on the way.

Meet: Meeting Place: Dogs remain on short leads

11.15 a.m. Pentrechwyth Road Car Park(B5444) near junction with A4217

GR: SS 664 947

Wednesday 15th October**Kilvey Hill a Different Way*****Followed by a pub lunch!*****Leader: Colin Warlow****6 miles**

Tel: 01792-701984

Moderate

Description: From the Queen's Hotel, walk through SA1 and Danygraig to the lower level of Kilvey Hill. Then up to the mast at the top of the hill, and down via Pentrechwyth, returning to Queen's for lunch.

Note: Contact Colin in advance so he can book a table for lunch**Meet: Meeting Place:** Registered Assistance Dogs Only10.30 a.m. Swansea, Maritime Quarter, *outside Queen's Hotel, corner of Gloucester Place & Cambrian Place.*

GR: SS 660 927

Saturday 18th October**Pennard Circular****Leader: Phil Rickard****6 miles**

Tel: 07951-621207

Moderate

Description: A stunning walk taking in views from Pennard Cliffs, Cefn Bryn & Green Cwm. Please note it is advised this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only

10.15 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

11.00 a.m. Pennard School/Library car park: **Public Transport:** 10.05*a.m. bus 14 from Quadrant bus station arrives at 10.42 a.m.*

GR: SS 554 883

Sunday 19th October**Briton Ferry Woods and Mynydd Dinas***Joint walk with Neath Port Talbot Ramblers***Leaders: Terry Griffiths & John Richards****11 miles**

Tel: 01639-637964 & 01639-797185

Moderate

Description: A walk through beech woodland with views over Briton Ferry and Swansea Bay.

Meet: **Meeting Place:** Dogs remain on short leads

9.15 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

9.45 a.m. Briton Ferry Woods car park

Google map: <http://goo.gl/maps/ADsWI>

GR: SS 747 948

Wednesday 22nd October**Swansea Group AGM**

Description: Time again for Swansea Ramblers' Annual General Meeting. Meet the committee and find out how we keep everyone walking. Come along as this is your opportunity to see how your group works to ensure a pleasant walking environment for our members.

We've had over fifty new members this year in addition to 54 new members who joined us last year. We'll try to achieve at least the same number of new people next year and may even set new records for membership! Your group is one of the fastest growing groups in the UK and it is down to the friendliness of our members that more people walk with us each year and discover places they never knew existed!

After the formal bit of the evening, we can have a **bit of a social** and some fun, maybe in one of the local watering holes!

Meet: **Meeting Place:**

7.00 p.m. Environment Centre, Pier Street

(Side Road between Evening Post & Morgan's Hotel)

GR: SS 660 928

Last Reminder!

Christmas Get Together

Walk, Meal & Social

***Book now for Christmas dinner on Sunday 7th December
at the King Arthur (and remember your menu choices!).
All cheques and menu choices to Zetta by 31st October 2014***

Saturday 25th October

Dylan Thomas Birthday Walk (Laugharne Coast and Country)

Leader: Zetta Flew

6 miles

Tel: 01792-232060

Moderate

Description: A walk in Laugharne to celebrate Dylan's centenary and visiting some of the areas in which he might have strolled, composing poetry as he went. Expect fine coastal views and lovely countryside (weather permitting!). Afterwards we can check out the watering holes where Dylan enjoyed many an evening and maybe raise a glass in his honour for his birthday! Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only

10.00 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

10.30 a.m. Cross Hands: Co-op car park

GR: SN 565 130



Exploring Dylan Thomas' birthday walk (see walk above for 25th October). Dylan's 100th birthday is on 27th October 2014.



Swansea Ramblers at Dylan's grave

Sunday 26th October

N.B. Two Events Today

Clocks go back an hour for Greenwich Mean Time

Sunday 26th October
(N.B. Clocks back today)

**The soldiers' memorial stones on
Bwlchgarw, from Abergwynfi**

Leader: Gail Allen

7 miles

Tel: 01792-469232

Moderate/Strenuous

Description: This is a pre-Remembrance Day visit to an informal war memorial high up on the ridge at 500 metres. This walk is **a bit more challenging** than my usual routes; it begins with a strenuous steep climb up to the pass on rough ground, and is then a more moderate walk. From Mynydd y Gelli we cross Werfa then descend on Mynydd Blaenafan. We're having an early start as we will need to go at a reasonable pace. Dogs under control are welcome but there will be stiles.

Meet: Meeting Place:

Dogs remain on short leads

9.00 a.m. Between Guildhall & Victoria Park

G.M.T.

GR: SS 643 924

OR

10.00 a.m. Abergwynfi: Off-road parking.

G.M.T. *Take A4107 up Afan valley past Cymmer. Park just off the road on the right at the far end (top) of the village.*

GR: SS 895 962

Sunday 26th October

Penmaen, Nicholaston, Cefn Bryn
Joint with Gower Society

Leader: Breda Regan

10 miles

Tel: 01792-686317

Moderate

Description: Penmaen, Nicholaston Woods, Cefn Bryn and Green Cwm.

Meet: Meeting Place:

Dogs remain on short leads

10.00 a.m. Pennard: School/Library car park

G.M.T

GR: SS 554 883

Wednesday 29th October

Blackpill to Caswell

Leader: Colin Warlow

9 miles

Tel: 01792-701984

Moderate

Description: Walk from Blackpill to Caswell Bay via Norton, Oystermouth Cemetery and Newton village. Returning via the coastal path.

Meet: Meeting Place:

Dogs remain on short leads

11.00 a.m. Blackpill: Mill Lane, opposite the Mumbai Indian Restaurant.

GR: SS 618 907

November

Advance notice:

**Bethlehem
Walk, Meal & Social**

***Book now for Bethlehem if you are having a meal.
Saturday 29th November***

Leader: Andrew Morgan
Tel: 07719-409504

**6 miles
Moderate**

Saturday 1st November

N.B. Two Events Today

Saturday 1st November

**Baglan Circular
A Glamorgan Area pre-AGM Walk**

Leader: Neath Port Talbot Ramblers

**4 miles
Moderate**

Tel: 01792-845845 Lynne Esson (*Swansea Ramblers*)
Or 01639-888817 David Smith (*Neath Port Talbot*)

Description: A short walk around the Baglan area by the host group of this year's area AGM, Neath Port Talbot Ramblers. We'll probably walk part of the Coast Path on the hillside with good views across the bay. This is home territory for Neath Port Talbot Ramblers so they may show us some unknown footpaths! After the walk we'll go back to the Tyn y Twr pub for a social and see how the area representatives are getting on with the AGM.

Meet: Meeting Place: Dogs remain on short leads

9.45 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

10.30 a.m. Port Talbot: Baglan: St Illtyd's Drive (Tyn y Twr Tavern)

Google maps: <http://goo.gl/maps/HLkbA>

GR: SS 754 924

Saturday 1st November

Glamorgan Area AGM

Every year, the Ramblers groups based in Glamorganshire get together to review the previous twelve months of walking and have this get together to share ideas and sign off the accounts. If you've never been then it can be interesting to see what goes on at an area level where your group is represented by members of Swansea's committee. This year it is being held in the Tyn y Twr Tavern, so refreshments are never far away!

Meet: Meeting Place: Dogs are allowed in the pub

9.45 a.m. Between Guildhall & Victoria Park (*for walk – see above*)

OR

GR: SS 643 924

2.00 p.m. Port Talbot: Baglan: St Illtyd's Drive (Tyn y Twr Tavern)

Google maps: <http://goo.gl/maps/HLkbA>

GR: SS 754 924

Sunday 2nd November**N.B. Four Events Today****Sunday 2nd November****Rheola Forest and Neath Canal
Joint with Cynon Valley Ramblers****Leaders: Karen and Richard****11.5 miles**

Tel: 07505-974986

Moderate

Description: We will walk up through forestry from Resolven and onto Sarn Helen. Later we will descend to the Neath Canal and Ynysbwilog Basin before visiting Melincourt waterfall. Weather permitting there will be some good views. Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only

9.00 a.m. Between Guildhall & Victoria Park GR: SS 643 924

9.45 a.m. Resolven: Car park with toilets next to the A465 roundabout

GR: SN 826 030

Sunday 2nd November**Llanrhidian Higher
Nordic Walking Event****Leader: Mike Aspland****4.6 miles**

Tel: 07974-715901

Moderate***Experienced Nordic Walkers Only. Poles NOT Supplied.***

Description: The walk through Three Crosses onto Cefn Stytle. Exceptional and unusual views down the Cedi Valley to Penclawdd, dropping down to the Morlais Valley through some lovely woodland and common. Looping back to start. (*Optional refreshments in the Poundffald Inn afterwards*). Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only

9.00 a.m. Between Guildhall & Victoria Park GR: SS 643 924

10.00 a.m. Three Crosses: On-street parking near the school & children's playground on the corner of Pant-yr-Dwr and the chapel.

GR: SS 572 941

Sunday 2nd November**Taste of Gower
Southgate with free Food!****Leader: Andrew Morgan****Walk 1: 3.5 miles****(Book by Sunday 26th October)****Walk 2: 4 miles**

Tel: 07719-409504

Moderate

Description: A two part walk along Pennard Cliffs. After the first walk, we go back to Three Cliffs Coffee Shop in Southgate for a **free** lunch, likely to be Cawl and Bara Brith. Then walk to Pennard Castle after the meal.

Meet: **Meeting Place:** Dogs remain on short leads10.30 a.m. Civic Centre (not Guildhall) for **free** bus GR: SS 652 923

11.00 a.m. Southgate: National Trust Car Park GR: SS 554 874

1.00 p.m. Southgate: Three Cliffs Coffee Shop for **free** lunch

2.00 p.m. Southgate: National Trust Car Park for walk 2

4.45 p.m. The free bus will return us to Swansea

Tuesday 4th November**Park Woods to Pwlldu Bay****Leader: Steve Robson****9 miles**

Tel: 01792-371428

Moderate

Description: Park Woods across Pennard Burrows & fields to Pwlldu Bay. Around Pwlldu Head & along cliffs to Three Cliffs Bay (optional stop at Three Cliffs Coffee Shop). Along Pennard Pill & back into Park Woods.

Meet: 9.30 a.m. **Meeting Place:** Parkmill: Forestry Commission car park in Park Woods

Dogs remain on short leads

Directions: *Take single track lane behind Heritage Centre in Parkmill to Green Cwm (see page 5 for more directions).*

GR: SS 538 896

Friday 7th November**Chester Weekend Away**

**A social get together in an historic City
(with walks as well)**

Organiser: Myra Lewis

Tel: 01792-429804

Description: Myra has arranged an informal social weekend away to enjoy the historic City of Chester with its famous two storey shops, city walls, cathedral and restaurants.

Clive Scott has prepared two short, easy walks and as Clive used to live in the area, he's picked these walks to give us a taste of Chester.

Over – 55 rail travel should be available so Myra suggests we all go up by train but the choice is yours. Myra can provide a list of hotels close to the station where we can stay then meet up each day for a walk.

Let Myra know if you are coming to Chester for the weekend so we'll know how many to expect!

Saturday 8th November**N.B. Two Events Today*****Chester weekend away and a local walk in Gower*****Saturday 8th November****The Old Ways around Llanmadoc & Cheriton, North Gower****Leader: Gail Allen****4 miles**

Tel: 01792-469232

Easy / moderate

Description: A bit of local history along the old paths, and then slowly uphill to the site of the old school above Cheriton. The tide needs to be (*and will be!*) low for this walk. Dog owners please note there will be stiles.

Meet: 12.00 p.m. **Meeting Place:** Between Guildhall & Victoria Park

Dogs remain on short leads

OR

GR: SS 643 924

1.00 p.m. Llanmadoc: Britannia Inn Car Park

GR: SS 446 932

Saturday 8th November**Chester: Outside of the Walls
Chester Weekend Trip****Leader: Clive Scott****6 miles**

Tel: 07771-976987

Easy/Moderate

Description: From the hotels, we will walk through Grosvenor Park, past an amphitheatre and an Abbey to the River Dee. Strolling through a cemetery full of stories and past the 'birthplace' of the Nowhere Man. We will then cross the estate of the Duke of Westminster before following the river back to the Park and on to the hotels - or if you choose, back into the city centre to enjoy some shopping or exploring. Please note it is advised that this walk is unsuitable for dogs.

Meet: Meeting Place: Registered Assistance Dogs Only9.30 a.m. Chester: The **Queens Hotel**, City Road, CH1 3AH

OR GR: SJ 412 669

9.45 a.m. Chester: The Premier Hotel, City Road, CH1 3AE

GR: SJ 411 666

Sunday 9th November**N.B. Two Events Today*****Chester weekend away and a local Remembrance walk*****Sunday 9th November****Chester: The Walls
Chester Weekend Away****Leader: Clive Scott****3 miles**

Tel: 07771-976987

Easy

Description: From the hotels we will cross the old cattle market and the canal to join the City Walls at the North Gate. We will then follow the walls past The Roodee Racecourse, along the river, through the famous East Gate clock and past The Cathedral. Once back to our start point, we will return to the hotels - or if you choose, spend time enjoying the City centre. An accompanying quiz, focussed on the walls, will be available to those interested.

Meet: Meeting Place: Dogs remain on short leads10.30 a.m. Chester: The **Premier Hotel**, City Road, CH1 3AE

OR GR: SJ 411 666

10.45 a.m. Chester: The Queens Hotel, City Road, CH1 3AH

GR: SJ 412 669

Sunday 9th November

**Remembrance Day Walk
– Brecon Beacons
Joint with Gower Society**

Leader: Dave Bird

Tel: 01792-233634

Description: Visit the monument and wreckage on the Waun Rydd landslip (near Torpantau) and then walk around the scarp.

Meet: **Meeting Place:** Dogs remain on short leads
8.30 a.m. Between Guildhall & Victoria Park

GR: SS 643 924

Tuesday 11th November

To The Lighthouse

Leader: Sue Gagg

Tel: 07505-949387

Description: The walk starts at Tankeylake Moor, skirting round Llanmadoc Hill to Broughton beach to join the coast path over to Whiteford. Conditions permitting, we will walk along the beach near Whiteford lighthouse, returning around the point on the coast path to Llanmadoc and back over the east end of the hill. **Note: At 11.00 a.m., we will observe Remembrance Day by stopping for 2 minutes silence.**

Meet: **Meeting Place:** Dogs remain on short leads
10.15 a.m. Llangennith: Tankeylake Moor
(parking on grass verge before descent into village)

GR: SS 435 916



Our newest leader, Doug Portman, on a recce for his walk in Garnant which takes place on 15th November. An interesting country park in a little visited area (see next page).

Saturday 15th November**N.B. Two Events Today****Saturday 15th November Walk in the Amman Valley (Garnant)****Leader: Doug Portman****4 miles**

Tel: 07958-638020

Easy / Moderate

Description: From the Old Palais Car Park (*free parking*) we will take a short walk through part of Garnant Park before heading up country lanes, footpaths and fields to Ynys Dawela Nature Park in Brynaman. After a refreshment break in Ynys Dawela we will walk through the Park and join the Amman Valley Cycle Path to walk back to the starting point through the wooded valley following the River Amman. Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only

10.00 a.m. Between Guildhall & Victoria Park GR: SS 643 924

11.00 a.m. Garnant: Car Park on Upper Station Road

Directions: On main road through Garnant (A474), turn north down the hill into Upper Station Road (*opposite Garnant Chemist*). After going over the level crossing at the bottom of this short hill, take the second turning on the left into the car park (*approximately 50 metres after the level crossing*)

GR: SN 687 133

Saturday 15th November Llanwrtyd Wells: Boozers Day Out**Rail Ramble****Leader: Tim Gronow****10 miles**

Tel: 07710-231630

Moderate

Description: Catch the 09.15 a.m. Heart of Wales train from High Street Station or other stations along route. Buy a return ticket to Garth station. Walk from Garth to Llanwrtyd Wells then stop for a drink at Mid Wales BEER Festival. Please note it is advised that this walk is unsuitable for dogs. **Return Train:** 8.05pm Llanwrtyd Wells to Swansea.

Meet: **Meeting Place:** Registered Assistance Dogs Only

9.15 a.m. Swansea: High Street Station (or catch train at a convenient station). N.B. Check train times and fares with Arriva Trains

GR: SS 657 936

Sunday 16th November Penlle'r Castell**Leader: John France****9 miles**

Tel: 01792-547439 or 07719-829106

Strenuous

Description: Starting at Garnswllt Activity Centre SN 629 085. Superb views and a castle! Climb Pentwyn Mawr onto St. Illtyd's Way to Penlle'r Castell. Then down the Bettws Mountain road into the Amman Valley before a steepish climb leading across field back to the cars.

Meet: **Meeting Place:** Registered Assistance Dogs Only

9.00 a.m. Between Guildhall & Victoria Park GR: SS 643 924

Monday 17th November**Rhossili Circular****Leader: Richard Beale****2 miles**

Tel: 07905-974986

Easy / Moderate

Description: This is the classic walk from Rhossili to the coastguard lookout station overlooking Worms Head and Rhossili Bay. We will return via the fields that make up 'The Vile' - the remnants of a medieval field system.

Meet: Meeting Place: Registered Assistance Dogs Only

10.30 a.m. Killay: Railway Inn GR: SS 598 924

OR

11.20 a.m. Rhossili : Outside Worms Head Hotel

118 bus service from Swansea

GR: SS 415 881

Advance notice:**Book for pub lunch by 20th Nov****Bethlehem: Walk, Meal & Social****Saturday 29th November****Thursday 20th November****Llanwrtyd Wells****Rail Ramble****Leader: Tim Gronow****8 miles**

Tel: 07710-231630

Moderate

Description: Catch 09.15 a.m. Heart of Wales train from High Street Station or a convenient station along the route. Buy a return ticket to Llanwrtyd Wells. Walk through countryside and forestry around Llanwrtyd. Please note it is advised that this walk is unsuitable for dogs.

Return Train: 16.05 Llanwrtyd Wells to Swansea.**Meet: Meeting Place:** Registered Assistance Dogs Only

9.15 a.m. Swansea: High Street Station (or catch train at a convenient station). N.B. Check times & fares with Arriva Trains Wales.

GR: SS 657 936

Saturday 22nd November**Christmas Craft Fair****at Gower Heritage Centre****Leader: Lynne Esson****4 miles**

Tel: 01792-845845

Easy / Moderate

Description: From the car park we will walk along footpaths and lanes to Lunnon, Furzehill and Ilston. Then back along Ilston Cwm and footpath (parallel to main road) to the Heritage Centre where the walk will end. A visit to the Centre for the craft fair and maybe a glass of mulled wine or cider.

Meet: Meeting Place: Dogs remain on short leads

10.15 a.m. Between Guildhall & Victoria Park GR: SS 643 924

11.00 a.m. Parkmill: Forestry Commission car park in Parkwood (Green Cwm) **Directions:** From Swansea, pass through Parkmill and turn right just beyond the Gower Heritage Centre. The car park is about 1/3 mile uphill. (See further directions on page 5).

GR: SS 538 896

Sunday 23rd November**Burry Holms or not Burry Holms?
(Mike's heading for his favourite island!!)****Leader: Mike Lewis****6 miles**

Tel: 01792-546118

Moderate

Description: Flippers and snorkels at the ready, Mike may be going to Burry Holms again! Knowing that Mike & tide tables don't mix, we'll leave it as a surprise whether or not he actually crosses onto that fabled isle. If he doesn't, it will still be a lovely walk exploring the north western tip of Gower. Don't forget to bring your flask and sandwiches as you may have to wait a while for Mike to get out of his bathing costume!

Meet:**Meeting Place:**

Dogs remain on short leads

10.15 a.m. Broughton Bay Car Park

Google Map: <http://goo.gl/maps/Nm8EE>

GR: SS 416 925

Monday 24th November**Clyne Valley and Keeper's Cottage****Leader: Richard Beale****3.5 miles**

Tel: 07505-974986

Easy/ Moderate

Description: Starting from the Railway Inn we walk down the cycle path and then climb up towards Keeper's Cottage for unfamiliar views of the surrounding area. We will then follow a main track before descending to the lake and then returning via the cycle path.

Meet:**Meeting Place:**

Dogs remain on short leads

11.00 a.m. Killay: Railway Inn

GR: SS 598 924

Wednesday 26th November**Afan Woodland Trail
and a pub lunch****Leader: Richard Coombs****5 miles**

Tel: 01639-812632

Easy/Moderate

Description: A circular walk through the beautiful Afan Argoed County Park, passing along the River Afan, before stopping at the Visitor Centre for refreshments and a chance to look at the outdoor mining exhibition. Returning via a hidden gem in the name of Kanji Wood (a Japanese Garden).

Followed by a pub lunch at the Colliers Arms in Pontrhydyfen.

Meet:**Meeting Place:**

Dogs remain on short leads

10.30 a.m. Pontrhydyfen: Rhyslyn Car Park

Directions: Signed off B4287, (Pontrhydyfen to Neath) on right at bend in road near to where viaduct crosses road.

GR: SS 799 942



Bethlehem walk - John Fry's 25th annual (*and last*) Christmas Walk in 2009. A version of this walk will take place on Saturday 29th November.



After the Bethlehem walk a pub lunch and a few hymns and arias (2009)

Saturday 29th November

Book by 20th November

Leader: Andrew Morgan

Tel: 07719-409504

Description: This walk will explore the area around Garn Goch, one of the largest hill forts in Wales. We'll have fine views (*weather permitting!*) over the Towy valley to the hills beyond. Afterwards, back to The Cennen Arms in Trapp for a pub lunch (*and maybe a few hymns & arias?*). **Let me know by 20th November** if you are coming so I can give approximate numbers to the pub. Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only
10.00 a.m. Between Guildhall & Victoria Park

OR

11.00 a.m. Bethlehem: Garn Goch

(Limited car parking. Share cars from Guildhall).

Google Map: <http://goo.gl/maps/qzjKy>

Bethlehem

Walk, Meal & Social

6 miles

Moderate

GR: SS 643 924

GR: SN 681 242

Sunday 30th November

**Craig Cerrig-gleisiad
- Brecon Beacons**

Leader: Mark Wolle

11.5 miles

Ascent: 2800 feet (850 metres)

Tel: 07739-857825

Strenuous

Description: A moorland circular from Storey Arms. Taff Trail, Craig Cerrig-gleisiad, Fan Frynych, Sarn Helen, Fan Dringarth & Craig y Fro. Remember to bring torches.

Meet:

Meeting Place:

Dogs remain on short leads

9.00 a.m.

Between Guildhall & Victoria Park

GR: SS 643 924

December

Monday 1st December **Penllergare Valley Woods**

Leader: Richard Beale

3.5 miles

Tel: 07505-974986

Easy/Moderate

Description: We will wander around the Woods to see the newly restored features including the lake and the cascade.

Meet: **Meeting Place:** Dogs remain on short leads

11.00 a.m. Visitor car park Penllergare Valley Woods GR: SS 623 992

Wednesday 3rd December **Oxwich Circular**

Leader: Breda Regan

9 miles

Tel: 01792-686317

Moderate

Description: Walking from Oxwich car park, up through Oxwich woods and along the coast to Horton and Port Eynon. Back through fields, with some road walking.

Meet: **Meeting Place:** Dogs remain short leads

10.00 a.m. Oxwich car park

GR: SS 501 865

Saturday 6th December **N.B. Two Events Today**

Saturday 6th December **Mumbles RNLI Station**

Joint with Short Saturday Walk

Leader: Roger Brown

10 miles

Tel: 07977-144074

Easy/Moderate

Description: A leisurely walk to the Mumbles RNLI station where the RNLI will give a talk/film about what they do (*approx. 1 hour*) – a donation would be appreciated.

Meet: **Meeting Place:** Registered Assistance Dogs Only

10.15 a.m. Civic Centre, Main Entrance, Swansea Central Library

GR: SS 652 924

Saturday 6th December **Mumbles RNLI Station**

Joint with Long Saturday Walk

Leader: Lynne Esson

6 miles

Tel: 01792-845845

Easy

Description: A leisurely walk to the Mumbles RNLI station where the RNLI will give a talk/film about what they do (*approx. 1 hour*) – a donation would be appreciated.

Meet: **Meeting Place:** Registered Assistance Dogs Only

11.00 a.m. Blackpill : Junction Café

GR: SS 619 905

Sunday 7th December

**N.B. Two Events Today
Ramblers Christmas Dinner
& Nordic walking**

Sunday 7th December

**Christmas in Reynoldston
Nordic Walking Event**

Leader: Mike Aspland

Tel: 07974-715901

6 miles

Moderate

Experienced Nordic Walkers Only. Poles NOT Supplied.

Description: We will join the others on the 6 mile walk from the King Arthur in Reynoldston and afterwards, we have the option to join the annual Christmas lunch for a social.

N.B. Menu choices and cheque to Zetta by 31st October.

Please note it is advised that this walk is unsuitable for dogs.

Registered Assistance Dogs Only

Meet: Meeting Place:

8.30 a.m. Between Guildhall & Victoria Park

GR: SS 643 924

OR

9.15 a.m. Reynoldston: King Arthur Hotel, for the walk

GR: SS 495 883

Sunday 7th December

Ramblers' Christmas Dinner & Walk

Leader: Peter Jones

Tel: 07840-542048

6 miles

Moderate

Description: **Well, we hope you all gave your menu choices and cheque to Zetta by 31st October** for the annual Christmas Dinner at the King Arthur. The last few years we've all enjoyed the food here, so much so that more and more members book every year!

Peter will take us on a mystery trip around the countryside in Reynoldston. Join him for a walk to build up your appetite for Turkey or whatever and remember that we have booked two rooms to shower and change after the walk. Please note it is advised that this walk is unsuitable for dogs.

Registered Assistance Dogs Only

Meet: Meeting Place:

9.15 a.m. Reynoldston: King Arthur Hotel, for the walk

GR: SS 495 883

1.30 p.m. Reynoldston: King Arthur if you are just coming for the meal

GR: SS 495 883

Monday 8th December	Clyne Valley and Dunvant Park
Leader: Richard Beale	3 miles
Tel: 07505-974986	Easy/Moderate
Description: We will walk through Clyne Valley and back to Killay Library via Olchfa Lane, Dunvant Road and Dunvant Park.	
Meet: 10.30 a.m.	Meeting Place: Outside Killay Library
	Dogs remain on short leads
	GR: SS 600 929

Wednesday 10th December	Coed Morgannwg Way
Leader: Colin Warlow	8 miles
Tel: 01792-701984	Moderate
Description: Catch a bus to Bryn, then walk to Port Talbot along the Coed Morgannwg Way. Bus back to Swansea	
Meet: 9.30 a.m.	Meeting Place: Swansea: Quadrant Bus Station – to catch the 10.00 a.m. bus
	Registered Assistance Dogs Only
	GR: SS 653 928

Saturday 13th December	Pub Lunch Walk from The King's Head, Llangennith
Leader: Bob Denley	3.5 miles
Tel: 01792-371248	Easy
Description: A stroll along gentle slopes over Llanmadoc hill with wonderful views and back to the pub in time for lunch.	
Meet: 10.00 a.m.	Meeting Place: Between Guildhall & Victoria Park
OR	
11.00 a.m.	Llangennith: Car park at The King's Head. <i>Parking is free but the landlord would appreciate our custom.</i>
	Dogs remain on short leads
	GR: SS 643 924
	GR: SS 428 915

Sunday 14th December	Faenor and Garn Ddu (North of Merthyr Tydfil)
Leader: Dave Bird	11 miles
Tel: 01792-233634	Moderate/Strenuous
Description: A valley and moorland walk to the north of Merthyr Tydfil.	
Meet: 9.00 a.m.	Meeting Place: Between Guildhall & Victoria Park
	Dogs remain on short leads
	GR: SS 643 924

Monday 15th December **Brandy Cove and Pwll Du, Gower**

Leader: Richard Beale

3 miles

Tel: 07505-974986

Easy/Moderate

Description: Starting from Pyle Corner we will walk down to Brandy Cove and then along the Wales Coast Path to Pwll Du before returning via Pwll Du Lane or across the fields depending on ground conditions.

Meet: **Meeting Place:** Dogs remain on short leads
10.30 a.m. Bishopston: In front of the shop at the junction of Pyle Road/Brandy Cove Road

GR: SS 580 882

Tuesday 16th December **Woods & Fields above Oxwich**

Leader: Julia Robson

5 miles

Tel: 01792-371428

Moderate

Description: Through Mill Wood to Hangman's Cross. Then to Beggars Pit and down to Slade before heading up to Oxwich Green & Oxwich. From here we cut across fields to Penrice Village before returning to Mill Wood

Meet: **Meeting Place:** Dogs remain on short leads
10:00 a.m. Penrice: Mill Wood car park

GR: SS 493 883

Saturday 20th December ***N.B. Two Events Today***

Saturday 20th December **Clydach Bird Reserve**

& Mynydd Lluast

Festival of Winter Walks

20 December 2014 to 4 January 2015

Leader: Mike Clarke

5 miles

Tel: 01792-843590

Moderate

Description: A circular walk with glorious river and panoramic mountain views. We follow the Lower Clydach river through the R.S.P.B. reserve to Glyn Eithrym. Then climb Mynydd Lluast to 'Death Ray' Matthews' old abode, before descending to our start point.

Meet: **Meeting Place:** Dogs remain on short leads
10.30 a.m. Between Guildhall & Victoria Park

OR GR: SS 643 924

11.00 a.m. Craig-cefn-parc: Cwm Clydach R.S.P.B. Reserve car park
GR: SS 682 026

Saturday 20th December **Pen y Fan (Brecon Beacons) at night**
Joint with Gower Society
Festival of Winter Walks
20 December 2014 to 4 January 2015

Leader: Ian Smith **6 miles**
Ascent: 1600 feet (500 metres)

Tel: 01792-368609 **Moderate**

Description: A short circular night-walk which will climb to the top of Pen y Fan then over to Tommy Jones' memorial and back. This is a night walk which is not advisable for dogs.

Remember to bring head torches AND fresh batteries.

N.B. Due to the time of year, the walk will be dependent upon reasonable weather so if in doubt, check with the leader that morning.

Meet: **Meeting Place:** Registered Assistance Dogs Only
3.00 p.m. Between Guildhall & Victoria Park GR: SS 643 924

Sunday 21st December **Carreg Bica and Mynydd Drumau**
Joint with Cynon Valley Ramblers
Festival of Winter Walks

Leader: Allan Harrison **6 miles**
Moderate

Tel: 01685-881824 or 07473-994325

Description: From the Monastery ruins, we'll climb up through Y Cwm to Sutton Wood. Then there'll be another ascent to Carreg Bica ancient standing stone on Mynydd Drumau and we'll return via Dyffryn Wood.

Registered Assistance Dogs Only

Meet: **Meeting Place:**
11.00 a.m. Neath Abbey: In Monastery Road (*adjacent to Abbey ruins*)
GR: SS 736 974

Monday 22nd December **Dunvant and Waunarlwydd**
Festival of Winter Walks

Leader: Richard Beale **3.5 miles**
Easy/Moderate

Tel: 07505-974986

Description: We will take a look at the site of the old Dunvant Brickworks and then walk across country towards Waunarlwydd. After passing an old colliery site we will make our way back to Dunvant via Bishwell Park estate and the cycle track.

Meet: **Meeting Place:** Dogs remain on short leads
10.30 a.m. Dunvant: Cycle Path Site car park GR: SS 594 938

Friday 26th December

Boxing Day Walk
Pwll Du, Brandy Cove & Langland Bay
Festival of Winter Walks
20 December 2014 to 4 January 2015

Leader: Richard and Karen

Tel: 07505-974986

7 miles

Moderate

Description: Starting in Newton, the route crosses Clyne Common then on to Murton, Bishopston Valley and Pwll Du Bay. The return route will be along the Wales Coast Path via Brandy Cove and Langland Bay to the start followed by a warm up and refreshments in a local pub (*if open!*). Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only
10.00 a.m. Newton: Highpool Lane (*on street parking*)

GR: SS 602 885



Boxing Day in Three Cliffs Bay, 2013

Saturday 27th December

Rhos, Cilybebyll & Alltwen

Festival of Winter Walks

20 December 2014 to 4 January 2015

Leader: Helen Gough

5 miles

Tel: 07745-996063

Moderate

Description: A winter walk along country lanes & paths on the Eastern side of the Swansea Valley above Pontardawe. Opportunity for refreshments at The Smiths Arms, Rhos, at the end of the walk (no food served).

Meet: Meeting Place:

Dogs remain on short leads

10.30 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

11.00 a.m. Rhos: Community Centre CP (free), or additional on road parking nearby.

Directions: *Heading south on A474 from Pontardawe, turn left onto Plas Road then right onto March Hywel. The community centre is on the right.*

Public Transport: *If travelling by bus, please check times below nearer the day at www.traveline-cymru.info Leader will meet people at the Rhos Post Office bus stop. Depart 09.50 a.m. Bus 120 Quadrant to Pontardawe (Jubilee By-Pass), then change to the 10.42 a.m. Bus 132 from Pontardawe to Rhos Post Office.*

Google map: <http://goo.gl/maps/R7oJQ>

GR: SN 739 032

Sunday 28th December

Cefn Cribwr and Area (near Bridgend)

Festival of Winter Walks

20 December 2014 to 4 January 2015

Leader: Roger Brown

9 miles

Tel: 07977-144074

Moderate

Description: We will walk north of Cefn Cribwr along the route of an old railway where there is a restored signal box and an information point. The route then takes us to Parc Slip Nature Reserve and later Bedford Park to see the ruins of an iron furnace. Finally we climb up to the fields above Kenfig Hill for panoramic views. **PLEASE NOTE THE ROUTE HAS BEEN CHANGED FROM THE ORIGINAL ONE (in the printed programme).**

Meet: Meeting Place:

Dogs remain on short leads

9.00 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

9.45 a.m. Cefn Cribwr: Recreation Ground Car Park, see Google map: <http://goo.gl/maps/oSsvq>

GR: SS 860 826

January

Thursday 1st January

Gowerton Circular

Start the New Year Right!

Festival of Winter Walks

20 December 2014 to 4 January 2015

Leader: Peter Jones

6 miles

Tel: 07840-542048

Moderate

Description: A Moderate circular walk of 6 miles to blow away the cobwebs after the festivities the night before. To include Cycle tracks and Gower Way. Ending up for a pint at a local hostelry afterwards.

Meet: **Meeting Place:** Dogs remain on short leads

10.30 a.m. Gowerton: Public car park near Commercial Hotel, on B4295.

GR: SS 591 964

Saturday 3rd January

On Par for Mountain Views

(in the Amman Valley, Garnant)

Festival of Winter Walks

20 December 2014 to 4 January 2015

Leader: Doug Portman

6 miles

Tel: 07958-638020

Moderate

Description: From the Old Palais Car Park (*free parking*) we will head up past Garnant Golf Course for some great views (weather permitting!) of the western edge of the Brecon Beacons National Park as we follow a series of footpaths along the southern side of the Amman Valley before heading back down to the valley floor and join the Amman Valley Cycle Path to walk back to the starting point through Garnant Park following the River Amman. Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only

10.00 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

11.00 a.m. Garnant: Car Park on Upper Station Road

Directions: On main road through Garnant (A474), turn north down the hill into Upper Station Road (*opposite Garnant Chemist*). After going over the level crossing at the bottom of this short hill, take the second turning on the left into the car park (*approximately 50 metres after the level crossing*)

GR: SN 687 133

Advance notice:

Social Evening:

Thai Meal and Leaders' Meeting

Don't forget the Thai meal social on Monday 12th January!

Sunday 4th January

Llangennith - Burry Holms - Llangennith

Nordic Walking Event

Festival of Winter Walks

20 December 2014 to 4 January 2015

Leader: Mike Aspland

4.5 miles

Tel: 07974-715901

Moderate

Experienced Nordic Walkers Only. Poles NOT Supplied.

Description: A walk across the beach to Burry Holms, then a climb up onto the coastal path with some spectacular views (*on a clear day!*). Stopping off above Blue Pool, before following the boardwalk to Broughton Caravan Park. Returning across the down to the car park. (Refreshments at Kings Head later). Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only

9.00 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

10.00 a.m. Llangennith: Car park at Hillend Camp site, (*Charges may apply*)

GR: SS 414 909

Sunday 4th January

Sunday Short Walk

Festival of Winter Walks

20 December 2014 to 4 January 2015

Leader: No volunteer today

Up to 8 miles

Tel: 01792-580969 (Roger Brown)

There should be a short walk on the programme today but unfortunately nobody volunteered to lead it. If you think you could lead this walk, please contact Roger Brown at least ten days prior to the above date and we'll get the walk details emailed to members and displayed on the web site.

Tuesday 6th January

3 Bays & 2 Nature Reserves

(South Gower)

Joint with Gower Society

Leader: Jane Jones

6-7 miles

Tel: 01792-232316

Moderate

Description: A circular walk through woods and along the Coast Path. Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only

10.30 a.m. Murton Green: Bishopston Community Centre

(We will wait for the No 14 bus departing 10.05 a.m. from Swansea. *Please check times with Traveline Cymru*)

GR: SS 586 892

Saturday 10th January Margam Park and the ruined chapel up on the hillside

Leader: Gail Allen **6 miles**

Tel: 01792-469232

Easy / moderate

Description: A short (slow) climb on Graig Fawr to the ruined chapel and great views, then easier walking in the parkland. Please note it is advised that this walk is unsuitable for dogs because of the deer.

Meet: **Meeting Place:** Registered Assistance Dogs Only

10.15 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

11.00 a.m. Margam: In the car park of the Margam Stones Museum. (*M4 junction 38, left onto A48. 1st left to Museum*).

GR: SS 801 863

Sunday 11th January Brecon Circular (Joint with Gower Society)

Leader: Ian Smith **10 miles**

Ascent: 1100 feet (340 metres)

Tel: 01792-368609

Moderate

Description: A 10 mile/16Km walk starting in Brecon – Y Gaer – Aberbran – Llanspyddid – Brecon. It is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only

9.00 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

10.00 a.m. Brecon: Silver Street Car Park

GR: SO 040 285

Monday 12th January Penmaen

Leader: Richard Beale **2 miles**

Tel: 01792-207833

Easy/Moderate

Description: Starting from the main road in Penmaen we will walk down the track to the site of a medieval church and castle overlooking Three Cliffs Bay. We will then follow the Wales Coast Path overlooking Tor Bay and Oxwich Bay and then return across fields to Penmaen,

Meet: **Meeting Places:** Dogs remain on short leads

10.30 a.m. Killay: Railway Inn car park

GR: SS 598 924

OR

10.45 a.m. Penmaen: Rose Cottage car park

GR: SS 526 884

Monday 12th January

Social Evening:

Thai Meal and Leaders' Meeting

Time for another opportunity to sample the Thai cuisine at The Bay View Hotel. Last January and again in July, over thirty of us came along to enjoy the get-together. This social event increases with popularity each time its arranged so don't miss out, come along and test out the food! Just order your meal at the bar and it will be brought over to your table.

While the social is taking place, we'll also start to put together the Summer programme of walks so have a think about a nice summer walk that you may like to lead and if you are considering leading your first walk, have a chat with us and we'll tell you about how to go about it.

Meet: **Meeting Place:**

7.00 p.m. Bay View Hotel, Oystermouth Road, (*near the Guildhall*)
Google Map: <http://goo.gl/maps/FUSy6> GR: SS 644 922

Tuesday 13th January

Blackpill to Mumbles Pier

Leader: Colin Warlow

5 miles

Tel: 01792 701984

Easy

Description: Easy, flat walk from Blackpill to Mumbles Pier. Have a cup of coffee at the Pier cafe, then walk back to Blackpill.

Registered Assistance Dogs Only

Meet: **Meeting Place:**

10:30 a.m. Opposite the Mumbai Indian Restaurant, Mill Lane, Blackpill
GR: SS 618 907

Saturday 17th January

Wales Coast Path: Abertawe Section

Leader: Chris & Renate Jobling

5 miles

Tel: 07885-257109

Easy / Moderate

Description: Starting at the Civic Centre we will follow the Wales Coast Path eastwards along the promenade and across the weir to Prince of Wales Dock. Staying on the coast path until it crosses Fabian Way, we'll then head northwards through St Thomas until we join the cycle path coming back along the Tawe to the sail bridge before finally heading back to the Civic Centre via the Marina.

Meet: **Meeting Place:**

Dogs remain on short leads

11.00 a.m. Swansea Civic Centre car park (Not Guildhall)
GR: SS 653 923

Sunday 18th January**Above Pontardawe****Leader: Lynne Esson****7 miles**

Tel: 01792-845845

Easy / Moderate

Description: A varied, off the beaten track walk to Godre'r Graig from Pontardawe via Alltwen and Cilybebyll. Return along the canal. *A visit to the Pontardawe Inn will then be called for!*

Meet: Meeting Place:

Dogs remain on short leads

10.00 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

10.30 a.m. Pontardawe: Herbert Street car park near vets.

Directions: *Left after Tesco's exit on roundabout on A4067, 3rd exit at next roundabout, immediate left into car park.*

Google map: <http://goo.gl/maps/mQCB6>

GR: SN 724 038

Sunday 18th January**Gower Coast to Coast
Joint with Gower Society****Leader: Lynne Lock****9 miles**

Tel: 01792-645748

Moderate

Description: A 9m/14k moderate walk from Penmaen to Llanrhidian returning over Cefn Bryn giving views of both coasts. Please note it is advised that this walk is unsuitable for dogs.

Meet: Meeting Place:

Registered Assistance Dogs Only

10.00 a.m. Penmaen: NT car park

Directions: *Driving uphill west from Parkmill, turn right at top of the rise, go past the church and over a cattle grid to car park.*

GR: SS 531 887

Monday 19th January**Dunvant to Gowerton****Leader: Richard Beale****2.5 miles**

Tel: 01792-207833

Easy/Moderate

Description: Starting from the car park in Dunvant, we will walk past the Social Centre up the valley then follow Donkey Lane, which is part of the Gower Way towards Gowerton. We will return via the cycle track

Meet: Meeting Place:

Dogs remain on short leads

10.30 a.m. Dunvant: cycle path car park

GR: SS 594 938

Tuesday 20th January**Llanmadoc Hill****Leader: Steve Robson****8 miles**

Tel: 01792-371428

Moderate

Description: A walk from Cwm Ivy to Rhossili Beach via Llanmadoc Hill and the Bulwark. Then back round the coast to Cwm Ivy.

Meet: **Meeting Place:** Dogs remain on short leads
10:00 a.m. Llanmadoc: Cwm Ivy car park (honesty box) (*see page 5 for more directions*).

GR: SS 439 935

Saturday 24th January**Cwm Dulais
(East of Pontarddulais)****Leader: Mike Clarke****4 miles**

Tel: 01792-843590

Easy / Moderate

Description: From Bryn-bach Common we walk on open mountainside tracks with glorious views above Cwm Dulais. Returning back along the lower mountain path.

Meet: **Meeting Place:** Dogs remain on short leads
10.15 a.m. Between Guildhall & Victoria Park
OR GR: SS 643 924

11.00 a.m. Pontlliw/Cwm Dulais: at 'Four Roads Junction', Bryn-bach Common.

Directions: *Turn east off A48 at Pontlliw onto Bryn Bach Road & continue approximately 1.5 miles uphill on road which would go to Felindre, stopping at junction near the top.*

GR: SN 617 033

Sunday 25th January**Llyn y Fan Fawr (Brecon Beacons)****Leader: Mark Wolle****10.25 miles****Ascent: 1725 feet (525 metres)**

Tel: 07739-857825

Strenuous

Description: Moorland, lanes & forest. From Bwlch Cerrig Duon, Glasfynydd Forest, Garn Las, Rhyd-wen fach to Llyn y Fan Fawr. Remember torches.

Meet: **Meeting Place:** Dogs remain on short leads
9.00 a.m. Between Guildhall & Victoria Park

GR: SS 643 924

Monday 26th January**Pennard Cliffs Circular****Leader: Richard Beale****3.5 miles**

Tel: 01792-207833

Easy/Moderate

Description: Starting from the car park, we will along West Cliff and then towards Pobbles Bay before climbing onto the path to Pennard Castle. The return route will across the edge of the golf course to follow a footpath next to the school to Hael Lane.

Meet: **Meeting Place:** Registered Assistance Dogs Only

10.30 a.m. Killay: Railway Inn car park OR GR: SS 598 924

10.45 a.m. Pennard Cliffs: Nat. Trust car park (chg) GR: SS 554 874

Tuesday 27th January**Penrice Castle & Cefn Bryn****Leader: Julia Robson****9 miles**

Tel: 01792-371428

Moderate

Description: Following the coast path to Nicholaston Burrows then through Nicholaston Woods to Penrice Castle where there's a stunning view down to Oxwich Bay. Then into Mill Wood, up to the top of Cefn Bryn & back along the Bryn to Penmaen.

Meet: **Meeting Place:** Dogs remain short leads

9.30 a.m. Penmaen: Rose Cottage Car Park (*see page 5 for more directions*).

GR: SS 526 884

Saturday 31st January**Gowerton****Leader: Peter Jones****5 miles**

Tel: 07840-542048 or 01792-873456

Easy

Description: A circular walk to include woods and old tramways between Gowerton and Dunvant brickworks, farmland and cycle way.

Meet: **Meeting Place:** Dogs remain on short leads

10.30 a.m. Between Guildhall & Victoria Park

OR GR: SS 643 924

11.00 a.m. Gowerton: Public car park near Commercial Hotel, on B4295

GR: SS 591 964



Peter leading another interesting walk in Dunvant

February

Sunday 1st February

Parc Le Breos-Three Cliffs

Nordic Walking Event

Leader: Mike Aspland

5 miles

Tel: 07974-715901

Moderate

Experienced Nordic Walkers Only. Poles NOT Supplied.

Description: A walk passing the burial chamber, through woodland up onto Cefn Bryn with fine views of Three Cliffs. Dropping down into the valley and following the river back to start. Please note it is advised that this walk is unsuitable for dogs.

Meet: 1.00 p.m. **Meeting Place:** Parkmill: Forestry Commission car park in Parkwood (Green Cwm) **Directions:** From Swansea, pass through Parkmill and turn right just beyond the Gower Heritage Centre. The car park is about 1/3 mile uphill. (See further directions on page 5).

Registered Assistance Dogs Only

GR: SS 538 896

Sunday 1st February

Penmaen Circular

Leader: Mike Lewis

5 miles

Tel: 01792-546118

Moderate

Description: A stroll with Mike from Penmaen Church, through Parc Le Breos, down to Parkmill then up to Pennard Castle. Mike then plans to go over the historic stepping stones in the river to return to Penmaen. Hope Mike's checked the tides!! Anyone got a frog suit??

Meet: 11.00 a.m. **Meeting Place:** Penmaen: National Trust Car park at rear of Church

Dogs remain on short leads

GR: SS 531 888

Monday 2nd February

Pontarddulais Heritage Trail

Leader: Richard Beale

4 miles

Tel: 07505-974986

Easy/Moderate

Description: We will start at Pontarddulais Railway Station car park and circle around the town visiting various points of historic interest including the site of St. Teilo's church at Llandeilo Talybont which is now in the Welsh Folk Museum at St. Fagans. Although mainly on tarmac paths, there will be some walking across fields. A walk at St Fagans with a talk about the church is scheduled for Saturday 25th April.

Meet: 10.00 a.m. **Meeting Place:** Killay: Railway Inn car park

Dogs remain on short leads

GR: SS 598 924

OR

10.30 a.m. Pontarddulais: Railway Station car park

GR: SN 588 039

Wednesday 4th February Kilgetty (Pembrokeshire)

Leader: Tim Gronow

8 miles

Tel: 07710-231630

Moderate

Description: A circular walk around Kilgetty using part of the Landsker Borderland Path. Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only

9.00 a.m. Cross Hands: Co-op Car Park

GR: SN 565 130

Saturday 7th February The Bulwark, Cheriton & Ryers Down

Leader: Helen Gough

5 miles

Tel: 07745-996063

Moderate

Description: An upland walk with lovely views of North Gower & the Loughor Estuary (weather permitting). There will be numerous stiles to cross and walkers need to be prepared for mud in places. Opportunity for food/drinks at The Britannia Inn at the end of the walk. Dog owners please note you will need to be able to lift your own dog over the stiles.

Meet: **Meeting Place:** Dogs remain on short leads

10.00 a.m. Civic Centre, (NB - NOT Guildhall): East car park – no charge.

Public Transport: *no suitable bus service.* **Participants needing a lift from the Civic Centre should contact the leader before 4th February.**

OR

GR: SS 652 923

11.00 a.m. Britannia Inn Car Park: Venue will expect car park users to purchase a drink/meal at the Britannia. The walk finishes at approximately 1:30p.m., so contact the venue ASAP on 01792-386624 if you wish to order a meal, stating you are with Swansea Ramblers when booking.

GR: SS 446 932

Sunday 8th February Margam Circular

Leader: Roger Brown

10 miles

Tel: 07977-144074

Moderate

Description: Walk to Brombil, We'll climb through forestry to Cwmwernderi Reservoir then join the Coed Morgannwg Way into Margam Park. Possible refreshments in park if café is open. After the walk we can go for a drink in Bagle Brook pub.

Meet: **Meeting Place:** Dogs remain on short leads

9.00 a.m. Between Guildhall & Victoria Park

Or

GR: SS 643 924

9.40 a.m. Margam: Park Fishing Lake car park

Directions: *Exit M4 at junction 38. Take first left after roundabout towards Margam Stones museum then second left onto road to lake parking area.*

Google map: <http://goo.gl/maps/XAYc4> GR: SS 803 864

Monday 9th February**Penclawdd****Leader: Richard Beale****2 miles**

Tel: 07505-974986

Easy/Moderate

Description: Starting from the main road in Penclawdd, we will go along the sea front and then walk uphill until we reach the car park near Hermon Chapel. Here there are great views of the Loughor Estuary and beyond. Our route will then continue across to Llotrog before descending back to the start. Afterwards why not join us for refreshments in Cariad cafe?

Meet: Meeting Places:

Dogs remain on short leads

10.00 a.m. Killay: Railway Inn car park

GR: SS 598 924

OR

10.30 a.m. Penclawdd: Sea View, car park
opposite the Gower Sole chip shop

GR: SS 545 959

Wednesday 11th February**Pembrokeshire: Pantmaenog Forest
and Foel Cwmcerwyn****Leader: Tim Gronow****7 miles**

Tel: 07710-231630

Moderate

Description: A forest and moorland walk from Rosebush along the edge of Mynydd Preseli, Pembrokeshire. This walk is unsuitable for dogs.

Meet: Meeting Place:

Registered Assistance Dogs Only

9.00 a.m. Cross Hands: Co-op car park (*see page 5 for more directions*)

GR: SS 565 130

Saturday 14th February**Alltwen Hill & Rhos
(East of Pontardawe)****Leader: Mike Clarke****4.5 miles**

Tel: 01792-843590

Moderate

Description: After climbing Alltwen Hill we follow paths through fields and along the Nant-Y-Llechau stream past Rhos. We then walk along yet another River Clydach before returning via footpaths to Gelli-nudd.

Meet: Meeting Place:

Dogs remain on short leads

10.15 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

11.00 a.m. Pontardawe: A474 from Alltwen to Rhos, use lay-by on left at
top of Graig Road, Gelli-nudd.

GR: SN 735 041

Sunday 15th February**Burry Port, Pembrey & Cefn Sidan*****Joint with Cynon Valley Ramblers*****Leader: Gail Allen****8 miles**

Tel: 01792-469232

Easy/Moderate

Description: We'll be walking part of the Wales Coast Path which will be as level a walk as you'll get but still with a lot of scenic variety and good views. There are even no stiles on this walk!

Meet: Meeting Place:

Dogs remain on short leads

9.30 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

10.30 a.m. Burry Port harbour: **long stay** CP (fee payable)

GR: SN 445 004

Monday 16th February**Lliw Reservoirs****Leader: Richard Beale****4 miles**

Tel: 07505-974986

Easy/Moderate

Description: Starting from the car park at the lower Lliw Reservoir we will walk over the dam and then along the west side of the reservoir before climbing up onto the road to the Upper Reservoir. We will return along the road linking the two reservoirs.

Meet: Meeting Place:

Dogs remain on short leads

10.00 a.m. Killay: Railway Inn car park

GR: SS 598 924

OR

10.30 a.m. Lower Lliw Reservoir: car park

GR: SN 650 034

Wednesday 18th February**Gowerton to Swansea****Leader: Colin Warlow****7 miles**

Tel: 01792-701984

Moderate

Description: Walk from Gowerton to Swansea via the Railway Inn and Blackpill. Catch a bus back to Gowerton to retrieve cars.

Meet: Meeting Place:

Registered Assistance Dogs Only

10.00 a.m. Gowerton: Public Car Park near Commercial Hotel on B4295

GR: SS 591 964

Saturday 21st February**Lliw Valley Reservoir****Leader: Lynne Esson****6 miles**

Tel: 01792-845845

Moderate

Description: Leisurely walk from the lower reservoir to the upper reservoir and on through the woods to Gower Way marker 47 and return back to the lower reservoir for optional lunch/coffee at the cafe.

Meet: Meeting Place: Dogs remain on short leads

10.15 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

11.00 a.m. Felindre: Lower Lliw Valley Reservoir car park

GR: SN 650 033

Sunday 22nd February**Llandybie and Carmel****Leader: Nigel Hall****10 miles**

Tel: 01792-232815

Moderate

Description: From Llandybie through the Carmel National Nature Reserve and back past old quarry workings and other sites of interest. Please note it is advised that this walk is unsuitable for dogs.

Meet: Meeting Place: Registered Assistance Dogs Only

10.00 a.m. Cross Hands: Co-op Car Park

GR: SN 565 130

Monday 23rd February**Clyne Valley and Blackpill****Leader: Richard Beale****4 miles**

Tel: 07505-974986

Easy/Moderate

Description: Starting from the Railway Inn we will walk down the cycle track for a short distance before climbing up to near Keeper's Cottage. We will then follow the bridleway until we join Mill Lane which we will follow to Blackpill before returning to the Railway Inn via the cycle track.

Meet: Meeting Place: Dogs remain on short leads

10.00 a.m. Killay: Railway Inn car park

GR: SS 598 924

Saturday 28th February**Ferryside (Carmarthenshire)****Leader: Zetta Flew****6 miles**

Tel: 01792-232060

Moderate

Description: A walk with great views over the estuary to Llansteffan Castle. There will be a few climbs and a bit of mud but hopefully the snowdrops will be just coming into flower. We'll have a lunch stop at Llansaint where the church (*and pub!*) may be open then make our way to one of the finest views on the coast path! There will be a pub visit afterwards with a possibility of a game of skittles in the pub skittle alley!

Meet: Meeting Place: Dogs remain on short leads

9.45 a.m. Between Guildhall & Victoria Park

GR: SS 643 924

11.00 a.m. Ferryside: Car Park near Railway Station

GR: SN 366 103

March

Sunday 1st March

St David's Day Walk & Social *Cefn Cribwr and Area, near Bridgend*

Leader: Roger Brown

Tel: 07977-144074

8 miles

Moderate

Description: We will walk north of Cefn Cribwr along the route of an old railway where there is a restored signal box and an information point. The route then takes us to Parc Slip Nature Reserve and later Bedford Park to see the ruins of an iron furnace.

After the walk (*there will be time to change*) we'll enjoy a carvery lunch to celebrate St. David's Day in the Cefn Cribwr Athletic Club which adjoins the car park (see next programme entry for details).

Meet: **Meeting Place:** Registered Assistance Dogs only

8.30 a.m. Between Guildhall & Victoria Park GR: SS 643 924

OR

9.15 a.m. Cefn Cribwr: Recreation Ground car park GR: SS 862 826

Sunday 1st March

SOCIAL EVENT St. David's Day Carvery Lunch *Cefn Cribwr Athletic Club*

Leader: Peter Jones

Tel: 07840-542048 or 01792-873456

After the above walk, we shall enjoy a carvery lunch to celebrate St. David's Day at the Cefn Cribwr Athletic Club next to the car park for the walk.

There are 2 options on the menu:

2 courses for £8 with a choice of starter or sweet **OR** 3 courses for £10.95.

(Please state when booking if a vegetarian meal is required)

A booking has been made for 30 places. Payment and meal order must be made **AT THE LATEST** by Saturday 14th February 2015.

Meet: **Meeting Place:**

1.45 p.m. Cefn Cribwr: Recreation Ground car park GR: SS 862 826

Sunday 1st March

**Carreg Cennen Castle
Nordic Walking Event**

Leader: Mike Aspland

4 miles

Tel: 07974-715901

Moderate / Strenuous

***Please note: Unfortunately, this event is cancelled.
Anyone trained in Nordic walking is always welcome
to join any of our other walks***

Experienced Nordic Walkers Only. Poles NOT Supplied.

~~Description: Clockwise walk around the castle, through rolling pastures, deciduous woodland & some short river stretches (can get very muddy & a ford across a stream needs to be crossed). Some stunning views across open countryside as we observe the castle from all sides. Some steep descents and steady climbs. Please note this walk is unsuitable for dogs.~~

~~**Meet:** **Meeting Place:** Registered Assistance Dogs Only
9.15 a.m. Between Guildhall & Victoria Park~~

~~OR~~

~~GR: SS 643 924~~

~~10.30 a.m. Trapp: Carreg Cennen Castle Car park. (Parking Donation)
Approximately 3.5 miles south-east of Llandeilo~~

~~GR: SN 666 193~~

Monday 2nd March

**Richard Burton Trail - Afan Forest Park
One of a series of 'Easier walks with friends'**

Leader: Richard Coombs

3 miles

Tel: 01639-812632

Moderate

Description: The route of this walk takes you to some of the places that were important to the world famous actor including his birth place.

Meet: **Meeting Place:** Dogs remain on short leads
10.00 a.m. Killay: Railway Inn car park GR: SS 597 923

OR

10.45 a.m. Pontrhydyfen: Rhyslyn car park.

Directions: M4 Jct.40, north on A4107, left at Pontrhydyfen, cross river and turn right immediately to car park Google StreetView:
<http://goo.gl/maps/CIEjf>

GR: SS 800 942

Wednesday 4th March**Swansea Urban Walk
in the Footsteps of Dylan Thomas****Leader: Colin Warlow****6 miles**

Tel: 01792-701984

Moderate

Description: From Queen's Hotel, walk up Wind Street and the High Street as far as Dyfatty. Then up North Hill Road to Nicander Parade; across to Pantycelyn and then weave our way to Cwmdonkin Drive. Visit Cwmdonkin Park then weave our way through the Uplands and Singleton Park to the coastal path. Return via Swansea Market so walkers can buy cockles and laverbread. Visit Kardomah Cafe – ancient and modern. Return to Queen's Hotel via Wind Street, with a possible glass of wine in the No Sign Bar.

Meet: 10.30 a.m. **Meeting Place:** Swansea: Maritime Quarter, *outside Queen's Hotel, corner of Gloucester Place & Cambrian Place.* Registered Assistance Dogs Only

GR: SS 660 928

Saturday 7th March**The Loughor at Glynhir****Leader: Nigel Hall****4 miles**

Tel: 01792-232815

Moderate

Description: A walk up the road from Llandybie station to cross the River Loughor (over a bridge) at Glynhir. Returning along lanes, footpaths and through fields. Please note it is advised that this walk is unsuitable for dogs.

Meet: 10.15 a.m. **Meeting Place:** Between Guildhall & Victoria Park Registered Assistance Dogs Only

OR

GR: SS 643 924

11.00 a.m. Cross Hands: Co-op car park (car share to Llandybie)

GR: SN 565 130

Sunday 8th March**Hills around Nant Bran (*near Brecon*)****Leader: Howard and Joan Siddle****12 miles**

Tel: 01685-878476

Strenuous

Description: Horse shoe walk on the high ground surrounding the Nant Bran with spectacular views south wards to the Black mountains and Brecon Beacons. Please note it is advised that this walk is unsuitable for dogs.

Meet: 9.00 a.m. **Meeting Place:** Between Guildhall & Victoria Park Registered Assistance Dogs Only

OR

GR: SS 643 924

10.00 a.m. Aberbran: Lay by on A40, 3 miles/5km west of Brecon

GR: SN 991 289

Monday 9th March

Oxwich Point

One of a series of 'Easier walks with friends'

Leader: Richard Beale

2.5 miles

Tel: 07505-974986

Easy/Moderate

Description: We will walk from the car park up the lane towards the Castle and through the woods. After crossing several fields, we will have a good view across the Bristol Channel. Our return will take us past Oxwich Castle.

Meet: Meeting Place: Registered Assistance Dogs Only

10.00 a.m. Killay: Railway Inn Car Park GR: SS 598 924

OR

10.30 a.m. Oxwich: entrance to beach car park (charge) GR: SS 501 865

Friday 13th March

Red Nose Day Walk-

Clyne Valley

An evening stroll – in the dark!

Leader: Peter Jones

4 miles

Tel: 07840-542048

Easy

Description: Come and try a night time walk and help raise money for Comic Relief. I shall have sponsorship forms **and you will be expected to wear a red nose** which you will need to buy in advance. We will walk down the cycle track to Blackpill then back along the cycle path so we will be walking on tarmac all the way. Afterwards there will be a chance to buy drinks in the Railway Inn and socialise.

PLEASE BRING A TORCH OR HEAD TORCH AS IT WILL BE DARK!

Meet: Meeting Place: Registered Assistance Dogs Only

7.00 p.m. Killay: Railway Inn Car Park GR: SS 598 924



Coast path to Ogmore
by Sea

*(Gail is in this area on
14th March)*

Saturday 14th March**Ogmore-by-Sea & Southerndown****Leader: Gail Allen****6 miles**

Tel: 01792-469232

Easy / Moderate

Description: A seaside cliff-top walk, then through woodland and fields.

Dog owners please note there will be stiles.

Meet: Meeting Place:

Dogs remain on short leads

10.00 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

11.00 a.m. Ogmore Riverside Free Car Park <http://goo.gl/maps/X8ekZ>**Directions:** *Take A48 to south of Bridgend, then right on B4265, then right on B4524. Go past castle on right and Pelican pub on left. After passing Welsh Water access bridge on right, go past road junction for Heol-y-mynydd and park on grass car park on right (Portobello House on map).*

GR: SS 874 762

Sunday 15th March**Exploring the Vale of Glamorgan****Leader: Alison Broady****7 miles**

Tel: 01792-204518

Moderate

Description A walk exploring ancient sites and nature in the historic Vale of Glamorgan. We start off in the attractive village of Corntown and head across farm and downland to St Bride's Major, crossing the river Alun by an old stepping stone bridge. Then return through a nature reserve which should be full of wild daffodils and over an ancient clapper bridge back towards Corntown with an optional recommended detour to the Norman priory at Ewenny. If conditions are very wet there is the option of avoiding the two bridges by on-road walking. We advise that the area to be walked is not suitable for dogs.

Meet: Meeting Place:

Registered Assistance Dogs Only

9.30 a.m. Between Guildhall & Victoria Park

OR

GR: SS 643 924

10.15 a.m. Corntown: by the village pond on main road

Directions: *Take A48 to junction with B4265 to Ewenny then take B4524 east to Corntown.*

GR: SS 919 773

Monday 16th March**Llanrhidian to Weobley Castle***One of a series of 'Easier walks with friends'***Leader: Richard Beale****3 miles**

Tel: 07505-974986

Moderate

Description: We will follow the Wales Coast Path passing historic Llanrhidian Church as far as Weobley Castle. We will then climb uphill to take an inland route to Leason before descending back onto the Coast Path.

Meet: Meeting Place: Registered Assistance Dogs Only

10.00 a.m. Killay: Railway Inn car park GR: SS 597 923

OR

10.30 a.m. Llanrhidian: Mill Lane in front of the church (on street parking)
GR: SS 498 922**Tuesday – Friday (16th – 20th March)****Midweek Walk****Leader: No volunteer this week**

Tel: 01792-371428 (Julia Robson)

There should be a walk on the programme this week but unfortunately nobody volunteered to lead it. If you think you could lead this walk, please contact Julia at least ten days prior to the above date and we'll get the walk details emailed to members and displayed on the web site.

Saturday 21st March**Llangennith Highs & Lows****Leader: Andrew Morgan****6 miles**

Tel: 07719-409504

Moderate

Description: Come along to enjoy views over Loughor Estuary and Whiteford Point from the Bulwark prehistoric hill fort on Llanmadoc Down then visit the top of Ryers Down for equally agreeable views. Passing through farmland with a few stiles to cross, we'll see if the fabled LG10a footpath is open and useable after years of neglect (*our work party went out in the pouring rain to cut down the undergrowth!*). If it is passable then there will be good views of the downs from an angle not seen for some time. N.B. *This will be a slow-paced walk taking about 3-4 hours with plenty of stops to re-group. After the walk join me in the King's Head in Llangennith for a bit of a social.* Please note it is advised that this walk is unsuitable for dogs.

Meet: Meeting Place: Registered Assistance Dogs Only

10.45 a.m. Between Guildhall & Victoria Park GR: SS 643 924

OR

11.45 a.m. Llangennith: Tankeylake Moor (Grass Verge)
Google Map: <http://goo.gl/maps/4gd4l>

GR: SS 435 916

Sunday 22nd March**Spring Over The Hills**
*(Near Talley, Carmarthenshire)***Leader: Nigel Hall**

Tel: 01792-232815

10 miles**Moderate**

Description: A linear route starting near Talley and finishing at Caao (Caio). Passing near fields hopefully full of lambs and Spring flowers. Please note it is advised that this walk is unsuitable for dogs.

Meet: **Meeting Place:** Registered Assistance Dogs Only
9.00 a.m. Cross Hands: Co-op Car Park

GR: SN 565 130

Monday 23rd March**Loughor Foreshore**
*One of a series of 'Easier walks with friends'***Leader: Colin Warlow**

Tel: 01792-701984

2.5 miles**Easy**

Description: Starting from car park we will follow the footpath along the foreshore, firstly towards Pontarddulais and then down towards the boating club. The estuary is a good place to spot wading birds. We will pass the castle ruins before returning to the car park.

Meet: **Meeting Place:** Dogs remain on short leads
10.00 a.m. Killay: Railway Inn car park GR: SS 597 923
OR

10.45 a.m. Loughor: Foreshore Car Park

Directions: Go to the bend in A4240 where Corporation Road becomes Borough Road. Here, in front of 'Reverend James' Pub, follow Bwlch Road which then becomes Gwynfe Road. After ¼ mile, turn left into car park.

GR: SS 571 988

Wednesday 25th March**Spring is on the Wing**
*Brecon by bus followed by a pub lunch***Leader: Colin Warlow**

Tel: 01792-701984

6 miles**Moderate**

Description: Catch a bus to Brecon; then a 6 mile circular walk from Brecon after which we will visit the cathedral and have lunch in Brecon. Then bus back to Swansea.

Meet: **Meeting Place:** Registered Assistance Dogs Only
8.30 a.m. Swansea: Quadrant Bus Station

GR: SS 653 928

Saturday 28th March Cwm Pedol (Horseshoe Valley), Garnant**Leader: Al Evans****6 miles**

Tel: 01792-475521

Moderate

Description: Cwm Pedol is a beautiful valley with streams, woodland and wide open spaces with great views to neighbouring Brynamman, Gwaun Cae Gurwen and Glanamman. The last 15 minutes of the walk back to Garnant is on a cycle path. There are some ups and downs and a few small areas of mud/bog. Waterproof boots and/or gaiters recommended. Please note it is advised that this walk is unsuitable for dogs.

Meet: Meeting Place: Registered Assistance Dogs Only

10.00 a.m. Between Guildhall & Victoria Park

OR Postcode: SA1 4NP

GR: SS 643 924

11.00 a.m. Garnant: Car Park on Upper Station Road

Directions: *On main road through Garnant (A474), turn north down the hill into Upper Station Road (opposite Garnant Chemist). After going over the level crossing at the bottom of this short hill, take the second turning on the left into the car park (approximately 50 metres after the level crossing).*

GR: SN 687 133

Sunday 29th March**Sunday Short Walk****Leader: No volunteer today****Up to 8 miles**

Tel: 01792-580969 (Roger Brown)

B.S.T.: Clocks go forward

There should be a walk on the programme today but unfortunately nobody volunteered to lead it. If you think you could lead this walk, please contact Roger Brown at least ten days prior to the above date and we'll get the walk details emailed to members and displayed on the web site.

Monday 30th March**Swansea Valley Wildlife Trail*****One of a series of 'Easier walks with friends'*****Leader: Colin Warlow****4.5 miles**

Tel: 01792-701984

Easy/Moderate

Description: We will walk from the car park to cross the River Tawe and follow a cycle path to Cilmaengwyn. We will then re-cross the river and follow the Swansea Canal towpath through a Local Nature Reserve. There should be plenty of wildlife in this water and woodland habitat.

Meet: Meeting Place: Dogs remain on short leads

10.30 a.m. Pontardawe: Recreation ground car park just off the B4603.

Directions: *From Swansea, take the A4067 to Pontardawe and follow the A474 through 3 roundabouts. At the crossroads in the centre of Pontardawe go straight ahead at the traffic lights onto the B4603. Turn right 100 yards beyond Grove Road and follow a steep track to the car park.*

GR: SN 729 046



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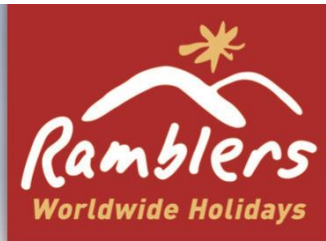
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