

Swansea Ramblers

*wrth galon cerdded
at the heart of walking*



y cerddwyr
ramblers cymru

Winter Programme



October 2021 to March 2022

www.swansearamblers.org.uk





Swansea Ramblers wish to thank our walk leaders for providing walks for this programme. Without volunteers, a programme of walks would not be possible. If any member would like to learn how to lead, please contact a walks coordinator.

Swansea Ramblers

www.swansearamblers.org.uk

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Front Cover Photograph: *Ascending Gelli Wastad near Clydach*

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About Swansea Ramblers

Swansea Ramblers, (*originally West Glamorgan Ramblers*) was formed in 1981. We always welcome new walkers to share our enjoyment of the countryside, socialise and make new friends. We organise long and short walks, (*varying from easy to strenuous*) across a wide area of South and Mid Wales, including Gower and Swansea.

Swansea Ramblers Website: www.swansearamblers.org.uk

On the website, you'll find lots of interest and photographs of previous walks. For many new members, this is their first introduction to our group and part of the reason they choose to walk with us.

Programme of walks: We have walks to suit most tastes. The summer programme runs from April to September and the winter programme covers October to March. A copy of the programme is supplied to members and can be downloaded from our website.

Evening short walks: These are about 2–3 miles and we normally provide these popular walks once a week in the summer.

Monday Short walks: These are 2–5-mile easier walks as an introduction to walking and prove popular with new walkers.

Weekday walks: We often have a midweek walk each week. The distance can vary from week to week, as can the day on which it takes place.

Saturday walks: We have a Saturday walk every week that is no more than 6 miles in length. Many new walkers find these a good introduction to the group and a great way to begin exploring the countryside.

Sunday medium & short walks: These occasional walks allow members to begin walking/increase their walking distances.

Sunday long walks: These are usually longer, more challenging walks for the experienced walker and explore some wonderful scenery.

Social events: These include events such as meals out or coach trips. This is a great way to meet and get to know your fellow walkers. Details are emailed to members nearer the time (*so please make sure you have added your email address at <https://www.ramblers.org.uk/login> and ticked the three consent boxes to allow us to contact you*).

Weekends away: These are very popular events and take place at least once a year. Details are emailed to members (*so please make sure you have consented as described above*).

Walking with us

Publicity photographs/video: Photographs and video are taken on most walks and may be used to publicise Swansea Ramblers on TV, internet and in periodicals such as: Evening Post, Swansea Life, etc. At the start of every walk, we will ask the group for verbal confirmation if they agree to appear in our publicity material. If you **do not wish to appear** in these publicity materials then please let the leader/photographer know **each time** you join a walk. Do not rely on the photographer remembering your preferences from a previous walk.

How do I start walking with Swansea Ramblers? Just come along on a walk! If you have a query, ring the leader first. Many people are put off by the thought of meeting a large group of strangers for the first time. Swansea Ramblers are a friendly group that welcomes new walkers, so just come along and walk with us.

Try out the shortest walks first and take it from there. You don't have to pre-book, just come along and enjoy. The Saturday six-mile walks (around three hours) are the most popular but if you prefer shorter walks, these are also available. The longer walks can be at a brisker pace so if you are unsure of your fitness level, just contact the leader first to discuss if the walk is suitable for you.

The first three walks with us are **FREE** so you can test us out and see if you like walking with us. If you do find you have enjoyed those walks and would like to do more, we will be pleased to invite you to become a member of our charity, (*which promotes walking for the wellbeing of the public*). Membership can be set up online from our website or you can ask us for a membership form. Your Ramblers area will be 'Glamorgan'.

Additional advice about joining a walk:

- Meeting for the walk - The meeting point of a walk may be given in the programme in addition to the start point. In exceptional circumstances, for example bad weather, 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 that the walk will go ahead.
- 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 possibility of bad weather 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 find yourself struggling and becoming exhausted.
- Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit.
- You will need suitable footwear, waterproofs and warm clothing, food and drink plus a small First Aid pack. Safety of members is always of paramount concern but 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 fellow walkers as well as yourself.

Minors on walks

Minors are welcome to join a walk if they are accompanied by an adult who will take responsibility for them for the entire time they are with us.

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 check with the leader.
- **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.

Using Public Transport

Members are encouraged to use public transport. Timetable Information: Traveline Cymru (Tel: 0871-200-22-33) or online at: <http://www.traveline-cymru.info/> and <http://www.baytrans.org.uk/>.

Car Sharing

Please note we cannot guarantee it will always be possible to provide a lift to the start of the walk, so we strongly recommend that if you are walking regularly with us, you pre-arrange to travel with a fellow walker.

If a driver is available to offer a lift to a participant without a car, we suggest a voluntary contribution is made to cover the costs of the driver. As a guide, we recommend a donation of £5 for a journey up to 20-miles and pro-rata for distances over that mileage. Where more than one individual accepts a lift in the same car, they may equally contribute to the suggested donation, so reducing the cost to the individual. Please ensure you bring with you a change of footwear and clothing to avoid mud being transferred to the interior of the car.

Please be aware: After a walk, the driver may intend EITHER to remain in the walk area to have refreshments & socialise with the group OR may wish to return home immediately after the walk, so please confirm and respect the driver's wishes before accepting a lift.

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. Please check the walk entry to see if dogs may come on a particular walk. Unfortunately, farm animals can be disturbed even by the presence of a well-behaved dog on a short lead, so it remains a leader's decision whether 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.** Please also note that the majority of footpaths in the countryside will at some point cross a number of stiles where it may be necessary for an owner to lift their dog over these stiles

Where we state '**Registered Assistance Dogs Only**', please contact the walk leader in advance to discuss your requirements. We can chat about whether the walk is suitable for a dog as it may sometimes be advisable to instead come with a companion, e.g., during the lambing season, (1st Dec. - 30th April) when it is not advisable to bring even registered assistance dogs if we pass through farmland.

Frequent Meeting/Start Points with Directions on Google

(The Ramblers App will navigate you to all our walks. See below)

Meeting Point and Google Sat Nav	What3Words	Grid Ref	Lat Lon
Cross Hands (<i>B&M Car Park: 2nd left off roundabout and turn right by chip shop</i>)			
https://goo.gl/maps/hDMn3RxJ3aosnLnX7	servants.inflates.lost	SN 563 131	51.798, -4.085
Cross Hands (<i>Heol Parc Mawr: North of Leeke's, DON'T Park by retail driveways</i>)			
https://goo.gl/maps/FshsVNt1jg12	woes.swaps.cornering	SN 568 128	51.796, -4.076
Cwm Clydach RSPB (<i>1M north on Vardre Rd., after New Inn bridge, turn sharp right</i>)			
https://goo.gl/maps/3kNficZKCtkBck4KA	manage.mole.hospital	SN 683 026	51.707, -3.907
Cwm Ivy (<i>Llanmadoc: Through the village and descend by the church</i>)			
http://goo.gl/maps/rqx5p	wiping.sleepy.sidelined	SS 440 935	51.619, -4.255
Dunvant (<i>Cycle path / Amenity site near playground</i>)			
http://goo.gl/maps/SGkj6	guides.skip.cult	SS 594 938	51.626, -4.032
Francis Street (see Guildhall)			
Go Outdoors (<i>Llansamlet: Enterprise Zone: Bran Close opposite Fendrod Inn</i>)			
http://goo.gl/maps/9nQTK	blame.rotate.tooth	SS 682 974	51.659, -3.906
Gowerton (<i>B4295 Car Park: West of the Commercial Inn/Railway Station</i>)			
http://goo.gl/maps/TO4zn	soccer.beam.define	SS 591 964	51.649, -4.037
Green Cwm (<i>Park Wood: Uphill on single track road behind Heritage Centre</i>)			
http://goo.gl/maps/uNdis	tastings.braced.protester	SS 538 896	51.586, -4.111
Guildhall (<i>In Francis Street between Guildhall & Victoria Park</i>)			
http://goo.gl/maps/BcNgB	woods.panic.aura	SS 643 923	51.613, -3.961
Gwyn Arms (<i>Long single track lane south of pub, DO NOT park near the pub</i>)			
http://goo.gl/maps/5lh9q	quiet.cherub.obtain	SN 846 165	51.835, -3.677
Killay (<i>Railway Inn: LIMITED PARKING - turn left before the ascent of hill on A4118</i>)			
http://goo.gl/maps/RGDpr	stuck.elder.badge	SS 598 923	51.613, -4.027
Penmaen (<i>Rose Cottage: Not named at site: LIMITED PARKING - south of A4118</i>)			
http://goo.gl/maps/CJrc6	failed.down.quits	SS 526 884	51.576, -4.128
Pontrhydyfen (<i>Rhyslyn: Take B4287 off A4107: Under viaduct turn right to car park</i>)			
https://goo.gl/maps/sFur4KP65e12	luxury.headless.armed	SS 800 942	51.633, -3.735
Rhosili (<i>National Trust Car Park</i>)			
http://goo.gl/maps/S9NYE	important.martini.unleashed	SS 414 880	51.569, -4.289
Tankeylake (<i>Grass Verge of moorland above Llangennith</i>)			
http://goo.gl/maps/4gd4l	comedians.embers.brightly	SS 435 916	51.601, -4.260

Finding a meeting point – Using the Ramblers App

Download the Ramblers App where all our walks are listed. Tapping the walk entry transfers the walk location to Google maps/Apple maps. Some car information systems allow the map and spoken directions to be transferred to the car display/speakers. The App and Ramblers GB website also display a map of the start/meet point (*GB is linked on the walk menu of our local website*). We do not recommend using Post codes for Sat Nav, as in the countryside, these cover a very large area. Also, websites such as gridreferencefinder.com/ convert location data into various formats.

Swansea Ramblers is part of the GB Ramblers Association

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: The Ramblers, 1 Clink Street, 3rd Floor, London, SE1 9DG.

What we do for walking in Swansea

Reporting blocked paths: We liaise with the council to resolve issues. If you find a blocked path you should first report it to the council and copy us in. See <https://www.swansea.gov.uk/rightsofwaymap> for the path number and contact details. If the issue is not resolved, let us know via footpathsAT*swansearamblers.org.uk. *(Replace AT with @)

We make a difference to our walking environment: We work with Swansea Council to ensure paths remain open for you to use and we have a regular team of volunteers who clear paths with the council throughout the year. Swansea Ramblers, as a walking charity, takes part in discussions to improve access to the countryside, encourages more people to improve their health by taking up walking and has been involved in creation of routes, e.g., Gower Way and Wales Coast Path.

Practical training: We are always happy to help you learn how to lead a walk. Occasionally, there are training courses available.

Keeping in touch with us

Receiving information from us: Every six months we send out the walks programme. We also email members with group information, such as social events, newsletters and any changes to walks. To receive these emails, you will need to have gone online (or phoned central office, 020 3961 3232) to give consent. Please ensure you tick all three contact boxes so we can keep in touch by email, post and telephone. Visit <https://www.ramblers.org.uk/login.aspx> to log in/setup your account.

This is a COVID Archive programme:

Walks are advertised online and below is a list of the walks we were able to do/hope to be able to do.

Please refer to the online list of walks for upcoming walks

SOCIAL DISTANCING: 2 metres to be observed during walk

Maximum participants: See listing

Participants to provide **contact telephone number for NHS tracing**

If you are thinking of joining the walk then **contact the leader with your name and contact details.**

If you decide on the day to come then **please hand your details to the leader at the start of the walk.**

Directions: *You can use the Ramblers App to navigate to these walks*

October

Saturday 2nd October

Llanmadoc Hill

Cancelled due to adverse weather

Leader: Morag Eddyshaw

6 miles

Tel: 07751-444535

Moderate

Description: From Cwm Ivy, we'll make a gradual ascent up Llanmadoc Hill from where, if the weather favours us, we should be able to enjoy views all round Gower.

We'll then descend the other side into the village of Llangennith before making our way to the coastal path to take us back to our starting point.

Meet: **Meeting Place:** Registered Assistance Dogs Only
11.00 a.m. Llanmadoc: Cwm Ivy Car Park (*Honesty box for parking charge*)
(*You can use the Ramblers App to navigate to this walk*)

Directions: *Drive through the village and descend by the church.*

What3Words: wiping.sleepy.sideline

GPS: 51.6185, -4.2547

Post Code: SA3 1DJ

GR: SS 440 935

Sunday 3rd October

Cefn Bryn and Horton

Cancelled due to adverse weather

Leader: Howard and Joan Siddle

12 miles

Tel: 07909-770708

Strenuous

Description: A very, varied walk, through heath, woodland and coast. We will take in Cefn Bryn, Mill Wood and Oxwich.

Meet: **Meeting Place:** Registered Assistance Dogs Only
9.30 a.m. Penmaen National Trust Car Park
(*You can use the Ramblers App to navigate to this walk*).

Directions: *Follow A4118 westward. After ascending from Parkmill, take 1st right at crossroads. Cross cattle grid and turn right into car park.*

What3Words: included.keyboard.forkful

GPS: 51.5786, -4.1208

Post Code: SA3 2HQ

GR: SS 531 887

Thursday 7th October

Social Event:

Wine Tasting, Quiz and Nibbles

Organiser: Myra Lewis

Cost £12 per head.

Tel: 07981-585640 or

01792-429804

Date Bookings Open:

22nd September

Date Bookings Close:

5th October

Description: The evening will be hosted by Cheers Wine Merchants who will provide the wines for tasting.

The 'Call my Bluff' quiz involves guessing which wine you have tasted from a list provided and then estimating the cost of the wine.

The cost of the social included free entry to the raffle. Our 'nibbles' will be bread and cheese to compliment the wine.

Meet: **Meeting Place:**

6.30 p.m. Swansea: St Mary's Church Rooms

For (Opposite New Look)

7.00 p.m. **What3Words:** towers.first.covers

GR: SS 656 929

Saturday 9th October

Clydach

Leader: Sue Aldrich / Lynne Esson

6 miles

Tel: 01792-845845 (LE)

Easy

07754-435221 (LE)

Description: We'll walk along the path to the canal in Clydach then along the canal bank to Trebanos, (*taking care to avoid the flying golf balls and crocodiles!*).

From there we return along the dismantled railway line to the RSPB Reserve.

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

11.00 a.m. Craig-cefn-parc: RSPB Reserve car park

(*You can use the Ramblers App to navigate to this walk*).

Directions: Head north on A4067 to Clydach then take the road to Craig-cefn-parc.

After passing the New Inn (on the right), bear left to cross the bridge and immediately turn right into the long narrow parking area.

What3Words: manage.mole.hospitals

GPS: 51.70664, -3.907403 **Post Code:** SA6 5TA

GR: SN 683 026

Sunday 10th October

Drygarn

N.B. The starting point and the distance have been changed

Leader: Tim Gronow

8 miles

Tel: 07710-231630

Strenuous

Description: A mountain and moorland walk to Drygarn and Gwesyn Valley

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

8.30 a.m. Cross Hands: B&M Car Park

Directions: *M4 west then A40 to Cross Hands roundabout. Turn left into Llandeilo Road then right into Retail Park*

What3Words: Leathers.spreads.punchy

GPS: 51.798, -4.085 **Post Code:** SA14 6SY **GR:** SN 563 131
OR

Start: **Starting Place:** Registered Assistance Dogs Only

10.00 a.m. Abergwesyn: *(Pass through town on way):* Car Park 3 miles
NW, on left of road.

Directions: *At Llanwrtyd Wells, after crossing bridge, follow signs for Abergwesyn by turning LEFT in front of the Neuadd Arms.*

In Abergwesyn, turn LEFT at Abergwesyn Cross and follow the Tregaron road for about 3 miles until river is crossed at Nant y Fedw. The car park is on left.

You can use the Ramblers App to navigate to this walk.

What3Words: shrubbery.brisk.horseshoe

GPS: 52.1857, -3.7076 **GR:** SN 83354 55542

Monday 11th October

Penygaer Hill Fort

One of a series of shorter walks with friends

Leaders: Pam and Les Lewis

3.5 miles

Ascent: 400 ft (120 m)

Tel: 01792-851101 or 07903-001043

Easy/Moderate

Description: We'll have a short climb up to the hill fort then a bit of country lane walking. We'll see a newly planted apple orchard before returning via Cold Harbour and the Morlais Valley (*with views over North Gower!*). There will be some stiles.

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

10.00 a.m. Penclawdd: West End playing fields car park
(You can use the Ramblers App to navigate to this walk).

Directions: *Off B4295 between Penclawdd and Crofty*

Bus route: 116 - 2 hourly service

What3Words: signified.timeless.mailings

GPS: 51.6402, -4.1225 **Post Code:** SA4 3RJ **GR:** SS 532 956

Saturday 16th October**Porthcawl****Leader: Gerti Axtmann****6 miles****Tel:** 01792-296418 / 07784-106531**Moderate****Description:** We'll start our walk at Newton. We'll then walk towards Nottage via two lakes and 'The Wilderness'.

From there we'll walk via a cycle path towards the Lock's Common. Here, we join the Wales Coast Path, walking back along the Rest Bay Beach towards Porthcawl Lighthouse, Sandy Beach and back to Beach Road via Trecco Bay.

At the end of our walk 'The Ancient Briton' is waiting for us!

Meet: **Meeting Place:** Dogs remain on short leads
11.00 a.m. Porthcawl: Beach Road
(You can use the Ramblers App to navigate to this walk).

Directions: Leave M4 at Junction 37 and drive towards Porthcawl. Follow the signs for Newton/Trecco Bay. Drive up Clevis Crescent towards Beach Road. Park your car after the Playground either left or right on Beach Road. Parking is free. At the beginning of Beach Road, you find 'The Ancient Briton' Pub on your right.

What3Words: exact.rattled.banquets**GPS:** 51.4840, -3.6775 **Post Code:** CF36 5NH **GR:** SS 836 774**Sunday 17th October****Penlle'r Castell***Superb views and a castle!***Leader: John France****9 miles****Tel:** 01792-547439 or 07719-829106**Strenuous**

Description: We head from Garnswllt Activity Centre to Pentwyn Mawr then join St. Illtud's Walk before reaching Penlle'r Castell. We'll then descend the road over Mynydd y Betws into the Amman Valley. A steepish climb will lead us across fields back to the cars.

N.B. This is exposed mountain terrain and the weather can change, so good waterproofs and boots are essential.

Meet: **Meeting Place:** Registered Assistance Dogs Only
9.30 a.m. Garnswllt Activity Centre (Limited Parking)
(You can use the Ramblers App to navigate to this walk).

Directions: M4: J36: Exit north for Felindre then in the village (at bottom of hill), turn right and ascend, using the left fork to follow the mountain road through Cwmcerdinen. Descend the mountain. Park in layby on left of the activity centre.

What3Words: modest.sulky.solutions**GPS:** 51.7583, -3.9865 **GR:** SN 629 088

Tuesday 19th October**Pumsaint****Leader: Tim Gronow****9 miles****Tel:** 07710-231630**Moderate/Strenuous****Description:** A woodland and farmland walk around the Cothi Valley.**Meet:** **Meeting Place:** Registered Assistance Dogs Only

9.30 a.m. Cross Hands: B&M Car Park

Directions: *M4 west then A40 to Cross Hands roundabout. Turn left into Llandeilo Road then right into Retail Park***What3Words:** Leathers.spreads.punchy**GPS:** 51.798, -4.086 **Post Code:** SA14 6SY **GR:** SN 563 131
OR**Start:** **Starting Place:** Registered Assistance Dogs Only10.30 a.m. Pumsaint: National Trust Car Park (*behind Tourist Information Centre*).**Directions:** *You can use the Ramblers App to navigate to this walk.***What3Words:** timer.surviving.folk**GPS:** 52.047 -3.961 **Post Code:** SA19 8UW **GR:** SN 65641 40581**Saturday 23rd October****Pennard****Leader: Dave Stephens****6 miles****Tel:** 07864-020630**Easy/Moderate****Description:** Come and join Dave on a circular walk over to Pennard Castle and Pobbles Bay. We'll return via Pennard Cliffs to the car park. (*N.B. The ascent from the beach onto the cliff path involves walking uphill on soft sand – not difficult but a little more effort!*).**Meet:** **Meeting Place:** Dogs remain on short leads11.00 a.m. Southgate: Pennard Cliffs: National Trust Car Park (Charge).
(*You can use the Ramblers App to navigate to this walk.*)**What3Words:** neatly.strutted.stumps**GPS:** 51.5671, -4.0877 **GR:** SS 555 874

Saturday 30th October

Kenfig National Nature Reserve

Leader: Joanna & Mike Craddock

6 miles

Tel: 07870-549588

Easy/Moderate

Description: A walk through the nature reserve with fine views of coast and country.

This reserve is considered one of the best habitats for wildlife in Wales and forms part of the last remnant of a very extensive dune system that once linked the River Ogmore with Gower.

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

11.00 a.m. Kenfig: Nature Reserve car park

(You can use the Ramblers App to navigate to this walk).

Directions: *M4:J38: take first exit onto A48 and pass Margam Country Park. Take first right onto B4283, (signposted for Porthcawl 6M and Kenfig Industrial Estate). After 2 miles, turn right at cross roads and follow brown tourist duck signs to the reserve.*

What3Words: umbrellas.hurry.prompting

GPS: 51.5157, -3.7276

Post Code: CF33 4PR

GR: SS 802 810

November

Monday 1st November

Secret Suburban Swansea

4: Derwen Fawr and Sketty

One of a series of shorter walks with friends

Leader: Richard Beale

4 miles

Tel: 07505-974986

Easy/Moderate

Description: We will be walking around some of the less well-known parts of the area but you will have to turn up to find out more!

Parts may be muddy, so bring appropriate footwear.
There are no public toilets on this walk.

Potential new members are very welcome.

Estimate finish time: 12.15 p.m.

Meet: **Meeting Place:**

Dogs remain on short leads

10.00 a.m. Ynys Newydd Road Car Park

(You can use the Ramblers App to navigate to this walk).

Directions: *The car park is at the end of Ynys Newydd Road (off Derwen Fawr Road). This free parking area is to the left, just before the entrance to Derwen Fawr recycling centre.*

What3Words: tribe.going.encounter

GPS: 51.6050, -3.9998

GR: SS 616 914

Tuesday 2nd November

Pumsaint

Leader: Tim Gronow

9 miles

Tel: 07710-231630

Moderate/Strenuous

Description: A woodland and farmland walk around the Cothi Valley.

Meet: **Meeting Place:**

Registered Assistance Dogs Only

9.30 a.m. Cross Hands: B&M Car Park

Directions: *M4 west then A40 to Cross Hands roundabout. Turn left into Llandeilo Road then right into Retail Park*

What3Words: Leathers.spreads.punchy

GPS: 51.798, -4.086

Post Code: SA14 6SY

GR: SN

563 131

OR

Start: **Starting Place:**

Registered Assistance Dogs Only

10.30 a.m. Pumsaint: National Trust Car Park (*behind Tourist Information Centre*).

Directions: *You can use the Ramblers App to navigate to this walk.*

What3Words: timer.surviving.folk

GPS: 52.047 -3.961

GR: SN 65641 40581

Saturday 6th November**Autumn in Dinefwr****Leader:** Myra Lewis**4 miles****Tel:** 07981-585640**Easy/Moderate****Description:** A gentle stroll through Coed y Castell Woods with beautiful views overlooking the town of Llandeilo (*the colours of autumn may still be seen*).

Lunch will be just below the castle entrance where there is a wonderful panorama along the Towy Valley. On our return journey we will pass the abandoned old church, dedicated to St. Tyfei.

Meet: **Meeting Place:**

Dogs remain on short leads

11.00 a.m. Llandeilo: Car Park (charge) *on the right of the main street*
(*You can use the Ramblers App to navigate to this walk*).**Directions:** *In the main street, turn right at cross roads into Crescent Road then right for the car park.***What3Words:** ahead.decompose.arrive**GPS:** 51.883, -3.991**Post Code:** SA19 6HJ**GR:** SN 630 224**Sunday 7th November****Llanmadoc & Hardings Downs****Leader:** Mark Wolle**10 miles**

Ascent: 1,300 ft (400 m)

Tel: 07557-478789**Strenuous****Description:** From Cwm Ivy, down through the woods to the salt marsh and follow the estuary to Landimore.

Cross to Burry Pill and follow the course to Stembridge.

Follow old tracks over to Hardings Down then over to the Bulwark for wonderful views. Stroll back down to your car.

Meet: **Meeting Place:**

Dogs remain on short leads

9.30 a.m. Llanmadoc: Cwm Ivy Car Park – (*Charge, Honesty Box*)**Directions:** (*You can use the Ramblers App to navigate to this walk*).**What3Words:** wiping.sleepy.sidelined**GPS:** 51.6185, -4.2547**Post Code:** SA3 1DJ**GR:** SS 430 935**Sunday 14th November****Remembrance Day Walk****- To a Lancaster Bomber****Leader:** Tim Gronow**10 miles****Tel:** 07710-231630**Strenuous****Description:** An open-moorland walk to the crash site of Lancaster W4929 which came down in the Brecon Beacons on 5th September 1943.**Meet:** **Meeting Place:**

Registered Assistance Dogs Only

9.00 a.m. Between Guildhall and Victoria Park

(*You can use the Ramblers App to navigate to this walk*).**What3Words:** woods.panic.aura**GPS:** 51.613, -3.961**Post Code:** SA1 4PN**GR:** SS 643 923

Monday 15th November

Lluast Mountain

One of a series of shorter walks with friends

Leader: Mike Clarke

3.5 miles

Tel: 07837-411220

Moderate

Description: A beautiful circular walk from the now closed Craig Cefn Parc School.

We'll walk up to and across the Lluast. There will be magnificent valley & mountain views throughout!

Meet: **Meeting Place:**

Dogs remain on short leads

10.00 a.m. Craig Cefn Parc: Outside School

(You can use the Ramblers App to navigate to this walk).

Directions: Head north on A4067 to the Glais/Clydach roundabout. Turn left, passing the Vale-Mond Nickel Factory. Cross two mini-roundabouts in Clydach to drive 2 miles up Vardre Road to Craig Cefn Parc. Go past the New Inn and continue on the ascent. Take the right fork to the closed school at Craig Cefn Parc. Park in layby opposite school (nearby on-street parking also available).

What3Words: asset.wand.ballroom

GPS: 51.7153, -3.9190

Post Code: SA6 5TQ

GR: SN 674 036

Thursday 18th November

Llanwrtyd Wells

Leader: Tim Gronow

4 miles

Tel: 07710-231630

Moderate

Description: A woodland and farmland walk around Llanwrtyd Wells.

Outbound train:

Catch 09.08 Milford Haven train from Swansea (09.13 at Gowerton).

Change at Llanelli for 09.51 Heart of Wales Train.

Ticket:

Bus Passes can be used on this route.

Book return ticket to Llanwrtyd Wells.

Return train:

Return on 16.26 direct train.

Arrive Gowerton: 18.01

Arrive Swansea: 18.15

Meet: **Meeting Place:**

Registered Assistance Dogs Only

9.08 a.m. Swansea Railway Station: **Board 09.08 train** at Swansea High Street. *(Alternatively, board at Gowerton or any station on Heart of Wales Line)*

Directions: **N.B. We will meet on the train so allow enough time to purchase ticket and board the 09.08 train.**

Please check train times for any late changes to the timetable.

What3Words: pass.vocal.select

GPS: 51.6252, -3.9410

Post Code: SA1 1NX

GR: SS 657 936

Sunday 21st November**Mud, Mud, Glorious (Gower) Mud****Leader: Karen Gibbs****11 miles**

Tel: 07748-349264

Moderate

Description: A walk through some Gower woodlands to enjoy the autumn colours, using some seldom-walked routes and some old favourites – one twice! Some paths **will be muddy** so gaiters recommended, poles could be helpful.

Meet: Meeting Place:

Registered Assistance Dogs Only

9.30 a.m. Penmaen Car Park

Directions: *Follow A4118 through Parkmill, up the hill and on entering Penmaen turn right before Church and over cattlegrid.*

What3Words: befitting.winter.digesting**GPS:** 51.5787, -4.1210**GR:** SS 531 887**Monday 22nd November****Colin's Meander Around****The City Centre***One of a Series of Shorter Walks with Friends***Leader: Colin Warlow****4 miles**

Tel: 07856-233312

Easy Access

Description: We will visit The Vetch Community Garden, the Promenade and the Marina. An easy walk on hard surfaces and no hills.

Meet: Meeting Place:

Dogs remain on short leads

10.00 a.m. Swansea: Bus station outside Greggs.

What3Words: value.retain.much**GPS:** 51.6174, -3.9463**GR:** SS 653 927

Saturday 27th November**Margam and the Pulpit Walk****Leader:** Lucy Davies**6 miles****Tel:** 07772-784492**Moderate**

Description: Come and enjoy extensive views over Margam Country Park as we make our way to the pulpit high above the Victorian mansion. If we are lucky, we may see some deer as we go along. If we have a clear day, once we get to the Pulpit Viewpoint we will have views over to Devon, Somerset and the Gower Peninsula.

Meet: **Meeting Place:**

11.00 a.m. Between Guildhall and Victoria Park

*(You can use the Ramblers App to navigate to this walk).***What3Words:** crazy.dusty.salsa**GPS:** 51.6134, -3.9614**Post Code:** SA1 4PN**GR:** SS 642 923**Start:** **Starting Place:**

Registered Assistance Dogs Only

11.40 a.m. Margam: Country Park Car Park (£6.60 Charge per car)

(You can use the Ramblers App to navigate to this walk).

Directions: *M4: Head east to JCT 38, sign posted Margam: 1st exit onto A48: After about 500 yards on A48, the entrance is on the left. Follow the long drive until you reach the car park.*

What3Words: pods.tiny.wired**GPS:** 51.5606, -3.7302**GR:** SS 801 860**Sunday 28th November****Cefn Gwrhyd****Leader:** Robert Johnston**11.5 miles****Tel:** 07776-080834**Strenuous**

Description: We shall traverse Cefn Gwrhyd. From Pen Rhiw Fawr, head to Ystalyfera then walk via the former route of the Swansea Vale Railway and the Swansea Canal Towpath.

Meet: **Meeting Place:**

Registered Assistance Dogs Only

9.30 a.m. Pontardawe: Roadside parking, 1st left off roundabout on A4067 (just north of Pontardawe)

Directions: *Take A4067 to Pontardawe. Continue over 1st roundabout by Tesco to stay on A4067. At next roundabout, take the 1st left to park on this road.*

What3Words: squirted.agreement.division**GPS:** 51.72786, -3.83705**Post Code:** SA8 3HZ**GR:** SN 732 048

Monday 29th November

**Colin's Meander Around
The Enterprise Zone**

One of a Series of Shorter Walks with Friends

Leader: Colin Warlow

4 miles

Tel: 07856-233312

Easy Access

Description: We will visit Fendrod Lake, the Swansea.com Stadium and the River Tawe.

Meet:

Meeting Place:

Dogs remain on short leads

10.00 a.m. Swansea: Enterprise Zone: Go Outdoors Car Park

What3Words: fork.spoke.marble

GPS: 51.6598, -3.9069

GR: SS 682 974

December

Saturday 4th December

Llanmadoc

Leader: Dave Stephens

6 miles

Tel: 07864-020630

Moderate

Description: From Cwm Ivy, we'll drop down the hill to the nature reserve and follow a circular route around to the lighthouse, along the beach and pick up the footpath back to Cwm Ivy.

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

11.00 a.m. Llanmadoc: Cwm Ivy Car Park (*Honesty box for parking charge*)
(*You can use the Ramblers App to navigate to this walk*)

Directions: Drive through the village and descend by the church.

What3Words: wiping.sleepy.sidelined

GPS: 51.6185, -4.2547

GR: SS 440 935

Sunday 5th December

Llantwit Major and Nash Point

Leader: Howard and Joan Siddle

10 miles

Tel: 07909-770708

Strenuous

Description: Along the Glamorgan Heritage Coast Path to Nash Point (via *St. Donat's and Marcross*) using stretches of coast path and inland fields.

Opportunities to see the staggering cliffs around the light house and the chance (remote!) to find a dinosaur!

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

9.30 a.m. Llantwit Major: Visitor Centre Car Park

(*You can use the Ramblers App to navigate to this walk*).

What3Words: irrigated.mermaids.proposals

GPS: 51.4075, -3.486

Post Code: CF61 1UG

GR: SS 967 687

Saturday 11th December **Cwm Tawe, Cwmdu and Llangiwg****Leader: Mike Clarke****6 miles****Tel:** 07837-411220**Moderate**

Description: A fascinating woodland and riverside walk from Pontardawe, along the Tawe then to Llangiwg Church via Cwmdu, the Upper Clydach River and Pontardawe Golf Course.

Returning via Alltycham Woods and the Swansea Canal.

Meet: **Meeting Place:**

Dogs remain on short leads

11.00 a.m. Pontardawe: Lidl car park

What3Words: headrest.areas.risky**GPS:** 51.7183, -3.8509**Post Code:** SA8 4EQ**GR:** SN 722 037**Sunday 12th December****Fan Gyhirych****Leader: Tim Gronow****9 miles****Tel:** 07710-231630**Strenuous**

Description: A hill walk to summit of Fan Gyhirych

Meet: **Meeting Place:**

Registered Assistance Dogs Only

9.00 a.m. Between Guildhall and Victoria Park

What3Words: woods.panic.aura**GPS:** 51.613, -3.961**Post Code:** SA1 4PN**GR:** SS 643 923

OR

Start: **Starting Place:**

9.50 a.m. Upper Swansea Valley: A4067: Pont Nant y Moch layby

(You can use the Ramblers App to navigate to this walk).

Directions: Head north on A4067. Layby is on east side of road between Craig y Nos and Crai.

What3Words: done.twinkled.arch**GPS:** 51.861 -3.645**Post Code:** SA9 1GS**GR:** SN 86793 19293

Wednesday 15th December

Pontardawe Circular

Leaders: Chris Barton & Elaine Reed

6 miles

Tel: 07976-833538 (CB)

Moderate

& 07790-605550 (ER)

Description: We'll walk north along the cycle track to Glantawe Riverside Park then follow the Swansea Canal back to Pontardawe.

Next, we head up Cwm Du to visit the Glanrhyd Plantation. We follow the old railway line to Trebanos and back along the canal/cycle path to the Gwachel. The walk includes one short but steep climb which is mainly on steps but can be muddy.

Meet: **Meeting Place:**

Dogs remain on short leads

10.00 a.m. Pontardawe: On-street parking area on the old bridge beyond the Pontardawe Inn (Y Gwachel).

(Use the Ramblers App to navigate to within 300 feet of pub access).

Directions: From Ynysforgan Roundabout (M4: J45) follow signs for A4067 Pontardawe, Ffordd Cwm Tawe and follow this road for approx. 4 miles.

At the roundabout, shortly after the pedestrian bridge, (with Tesco superstore on your left), take the 2nd exit, signposted Pontardawe/Neath A474.

At the second roundabout, take the 4th exit, signposted Neath A474.

At the third roundabout take the 4th exit, signposted M4 Swansea/Town Centre to stay on the A474 (and return towards the previous roundabout).

In 350ft, take the first left, (shortly before the roundabout), to descend the entrance for the Pontardawe Inn.

Drive through the car park, bear left, (past the side of the pub) and turn right onto the old bridge, below the flyover where there is a free parking area.

What3Words: transmitted.valued.umpires

GPS: 51.7175, -3.8472

Post Code: SA8 3AD

GR: SN 724 036

Saturday 18th December**Pwll Du, Caswell & Bishopswood****Leader: Clive Scott****6 miles****Tel:** 07771-976987**Moderate****Description:** We will walk through the village and into Bishopston Valley (*it is likely to be a little muddy in parts*).After a lunch break on the beach at Pwll Du, we will follow the coast path past Brandy Cove and onto Caswell Beach (*for a coffee break*).

We'll return to Murton through Bishopswood, passing the ruins of St. Peter's Chapel.

*Afterwards, we will go for refreshments in The Joiners, Bishopston.***Meet: Meeting Place:**

Dogs remain on short leads

10.30 a.m. Between Guildhall and Victoria Park

What3Words: super.apron.player**GPS:** 51.6134, -3.9614 **Post Code:** SA1 4PN**GR:** SS 642 923**Start: Starting Place:**

11.00 a.m. Murton Green Car Park

*PLEASE SHARE CARS, IF POSSIBLE, AS PARKING COULD BE LIMITED IF MURTON FOOTBALL TEAM ARE AT HOME***Directions:** From Swansea, follow Oystermouth Road in the direction of Mumbles. At Blackpill, turn right to ascend the Mayals (B4436). Continue straight on for 2 miles then turn left at the junction for Murton. The car park will be on your right.**What3Words:** believer.soak.tearfully**GPS:** 51.5838, -4.0417 **Post Code:** SA3 3AT**GR:** SS 586 891**Sunday 26th December****Walk in winter****N.B. Two walks today****Popular South Gower Beaches****A Boxing Day Walk -1***If you do not have enough time for the full walk, why not join us at Langland - for the walk to Caswell and back (just 3 miles!)***Leader: Clive Scott****6 miles****Tel:** 07771-976987**Easy/Moderate****Description:** Enjoy the scenic South Gower Coast Path from Bracelet, visiting the bays at Limeslade, Rotherslade, Langland and Caswell.Unfortunately, COVID may mean the cancellation of the Langland annual Boxing Day swim! We'll find out nearer the day! (*We won't be swimming!!*)*If you do not have enough time for the full walk, why not join us at Langland - for the walk to Caswell and back (just 3 miles!)***Meet: Meeting Place:**

Dogs remain on short leads

10.15 a.m. Bracelet Bay: Car Park area near Limeslade

*N.B. Parking charges apply.**(You can use the Ramblers App to navigate to this walk).***What3Words:** departure.dearest.pepper**GPS:** 51.5660, -3.9826 **Post Code:** SA3 4JT**GR:** SS 627 871

Sunday 26th December

N.B. Two walks today

Walk in winter

**Popular South Gower Beaches
A Boxing Day Walk -2**

Leader: Clive Scott

Tel: 07771-976987

3 miles

Easy/Moderate

Description: A 3-mile walk for those who do not want to do the full 6 mile walk from Bracelet.

You can join the other walkers who started an hour earlier.

Meet us in Langland and walk just the middle 3 miles along the scenic South Gower Coast Path from Langland to Caswell and back.

Meet: 11.15 a.m. **Meeting Place:** Langland Bay: Lifeguard Hut: (To the East of the Car Park)

N.B. Parking charges apply. - Car Park GPS: 51.5682, -4.0141

(You can use the Ramblers App to navigate to car park for this walk).

What3Words: wound.parsnip.somebody

GPS: 51.5683, -4.0105

Post Code: SA3 4QR

GR: SS 608 874

January

Saturday 1st January

Walk Your Way in Winter:

New Year's Day

Clyne: Gardens, Country Park

- (and Active Travel??)

Peter's Birthday Walk

Leader: Peter Jones

6 miles

Tel: 07840-542048

Easy/Moderate

Description: Join the birthday boy to celebrate the new year with a walk (*hangover optional*) and make your resolution to walk more in 2022 with Swansea Ramblers!

[Walk Your Way in Winter!](#) #WalkYourWay

Peter will take us through Clyne Gardens then enter Clyne Country Park to show us the new Active Travel path which has been so controversial.

We'll then follow the tramway to the brickworks and the spine path then ascend to Keepers Cottage. The higher path will lead us back to the start.

Most of the route is on good paths but be prepared for some mud!

[See some photographs](#) of this walk recce.

After the walk, we'll drive down to the Woodman to enjoy refreshments and wish Peter many happy returns!

Meet: Meeting Place:

Dogs remain on short leads

11.00 a.m. Clyne Gardens: Dogs Cemetery at St. Catwg Walk Entrance

Directions: *From Mumbles Road at Blackpill, ascend Mayals Road then turn right into Westport Avenue. On-street parking (Not in St Catwg Walk).*

What3Words: still.prop.fleet

GPS: 51.5967, -4.0068

Post Code: SA3 5ED

GR: SS 611 905

Monday 3rd January

Limeslade and Mumbles Hill

One of a series of shorter walks with friends

Leader: Karen Gibbs

4 miles

Tel: 07748-349264

Easy/moderate

Description: Over to Limeslade along the Wales Coast Path and back via Mumbles Hill.

Meet: Meeting Place:

Registered Assistance dogs only

10.00 a.m. Mumbles: Car park off Newton Road at the top of Underhill Park

(You can use the Ramblers App to navigate to this walk).

Directions: From Mumbles go up Newton Road and carry straight on after the school and traffic lights. Turn left into the car park when you reach the top of the park.

Bus route: Number 2 stops nearby opposite Oystermouth School.

What3Words: useful.mixed.hack

GPS: 51.5731, -4.0111

Post Code:

GR: SS 607 879

Saturday 8th January**Copper Quarter****Leader: Christine Rees****4 miles****Tel:** 01792-403547**Easy/moderate**

Description: A walk that explores the history of Swansea along the River Tawe corridor from the Morfa Copperworks area and back using prepared paths with some steps.

Meet: Meeting Place:

Dogs remain on short leads

11.00 a.m. Morfa: White Rock Car Park

Directions: *Car Park is on opposite side of the River Tawe from the Morfa Park and Ride. Use the slipway west from the roundabout south of Swansea.com (Liberty) Stadium (not the roundabouts by Swansea.com Stadium).*

What3Words: gives.tribune.area**GPS:** 51.6369, -3.9333**GR:** SS 663 949**Sunday 9th January****Graig Fawr and Cefn Drum1****Leader: Karen Gibbs****10.5 miles****Tel:** 07748-349264**Moderate**

Description: An open moorland walk in the hills above Pontarddulais. Paths could be muddy and wet - gaiters recommended.

Meet: Meeting Place:

Registered Assistance Dogs Only

9.30 a.m. **Pontarddulais:** Caecaerrig Road, lay-by outside Pontarddulais Comprehensive School.

Directions: From Swansea take the A48 St.Teilo Street towards Pontarddulais town centre. Look out for New Adnan Tikka takeaway on your right. Turn right here and follow Glyn Llwhwr Road to the end then turn right into Caecerrig Road follow this until you see the school and lay-by on your left.

What3Words: negotiators.manage.confetti**GPS:** 51.7164, -4.0340**GR:** SN 595 039**Monday 10th January****Crofty and Llanmorlais***One of a series of shorter walks with friends***Leaders: Pam and Les Lewis****4 miles****Tel:** 01792-851101 or 07903-001043**Easy/Moderate**

Description: We'll join the Wales Coast Path around Salthouse Point to 'The Lynch' before a climb to Wern Common.

We'll walk along an old railway track then ascend to Hermon Capel with a return via Graig y Coed. Good views of Burry Inlet and Carmarthen Coast.

Meet: Meeting Place:

Dogs remain on short leads

10.00 a.m. Penclawdd: West End playing fields car park

Directions: *Off B4295 between Penclawdd and Crofty***Bus route:** 116 - 2 hourly service**What3Words:** signified.timeless.mailings**GPS:** 51.6402, -4.1225**Post Code:** SA4 3RJ**GR:** SS 532 956

Sunday 16th January To Burry Holms Island - and Beyond!

Leader: John France

11 miles

Tel: 07719-829106

Strenuous

Description: The walk is timed to reach Burry Holms (*the tidal island at the tip of Rhosili Bay*) at Low Tide which will be about 11.30 a.m.

On the island there are the remains of an Iron Age hillfort and a medieval hermitage.

Weather permitting, there are lovely views over the bay.

We then pass through the dunes and along the cliffs before returning via Llangennith and Rhosili Downs.

Meet: **Meeting Place:** Registered Assistance Dogs Only
9.30 a.m. Rhosili: National Trust Car Park (charge)

What3Words: important.martini.unleashed

GPS: 51.569, -4.2897 **Post Code:** SA3 1PR **GR:** SS 414 880

Monday 17th January Secret Suburban Swansea

5. Killay

One of a Series of Shorter Walks with Friends

Leader: Richard Beale

4 miles

Tel: 07505-974986

Easy/Moderate

(Estimated finish time: 12.30 p.m.)

Description: We will be walking though part of Clyne Valley Country Park and some of the lesser-known parts of Killay.

We'll start with a bit of history about World War 2.

Come along and find out more.

Meet: **Meeting Place:** Dogs remain on short leads
10.00 a.m. **Killay:** St. Hilary's Church: *Gower Road on-street parking*

Public Transport: Bus 20 departing 9.20 a.m. from Swansea Bus Station. *Alight opposite Black Boy Public House and walk along Gower Road towards Upper Killay. (Check for last minute timetable changes).*

What3Words: cuts.speeds.heat

GPS: 51.6158, -4.0223 **Post code:** SA2 7DZ **GR:** SS 600 927

Saturday 22nd January**Pwll Du and Bishop's Wood****Leader:** Morag Eddyshaw**6 miles****Tel:** 07751-444535**Moderate**

Description: We'll pass through Bishop's Wood to Caswell before heading round to Pwll Du and then back to Murton taking in part of Bishopston Valley on the way. There will definitely be some mud and one or two short steep sections, so don't forget your walking pole!

Meet: **Meeting Place:**

Dogs remain on short leads

11.00 a.m. Murton Green Car Park

Directions: *From Swansea, follow Oystermouth Road in the direction of Mumbles. At Blackpill, turn right to ascend the Mayals (B4436). Continue straight on for 2 miles then turn left at the junction for Murton. The car park will be on your right. (You can use the Ramblers App to navigate to this walk)*

What3Words: believer.soak.tearfully**GPS:** 51.5838, -4.0417**Post Code:** SA3 3AT**GR:** SS 586 891**Sunday 23rd January****Cefn Bryn and Horton****Leader:** Howard and Joan Siddle**12 miles****Tel:** 07909-770708**Strenuous**

Description: A very, varied walk, through heath, woodland and coast. We will take in Cefn Bryn, Mill Wood and Oxwich.

Meet: **Meeting Place:**

Registered Assistance Dogs Only

9.30 a.m. Penmaen National Trust Car Park

(You can use the Ramblers App to navigate to this walk).

Directions: *Follow A4118 westward. After ascending from Parkmill, take 1st right at crossroads. Cross cattle grid and turn right into car park.*

What3Words: included.keyboard.forkful**GPS:** 51.5786, -4.1208**Post Code:** SA3 2HQ**GR:** SS 531 887

Monday 24th January

Exploring The Coastal Area West of Gowerton

One of a Series of Shorter Walks with Friends

Leader: Peter Jones

Tel: 07840-542048

4 miles

Easy/moderate

Description: We will take an inland route to the Rake and Riddle Public House then back along the Wales Coast Path to Gowerton.

Meet: **Meeting Place:**

Dogs remain on short leads

10.00 a.m. **Gowerton:** Main car park near Commercial Hotel (off B4295)

What3Words: nets.stamp.frozen

GPS: 51.6490, -4.0373

Post Code: SA4 3BP

GR: SS 591 964

Wednesday 26th January

Llanrhidian Circular

Leader: Huw Davies & Gary Evans

8 miles

Tel: 01792-411952 (HD)

Moderate

and 07751-090755 (GE)

Description: A circular walk including Farmland, Estuary, Churches and Castles.

Meet: **Meeting Place:**

Registered Assistance Dogs Only

10.30 a.m. **Llanrhidian:** Mill Lane (*Roadside parking near St Illtud's Church and Welcome to Town Pub*).

(You can use the Ramblers App to navigate to this walk).

What3Words: cable.directive.eyeful

GPS: 51.6089, -4.17109

Post Code: SA3 1EH

GR: SS 497 922

Sunday 30th January

Resolven Roundabout

Leader: Karen Gibbs

11 miles

Tel: 07748-349264

Moderate/Strenuous

Description: Climbing out of Neath Valley onto Sarn Helen, we will walk the ridge before descending to the Canal towpath.

A quick view of Melincourt Waterfall, then follow St. Illtud's Walk back to the cars.

Meet: **Meeting Place:**

Registered Assistance Dogs Only

9.30 a.m. **Resolven:** Car park near the loos (*now Cordell's Café*) on the B4434. (Turn left off A465 roundabout).

What3Words: headrest.redefined.already

GPS: 51.7137, -3.7006

GR: SN 826 030

Saturday 29th January

Coast and Hills of Llanmorlais and Penclawdd

Leader: Pam & Les Lewis

5.5 miles

Tel: 01792-851101 or 07903-001043

Moderate

Description: We'll join the Wales Coast Path around Salthouse Point before a climb to Wern Common.

We'll then walk along an old railway track before ascending to Llottrog via Hermon Chapel.

We'll also explore the paths behind Penclawdd with their views over Burry Inlet and Carmarthen Coast.

There will be mud so gaiters and poles would be advisable!

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

11.00 a.m. Crofty: Industrial Estate: New Road: Opposite Jason's Tyres

(You can use the Ramblers App to navigate to this walk)

Directions: Follow North Gower Road (B4295) westward through Penclawdd. After passing the playing fields on the left, take the first right into New Road (Crofty Industrial Estate).

Jason's Tyres and the Coast Path footpath are on the right side of the road. Park opposite, not blocking the access to the unit.

What3Words: clothed.flocking.plunge

GPS: 51.6381, -4.1301

Post Code: SA4 3RS

GR: SS 526 954

Sunday 30th January

Resolven Roundabout

Leader: Karen Gibbs

11 miles

Tel: 07748-349264

Moderate/Strenuous

Description: Climbing out of Neath Valley onto Sarn Helen, we will walk the ridge before descending to the Canal towpath.

A quick view of Melincourt Waterfall, then follow St. Illtud's Walk back to the cars.

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

9.30 a.m. Resolven: Car park near the loos (*now Cordell's Café*) on the B4434. (Turn left off A465 roundabout).

What3Words: headrest.redefined.already

GPS: 51.7137, -3.7006

GR: SN 826 030

Monday 31st January

Southgate

One of a Series of Shorter Walks with Friends

Leader: Mike Clinch

4 miles

Tel: 07970-878393

Easy/Moderate

Description: A walk that takes in a variety of terrain, including the fields around Southgate, the golf course, Pennard Castle, views of Three Cliffs Bay as well as the cliffs on the coastal path.

After heavy rain, some paths may be muddy, so gaiters are advised. There are also several stiles to negotiate.

Meet: 10.00 a.m. **Meeting Place:** Registered Assistance Dogs only
Southgate: National Trust Car Park: (*Charge but free for National Trust members with their card*).

What3Words: entry.flush.reserve

GPS: 51.5669, -4.0876 Post code: SA3 2DH

GR: SS 554 874

February

March

