

Swansea Ramblers

*wrth galon cerdded
at the heart of walking*

Winter Programme



y cerddwyr
ramblers cymru

October 2020 to March 2021

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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Sunday (short)

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Front Cover Photograph: *Descending into Bishopston Valley*

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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 have one 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 and these are a great way to begin exploring the countryside. Many new walkers find these a good introduction to the group.

Sunday medium & Figure of Eight 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? 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 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 start point of a walk is usually given in the programme in addition to the meeting 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 make yourself miserable and exhausted.
- Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit.
- 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.

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 plan/attend walks using public transport. Information from Traveline Cymru (Tel: 0871-200-22-33) and 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 and 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 unless we do not pass through farmland, it is not advisable to bring even registered assistance dogs.

Frequent Meeting/Start Points with Directions on Google

Meeting Point and Google Sat Nav	Post Code	Grid Ref	Lat Lon
Cefn Bryn (<i>Arthur's Stone: Rough parking on top of Cefn Bryn</i>)			
http://goo.gl/maps/54OSf	SA3 1AE	SS 490 900	51.589, -4.180
Civic Centre (<i>formally County Hall, AND NOT Guildhall</i>)			
https://goo.gl/maps/94sYZ	SA1 3SA	SS 653 923	51.614, -3.946
Cross Hands (<i>B&M Car Park: 2nd left off roundabout and turn right by chip shop</i>)			
https://goo.gl/maps/hDMn3RxJ3aosnLnX7	SA14 6RD	SN 563 131	51.798, -4.085
Cross Hands (<i>Heol Parc Mawr: North of Leekes, DON'T park by retail driveways</i>)			
http://goo.gl/maps/FshsVnt1jg12	SA14 6RE	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	SA6 5TA	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	SA3 1DJ	SS 440 935	51.619, -4.255
Dunvant (<i>Cycle path / Amenity site near playground</i>)			
http://goo.gl/maps/SGkj6	SA2 7TB	SS 594 938	51.626, -4.032
Go Outdoors (<i>Llansamlet: Enterprise Zone: Bran Close opposite Fendrod Inn</i>)			
http://goo.gl/maps/9nQTK	SA7 9DE	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	SA4 3BP	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	SA3 2EH	SS 538 896	51.586, -4.111
Guildhall (<i>In Francis Street between Guildhall & Victoria Park</i>)			
http://goo.gl/maps/BcNgB	SA1 4NP	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	SA9 1GP	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	SA2 7DS	SS 598 923	51.613, -4.027
Llanrhidian (<i>Dolphin Inn: turn north and downhill near petrol station</i>)			
http://goo.gl/maps/C9qV9	SA3 1ER	SS 497 923	51.609, -4.172
Penmaen (<i>Rose Cottage: Not named at site: LIMITED PARKING - south of A4118</i>)			
http://goo.gl/maps/CJrc6	SA3 2HJ	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	SA12 9RU	SS 800 942	51.633, -3.735
Rhossili (<i>National Trust Car Park</i>)			
http://goo.gl/maps/S9NYE	SA3 1PP	SS 414 880	51.569, -4.289
Tankeylake (<i>Grass Verge of moorland above Llangennith</i>)			
http://goo.gl/maps/4gd4l	SA3 1JT	SS 435 916	51.601, -4.260

Finding a non-frequent meeting point

Grid refs can be converted to Post Codes or Lat/Lon using websites such as gridreferencefinder.com/. Also, our website links to the GB website where a detailed map of our start and meeting points can be viewed.

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. Contact details and the number of the path can be obtained from <https://www.swansea.gov.uk/rightsofwaymap>. 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 we have been involved in creation of walking routes such as the Gower Way and the 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 post out the walks programme. We also email members with group information, such as details of social events, newsletters, the walks programme and any last minute 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 to your account or to set one up.

This is a COVID Archive programme:

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

October

Saturday 3rd October **Three Crosses**

Leader: Michael Clinch

Tel: 07970-878393

6 miles

Moderate

SOCIAL DISTANCING: 2 metres to be observed during walk

Maximum participants: 30

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

Booking method: email: mikeclinch@aol.com

Bookings open: Saturday 19th September

Bookings close: Friday 2nd October at 8pm

Description: We will initially follow part of the Gower Way through fields and woodland south of Gowerton before crossing the golf course. There should be wonderful views across Loughor Estuary.

Meet: **Meeting Place:** Registered Assistance Dogs Only
11.00 a.m. Three Crosses: Community Centre: Gowerton Road: Near
junction with Chapel Road. (*use nearby on-road parking*).

Google Sat Nav: <https://goo.gl/maps/AvXKv4G7RftPNVaAA>

What3Words: career.leathers.ghosts

GPS: 51.6289, -4.0624

GR: SS 573 943

Monday 5th October

**Secret Suburban Swansea
1: Lland and Newton**

One of a series of shorter walks with friends

Leader: Richard Beale

Tel: 07505-974986

2.5 miles

Easy

SOCIAL DISTANCING: 2 metres to be observed during walk

Maximum participants: 20

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

Booking method: email r.beale1@gmail.com

Bookings open: Monday 28th September 2020

Bookings close: Sunday 4th October 2020 at 5 p.m.

Description: Come and explore the lesser known parts of Lland and Newton.

Meet: **Meeting Place:** Dogs remain on short leads
10.00 a.m. Mumbles: Car park at the top of Underhill Park (free)

Directions: *From Mumbles take Newton Road straight on past Oystermouth School and at the top of the Park turn left into the car park. (Bus route 2 is nearby)*

What3Words: outlines.contoured.responds

GPS: 51.573, -4.011

GR: SS 607 879

Wednesday 7th October

Penclawdd

Leader: Mike Clinch

8 miles

Tel: 07970-878393

Moderate

SOCIAL DISTANCING: 2 metres to be observed during walk

Maximum participants: 30

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

Booking method: email mikeclinch@aol.com

Bookings open: Wednesday 23rd September 2020

Bookings close: Tuesday 6th October at 8pm

Description: A circular route beginning with an amble along the old railway line before heading uphill towards Three Crosses.

A stroll through the village and community woodland leads to a short section of The Gower Way before heading downhill across fields back to Penclawdd.

Hopefully the weather will be fine enough to enjoy fine views of the Loughor Estuary.

Meet: **Meeting Place:** Registered Assistance Dogs Only
11.00 a.m. Penclawdd Car Park (opposite Roma Fish Bar)

What3Words: state.automate.recruiter

GPS: 51.6430,-4.1043

GR: SS 545 959

Saturday 10th October

**The Battle of Gower Memorial Stone,
Garngoch**

Leader: Peter Jones

Tel: 07840-542048

**6 miles
Moderate**

SOCIAL DISTANCING: 2 metres to be observed during walk

Maximum participants: 30

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

Booking method: email: peterlj0nes@yahoo.com (or text/phone)

Bookings opens: Saturday 26th September

Bookings close: Friday 2nd October at 8pm

Description: We'll journey from Gowerton to Garngoch along some lesser used paths that reveal a truly rural side of an area you think just consists of houses and car showrooms!

At Garngoch Common, we will visit the memorial to the Welsh victory over the Norman forces in 1136 A.D. when many warriors on both sides lost their lives during a bloody battle and after which the Welsh army was victorious. The area ran red with blood and is thought this is why the word 'goch' (red) was added to the name of the common. A large memorial stone was erected here a few years ago to commemorate this historic event.

Meet: **Meeting Place:** Registered Assistance Dogs Only
11.00 a.m. Gowerton Car Park near Commercial Inn

Directions: B4295 Car Park: West of the Commercial Inn & Railway Station

Google Sat Nav: <http://goo.gl/maps/TO4zn>

What3Words: nets.stamp.frozen

GPS: 51.649, -4.037 **Post Code:** SA4 3BP

GR: SS 591 964

Monday 12th October

Three Crosses

One of a series of shorter walks with friends

Leader: Mike Clinch

Tel: 07970-878393

4 miles

Moderate

SOCIAL DISTANCING: 2 metres to be observed during walk

Maximum participants: 30

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

Booking method: email mikeclinch@aol.com

Bookings open: Monday 28th September 2020

Bookings close: Sunday 11th October 2020 at 8 p.m.

Description: A circular route, beginning with a short stroll through the village. Then across the Common to Dunvant before returning via the Gower Way.

Meet: 10.00 a.m. **Meeting Place:** Three Crosses: Community Centre: Gowerton Road: Registered Assistance Dogs Only

Directions: *Near junction with Chapel Road. (Limited parking at the centre, when full, use nearby on-road parking).*

Google Sat Nav: <https://goo.gl/maps/AvXKv4G7RftPNVaAA>

WhatWords: career.leathers.ghosts

GPS: 51.6289, -4.0624

GR: SS 573 943

Wednesday 14th October

Cwm Ysgiach & Mynydd y Gwair

Leader: Karen Gibbs

Tel: 07748-349264

9 miles

Moderate

SOCIAL DISTANCING: 2 metres to be observed during walk

Maximum participants: 20

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

Booking method: email: Karen.gibbs@talktalk.net

Bookings open: 5th October 2020

Bookings close: 13th October 2020 at 5 p.m.

Description: First lead of a new walk from the reservoirs up a little-known valley and up to the upland of Mynydd y Gwair. Good views if weather permits.

Meet: 10.00 a.m. **Meeting Place:** Lliw Reservoir car park Registered Assistance Dogs Only

Directions: From M4 junction 46, follow brown signs to Reservoirs

What3Words: stung.splits.finders

GPS: 51.713,-3.955

GR: SN 649 033

Saturday 17th October

N.B. Two walks today

A Figure of Eight Walk

(for beginners AND regulars!)

Begin walking with Swansea Ramblers on a short stroll, either in the morning or afternoon (*or come on both walks*). Regular walkers can do both walks to enjoy a combined distance of about 6 miles. **If you intend to do both walks, make sure you book on each one.**

Meeting Points: See walk lists for meeting points

Parking Place:

Llansamlet: Blawd Road

Directions: (Roadside parking between roundabout of Tregof and roundabout of Walters Road)

What3Words: weep.drew.brain

GPS: 51.666, -3.899

GR: SS 688 981

Saturday 17th October

N.B. Two walks today

Llansamlet

The morning walk

Part 1 of a Figure of Eight Walk

Leader: Andrew Morgan

Tel: 07719-409504

3 miles

Easy

SOCIAL DISTANCING: 2 metres to be observed during walk

Maximum participants: 30

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

Booking method: email preferred: andrew.rmorgan@hotmail.co.uk

If you intend to do both walks, make sure you book on each one

Bookings open: Saturday 3rd October 2020

Bookings close: Friday 16th October 2020 at 8 p.m.

Description: A short walk following registered and unregistered paths across a former industrial area reclaimed by nature.

We'll circle round on an old tramway and into woodland. A riverside path alongside the Fendrod brings us to Nant y Fendrod Pond.

Here in an area that feels like you are in the middle of a park, we'll stop for lunch. The lunch stop may be shorter or longer than usual so that we are ready for the afternoon walk

For those not doing the afternoon walk, we are only 5 minutes from the cars.

Meet: 11.00 a.m. **Meeting Place:** Llansamlet: At parking place above. Dogs remain on short leads

Saturday 17th October
N.B. Two walks today

Llansamlet
The afternoon walk
Part 2 of a Figure of Eight Walk

Leader: Andrew Morgan
Tel: 07719-409504

3 miles
Easy

SOCIAL DISTANCING: 2 metres to be observed during walk
Maximum participants: 30

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

Booking method: email preferred: andrew.rmorgan@hotmail.co.uk

If you intend to do both walks, make sure you book on each one

Bookings open: Saturday 3rd October 2020

Bookings close: Friday 16th October 2020 at 8 p.m.

Description: From the pond we'll make our way to the River Tawe and explore an area which is now part of the flood relief for Swansea.

We'll discover more ponds before entering the southern section of the reserve on a newly replaced boardwalk.

A varied walk and easily accessible from the centre of Swansea.

Parking Place: Llansamlet: Blawd Road: (See above)

N.B. Meeting point is 5 minutes' walk west from parking place

From the parking place, walk westward in the direction of ASDA. Pass the roundabout at the entrance to Tregof and you quickly meet up with the morning walkers, north of the road at Nant y Fendrod Pond which is part of the Swansea Vale Nature Reserve.

Meet: Meeting Place: Dogs remain on short leads
12.45 p.m. Llansamlet: At Nant y Fendrod Pond

GPS: 51.669, -3.903

What3Words: mental.clips.ratio

GR: SS 685 984

Sunday 18th October

Cwm Clydach

Leader: John France

10 miles

Tel: 01792-547439 or 07719-829106

Strenuous

SOCIAL DISTANCING: 2 metres to be observed during walk

Maximum participants: 30

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

Booking method: email: j.france@swansea.ac.uk

Bookings open: Tuesday 6th October

Bookings close: Saturday 17th October 2020 at 8 p.m.

Description: Fields, fell and steep valleys. Industrial remains, two chapels and the famous Llechart Burial Mound. There will be some steep, short up and down hill passages with some rough terrain. The valleys can be muddy.

Meet: 10.00 a.m. **Meeting Place:** Cwm Clydach RSPB Nature Reserve Car Park SA6 5TA
Registered Assistance Dogs Only

Directions: Take A4067 (Swansea Valley Road). Turn left at roundabout for Clydach. Straight across at cross-roads (for 1 mile) onto Vardre Rd (which becomes Lone Road). Down a steep hill, (go past New Inn on right), cross bridge and immediately turn right onto single track road (not uphill on main road).

Google Sat Nav: <https://goo.gl/maps/3kNficZKctkBck4KA>

What3Words: fittingly.abode.difficult

GPS: 51.707. -3.907

GR: SN 682 026

Monday 19th October

Lliw Reservoirs

One of a series of shorter walks with friends

Leaders: Pam and Les Lewis

4 miles

Tel: 01792 851101

Easy

SOCIAL DISTANCING: 2 metres to be observed during walk

Maximum participants: 20

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

Booking method: email pamandleslewis@icloud.com

Bookings opens: Wednesday 7th October

Bookings close: Sunday 18th October at 5 p.m.

Description: A walk within the City and County of Swansea. At the start of the walk, there are toilets and a café. This will be an easy walk on tarmac, following the service road between the lower and upper reservoir. Across the expanse of water, we'll have views of open moorland, forestry and the wind farm on Mynydd Y Gwair.

Meet: **Meeting Place:** Dogs remain on short leads
10.00 a.m. **Felindre:** Lower Lliw Reservoir car park

Directions: *From M4: J46, head north, sign-posted Felindre. Follow brown signs to the reservoirs. Just before the descent into Felindre Village, turn sharp right and drive for approximately a mile. Turn left onto the reservoir access road.*

What3Words: stung.splits.finders

GPS: 51.713,-3.955

GR: SN 649 033

Wednesday 21st October

Morrison, urban and rural

Leaders: Delyth Williams and Elaine Reed

5.5 miles

Tel: 07407-322669 & 07790-605550

Easy/Moderate

SOCIAL DISTANCING: 2 metres to be observed during walk

Maximum participants: 15

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

Booking method: email: Elaine at silverej56@gmail.com

Bookings open: 12th October

Bookings close: 20th October at 5 p.m.

Description: A circular walk including parkland, pavements, a couple of stiles, country lanes, possibly very muddy - waterproof footwear strongly advised!

25 minute lunch stop at the Plough & Harrow where teas/coffees/cold drinks can be bought to sit outside.

Meet: **Meeting Place:** Dogs remain on short leads
11.00 a.m. Morrison: SA6 7QQ: Junction of Mynydd Garnllwyd Road and Windermere Road (on-street parking).

What3Words: bikes.tells.couple

GPS: 51.6607, -3.934

GR: SS 663 975

November - March

Lockdown: Friday 23 October to Monday 9 November

Restrictions continue regarding the numbers of people meeting up.

Restrictions lifted Monday 26th April 2021, allowing groups of 30 to meet outside.

