

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

Chair

John France

Chair@SwanseaRamblers.org.uk

Tel: 01792-547439

Vice Chair

Vacant

Vicechair@SwanseaRamblers.org.uk

Tel: TBC

Secretary

Catryn Edwards

Secretary@SwanseaRamblers.org.uk

Tel: 07967-146654

Footpaths

Bob Denley

Footpaths@SwanseaRamblers.org.uk

Tel: 01792-371248

Membership

Peter Jones

Membership@SwanseaRamblers.org.uk

Tel: 07840-542048

Publicity

Richard Beale

Publicity@SwanseaRamblers.org.uk

Tel: 07505-974986

Social Secretaries

Myra Lewis

Joanna Craddock

Socials@SwanseaRamblers.org.uk

01792-429804

01269-851005

Walks:

Evenings

Andrew Morgan

Karen Gibbs

Evenings@SwanseaRamblers.org.uk

Tel: (AM) 07719-409504

(KG) 07748-349264

Mondays (short strolls)

Richard Beale

ShortStrolls@SwanseaRamblers.org.uk

Tel: 07505-974986

Saturdays (short & long)

Lynne Esson

Saturdays@SwanseaRamblers.org.uk

Tel: 01792-845845

Sunday (long)

Rob Johnston

Sundays@SwanseaRamblers.org.uk

Tel: 07776-080834

Sunday (short)

Andrew Morgan

Sundays@SwanseaRamblers.org.uk

Tel: 07719-409504

Weekdays

Julia Robson

Midweek@SwanseaRamblers.org.uk

Tel: 01792-371428

Front Cover Photograph: *Ascending Gelli Wastad near Clydach*

v05-Nov

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 Ciydach 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: 11.00 a.m. **Meeting Place:** Porthcawl: Beach Road
 Dogs remain on short leads
(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: 9.30 a.m. **Meeting Place:** Garnswllt Activity Centre
 Registered Assistance Dogs Only
 (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 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 **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: 11.00 a.m. **Meeting Place:** Kenfig: Nature Reserve car park

Registered Assistance Dogs Only

(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

Tel: 07505-974986

4 miles

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: 11.00 a.m. **Meeting Place:** Llandeilo: Car Park (charge) *on the right of the main street*
(*You can use the Ramblers App to navigate to this walk*).

Dogs remain on short leads

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****Tel:** 07557-478789

Ascent: 1,300 ft (400 m)

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: 9.30 a.m. **Meeting Place:** Llanmadoc: Cwm Ivy Car Park – (*Charge, Honesty Box*)

Dogs remain on short leads

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: 9.00 a.m. **Meeting Place:** Between Guildhall and Victoria Park
(*You can use the Ramblers App to navigate to this walk*).

Registered Assistance Dogs Only

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: 10.00 a.m. **Meeting Place:** Craig Cefn Parc: Outside School

Dogs remain on short leads

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

Registered Assistance Dogs Only

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: 10.00 a.m. **Meeting Place:** Swansea: Enterprise Zone: Go Outdoors Car Park
Dogs remain on short leads

What3Words: fork.spoke.marble

GPS: 51.6598, -3.9069

GR: SS 682 974

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