



## **RAMBLERS' GROUP NEWS – APRIL 2016**

The 2015/2016 winter programme draws to a close, during which both walking and social activities have again been very successful. The Wednesday walks have averaged 40 walkers whilst the weekend walks have averaged 15 walkers. Weather wise, the early part of the programme was wet and muddy, thankfully during March with a few exceptions the weather has been colder and drier.

The most attended walk was the Annual Cawl Walk in Pembrey Country Park: 71 walkers led by Alwyn Williams did a 6mile D grade walk on a cold bright sunny day. Following which the group retired to Diane Cunnick's premises where we were served delicious helpings of cawl, fresh bread and cheese finished off with welsh cakes, all prepared and served by Dianna and Jeff Davies.

February's social took the form of a Darts Night held at the Llanelli Soccer Club, excellent buffet also included. There were 11 teams each with 4 players; each team member threw 3 darts per round, over 2 rounds and the 4 teams with the highest aggregate score went into a semi-final of 2 rounds again the highest aggregate deciding who went into the final. The exciting final was contested between Ann's Arrows and Dianna's Dynamo's with Ann's Arrows taking the spoils of the contest.

March's social was a presentation of the Cambrian Way Long Distance Walk by Ann Maudsley and Jeff Davies which was undertaken by Llanelli Ramblers during 2013/2014 & 2015.

Our final social of the current programme, is a Skittle's Night on Friday 8<sup>th</sup> April 2016 at Poacher's Rest Ferryside. If the other socials are anything to go by, the evening will be very enjoyable; keen skittles supported by a curry and excellent companionship. For further info: Contact Clive: 01554777920

### **Summer Programme**

Generally speaking, there has been a good response to the call for walks, but there are still a few vacant slots – if you have a walk to offer just ring John M. on 01792 298354.

The picture for weekend walks in October is a little muddled, but this will become clear, once a decision is made regarding the date of the annual "Beating of the Bounds". Keep an eye on the website and on your e-mail updates over the next few weeks.

Thanks to everyone who has submitted a walk – without you, there would be no programme.

### **St Illtyd's Way – Re-launch: Saturday 30<sup>th</sup> April**

Over the last 12 months, a Ramblers' Working Party, steered by Swansea's Richard Beale, has been instrumental in pushing the three County Councils along the route of St Illtyd's into updating and improving the signage, stiles etc. Now that work is complete, a re-launch of this long-distance path is to take place on 30<sup>th</sup> April, when members of Llanelli, Swansea and Neath Port Talbot Ramblers will walk the entire length of the route in seven stages as part of a joint venture.

The Way was devised by one of our founder members, Colin Davies, and it was felt that a re-launch would be a fitting tribute to his efforts. Various guests and officials, including members of Colin's family will be at the re-launch in Pembrey CP. Everyone is welcome to attend, not just those taking part in the walk – the more the merrier.

### **What's On – Summer 2016**

There's walking aplenty this summer: Thursday evenings, monthly tea walks, away days and weekends away. Wot no brewery visit? We also have our regular annual events such as the Festival in May and the Summer Camp in August. Leaving aside a brewery visit, our long-standing projects like Offa's Dyke and the SW Coast Path continue to be well-supported, whilst Hannah's Wales Coastal Path venture reaches a finale in October.

Special this year, is a trip to Lundy and a celebratory walk to mark Mary and Jim's Golden Wedding Anniversary. Free transport and a finish in the Cresswell Arms – well-worth the £10 for a Hog Roast buffet. Where were you on September 24<sup>th</sup>? Still stuck in the brewery?

Finally, the rumoured bothy venture is scheduled for two days in October. The location to be revealed shortly. This outing will be embedded in an away day event to enable those to take part, who may not be totally convinced of the delights of a bothy stay overnight. For those, there will be rooms in inns and all manner of other hostelries. Keep an eye on the web for more updates.

**Monday Homers & Roamers** walks programme(s) can be found on our web site.

### **Festival of Walks:**

All the walks and walk leaders are now in place with risk assessments composed. This year the theme is 'The Valleys ' with exciting walks in the Rhondda and Cothi Valley.

There are also walks in Pembrokeshire ,and two local walks both finishing at Ffos Las Racecourse.

The Big Welsh Walk which has traditionally taken place at the beginning of May has now been merged with the Festival's Family Walk on 30th May-- Bank Holiday Monday. Please come along and support walk 15 on the programme. Bring your children, grandchildren, great grandchildren..... and if you are unable to walk get them to push you in buggies!

The printed Programme is now in the process of being posted to past visitors, and to various groups around the U K. But if anyone is doing any travelling or knows people who might be interested in the Festival, please spread the word. We have brochures left if you require them.

In the past all programmes were posted courtesy of the County Council, but this year they are in total disarray with very little support on offer, so Llanelli Rambler members will have theirs delivered by hand to save on costs.

The Friday Festival Get- Together, is in the Selwyn Samuel Centre- which has been given free of charge. Please come along to ensure the event gets a resounding launch. It Starts at 8.00pm

Dawne of Cotswolds Carmarthen will be in attendance together with Roger whose expertise has helped many a Llanelli Rambler find the right boot.

Cotswolds have promised to donate a backpack for the free draw and there will also be a few items for sale on the night.

## **PLEASE SUPPORT YOUR FESTIVAL**

**Other issues:** Walking during the summer months can bring different issues; one that is becoming more common are bites from **"TICKS"** As someone who has had the unfortunate experience of been bitten by a tick, which resulted in my calf being lanced, followed by a month's course of anti-biotics and two months of daily treatment I would advise the following:

When and where are ticks prevalent?

Areas with long grass or scrub are home to ticks. Ticks prefer dense vegetation or long grass in moist areas and are normally found in gardens, woodlands and parks where there are deer, rabbits or hares in late spring, summer and autumn. This is why people who enjoy outdoor activities such as walking, hiking, camping, horse-riding and off-road cycling are more likely to get a tick bite.

### **How can I prevent tick bites?**

As vaccines are not available for preventing many of the infections transmitted through tick bites, prevention measures to avoid getting tick bites are important if living in or travelling to a tick-prone area. These include:

Wearing long-sleeved shirts as well as long trousers tucked into socks or shoes; choose light-coloured fabrics to make it easier to spot ticks,

Consider applying insect repellents; DEET-containing preparations will deter ticks+ carry a tick removal tool which can be obtained from a Chemist or Vet.

Inspect your skin often; also inspect any young children with you - ticks are usually above waist level on children. Once indoors, make a thorough inspection, inspecting the scalp and warm areas such as the back of the neck at the hair line, the arm pits, behind the knees, in the groin area and under folds of skin such as at the waist.

Taking a shower or bath will reduce the risk, and check any clothes that were worn.

If you take a pets with you, also check them for ticks.