

HOW TO BOOK

To book your festival weekend, please study the programme and complete the booking form **stating clearly in the appropriate box the number(s) of the walk(s) you have chosen** (e.g. Walk 4). Each person's choice should be listed individually. Walks are priced at **£6 per person per walk**, or **£15 per person for 3 walks. However, there is one exception. Walk 15** is priced at **£2 per adult**, or **£12 per person for 3 walks. There is no charge for children on Walk 15.** The price of walks covers all administration and transport to the start and back to Llanelli.

For any queries please phone
Eirwen **01554 770268** or Nina **01554 810979**
or e-mail: festival@llanelliramblers.org.uk

It is advisable to book promptly as numbers are limited to 25 people per walk. Closing date for bookings is **19th May 2017**. Cancellation will incur a **£2** administration charge. No refunds can be made for cancellation after the closing date.

When you have completed the booking form and cheque – made payable to Llanelli Festival of Walks – please forward to:

**Llanelli Festival of Walks,
27 The Avenue, Llanelli, SA14 9DW**

Participants are advised to arrange their own insurance to cover any loss, damage, accident or injury to people or their property, as the Llanelli Group of the Ramblers' Association cannot accept responsibility.

From the Ramblers' Association on advice from their insurance company: *"All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. In spite of the safety of members always being the paramount concern, accidents will occasionally occur. It is important, therefore, that when entering into the activity, each member appreciates that they have a responsibility to identify the hazards associated with the activity and take all reasonable steps to eliminate or minimise the potential for an accident to arise."*

INSURANCE

I wish to take part in the Llanelli Festival of Walks

Name:

Address:

Postcode:

Telephone number/email address:

Name(s) of other adult(s):

Name(s) and age(s) of child/children:

I wish to reserve ___ place(s) @ £6 per person per walk *and/or* ___ place(s) @ £15 or £12 per person for 3 walks. (Please see section 'How To Book' on the left.)

£____
£____

I wish to reserve ___ place(s) for ___ child/children for Family Walk 15.

No charge

| | Sat 27 May | Sun 28 May | Mon 29 May |
|---|---------------|---------------|---------------|
| My choice of walks: | | | |
| Choice(s) of walk(s) of other adult(s): | | | |

My choice of walks:

Choice(s) of walk(s) of other adult(s):

MONDAY 29 MAY 2017: WELSH TEA

I/we wish to reserve ___ place(s) at £4.00 per person

£____

TOTAL AMOUNT DUE:

Please enclose a cheque made payable to **LLANELLI FESTIVAL OF WALKS.**

£____

I will be attending the Friday night get-together.

YES / NO

Visitors:- How did you hear about our Festival?

- Llanelli Ramblers' website
- "walk" magazine
- Have visited previously



Festival of Walks

Spring Bank Holiday
26th - 29th May 2017



llanelliramblers.org.uk

ACCOMMODATION

Please choose and arrange your own accommodation. The list below may help. A comprehensive list can be obtained from the Tourist Board website: visitwales.com

HOTELS:

Ashburnham Hotel. Tel: 01554 834343 / 834455
ashburnham-hotel.co.uk ★★★

Coastal Park Private Hotel. Tel: 01554 755357
coastalpark.co.uk ★★★★★

The Diplomat Hotel. Tel: 01554 756156
diplomat-hotel-wales.com ★★★

Hotel Miramar. Tel: 01554 754726
Station Road, Llanelli. ★★

The Stradey Park Hotel. Tel: 01554 758171
stradeyparkhotel.com ★★★★★

Llanelli Central Travelodge. Tel: 08719 848484
travelodge.co.uk

Premier Inn. Tel: 0870 8506392
premierinn.com

GUEST HOUSES:

Adeline Guest House. Tel: 01554 832407
adelineguesthouse.co.uk

Four Seasons B & B. Tel: 01554 833367
fourseasonspembrey.co.uk ★★★

Llwyn Hall. Tel: 01554 777754
llwynhall.com

Southmead Guest House. Tel: 01554 758588
southmeadguesthouse.co.uk ★★

The Lodge. Tel: 01554 773790
Penyfai Lane, Llanelli. SA15 4EH ★★★★★ (n/a Sat night)

CARAVAN SITES:

Gateway Caravan Park. Tel: 01554 771202
Gowerton Caravan Club Site. Tel: 01792 873050
Pembrey Caravan Park. ★★★★★ Tel: 01554 834369

SELF-CATERING:

Awel y Don. Tel: 07950 404126
www.holidaylettings.co.uk/rentals/llanelli/4694567

Halfway Cottages. Tel: 07792 272188
halfwaycottages.co.uk



The Festival organisers appreciate the support received from the following:



**Cyngor Gwledig
LLANELLI
Rural Council**



**Cyngor Tref
LLANELLI
Llanelli Town Council**



**Cyngor Tref Pen-bre a Phorth Tywyn
Pembrey & Burry Port Town Council**



**Anyone Waiting
Telephone: 01554 773751
Enquiries@Anyone-Waiting.com**



**Cotswold Outdoor
Unit 5, St. Catherine's Walk
Carmarthen**



**Gwynne Price Transport
Telephone: 01554 810217**



**Mike Clarke Printing
9 South Avenue Llanelli
Telephone: 01554 755321**

A few points to bear in mind

- Buses depart from the Selwyn Samuel Centre/Leisure Centre car park at the times stated on the programme. You are advised to arrive at least 10 minutes before departure.
- Please wear suitable clothing and footwear and ensure you have a waterproof and food and drink.
- Walk leaders have the authority to refuse to accept any walkers considered to be inadequately equipped.
- The programme may be changed in unforeseen circumstances.

TOGETHER

A moment to pause. Breathing in clear air. Sharing interests and conversations as you ponder the hills ahead. We have your passion for exploring worldwide and in the UK.

Book a great value holiday:
ramblersholidays.co.uk
or call **01707 386804**

Choose any of our holidays and we'll contribute funds through **The Walking Partnership** to your group. Just tell us their name when you book.

Walking holiday partner

FRIDAY 26TH MAY 2017
20.00 HRS

Get together and briefing at The Selwyn Samuel Centre, Park Crescent, Llanelli, where a bar will be available. (If you miss this, any relevant information will be available at the start of your first walk.)

N.B. See "A few points to bear in mind" overleaf.

SATURDAY 27TH MAY 2017

WALK 1 Bus 08.45 hrs
SOURCE OF THE RIVER AMAN

From Cefn Bryn Brain, we walk to the collecting grounds of the Aman Fawr, following the Beacons Way to the summit of Foel Fraith to enjoy the Towy Valley scenery, and onwards to the viewpoint on Carn Fadog. We then follow an old tramway south to the River Twrch, finishing in the village of Cwmtrwrch.

10 miles, strenuous (Llanelli Ramblers Grade B)

LEADER: John Evans 01792 864259

WALK 2 Bus 08.45 hrs
LLYGAD LLWCHWR

Enjoy a lovely walk in beautiful Carmarthenshire. The route takes us over a varied landscape including farmland, moorland and woodland with fantastic views of both the Aman and the Cennen Valley and also the majestic Carreg Cennen Castle, finishing close to the source of the Afon Llwwchwr

6.5 miles, moderate (Llanelli Ramblers Grade C+)

LEADER: David Clementson 01792 884777

WALK 3 Bus 09.00 hrs
NEATH WATERFALLS

Possibly the best waterfalls walk in the UK! Enjoy walking in the area where the rivers Mellte, Hepste, Pyrddin and Nedd plunge over a series of waterfalls. The most exciting part of the walk takes us behind the great sheet of water at Sgwd yr Eira. The walk is lengthy and quite energetic with plenty of ascents and muddy paths!

9.5 miles, fairly strenuous (Llanelli Ramblers Grade B)

LEADER: Theresa Howells 07974 757806

SUNDAY 28TH MAY 2017

WALK 6 Bus 08.45 hrs
SOURCE OF THE USK, TWRCH, GIEDD AND TAWE RIVERS

A challenging walk into the remotest parts of the Carmarthen and Brecon Fans, along some lengths of the Cambrian Way, passing near the sources of four rivers. Some strenuous ascents and descents *en route*, but well rewarded with some of the finest scenery in Wales.

10 miles, strenuous (Llanelli Ramblers Grade B+)

LEADER: John Davies 01792 864525

WALK 7 Bus 08.45 hrs
SOURCE OF THE CRAI AND TAWE RIVERS

This pleasant walk starts at Crai Reservoir and takes in riverside, farmland and country lanes before entering Glasfynydd Forest. We leave the forest by way of a short but very steep climb up onto Moel Feity where we enjoy magnificent views of the Carmarthen and Brecon Fans and beyond to the Black Mountains, crossing Moel Feity above the source of the Tawe before a steady descent to the walk's end.

7 miles, fairly strenuous (Llanelli Ramblers C+)

LEADER: Pat Pope 01792 881057

WALK 8 Bus 09.00 hrs
STACKPOLE CHURCH TO ST GOVAN'S CHAPEL

Fitting for a Sunday we start at Church and end at Chapel! Both Church and Chapel look down on water but of contrasting volumes. Come and join us for this scintillating saunter of the senses through 'unnatural' woodland, tamed gardens, manmade waterways and wild natural coastline. Walking this gem-laden route on firm, well-trodden paths is guaranteed to raise your spirits. Bring your cameras!

9 miles, moderate (Llanelli Ramblers Grade C+)

LEADER: Mike Williams 01269 832624

MONDAY 29TH MAY 2017

WALK 11 Bus 08.45 hrs
SOURCE OF THE LLYNFI, GARW AND OGMORE RIVERS

From Nantyffyllon, this delightful walk takes us to the sources of three rivers and rewards us with tremendous views looking down the Garw and Ogwr Valleys. We may be fortunate to see birds of prey and ravens flying above us as we proceed along the cliff edge of Craig Ogwr, finishing at a viewpoint with spectacular views across the Rhondda Valleys.

7 miles, fairly strenuous (Llanelli Ramblers Grade B)

LEADER: Jeff Davies 01554 833099

WALK 12 Bus 08.45 hrs
GLYNCORRWG – SOURCE OF THE CORRWG FECHAN

From Glynccorrwg, we make a steady ascent to the top of the valley above the source of the Corrwg Fechan. Following forestry paths, we emerge onto the Coed Morgannwg Way with extensive views of the valleys below us. Later we join St Illtyd's Way before descending on forestry roads and clear, grassy paths, soon reaching the edge of Corrwg Ponds and finishing at the Mountain Bike Centre.

7 miles, moderate (Llanelli Ramblers Grade C+)

LEADER: Rob Davies 01554 753596

WALK 13 Bus 09.00 hrs
LLANSTEFFAN 1

This sleepy hamlet, situated on the banks of the Tywi estuary, is the start of a varied walk taking in a ruined 12th Century castle, an 18th Century mansion, a 12th Century church and St Anthony's Holy Well. On rounding Wharley Point we are treated to fine views of Laugharne and the Taf Estuary.

8 miles, moderate (Llanelli Ramblers Grade C+)

LEADER: Marilyn Williams 01639 761153

WALK 4 Bus 09.00 hrs
AFON NEDD FECHAN WATERFALLS

This is an interesting and popular walk through waterfall country, largely alongside the Afon Nedd Fechan. The path takes us through ancient woodland and ferns, sometimes well above the river. We pass old mine entrances where coal and silica were mined in the past. Local legend speaks of an ancient King, Brychan of Brycheiniog, and his twenty four daughters.

6 miles, easy to moderate (Llanelli Ramblers Grade C)
LEADER: Hywel Lloyd Jones 07742 082920

WALK 5 Bus 10.00 hrs
PAVILAND CLIFFS (Gower Geology 1)

Explore some of the finest Gower coastal scenery and discover some of the area's hidden geology. From Pilton Green to Foxhole Slade, we reach the cliffs above Paviland Cave where in 1823 the oldest known human fossilized skeleton in Europe, dating back to around 30,000 years ago, was found. We continue westwards along the coast path towards Mewslade Bay before turning inland to return to Pilton Green.

6 miles, fairly easy (Llanelli Ramblers Grade C)
LEADER: Huw Francis 01554 751777

Following each of the walks on Saturday there will be the opportunity to have a bar meal before returning to Llanelli.



Sgwd yr Eira

WALK 9 Bus 09.00 hrs
BOSHERSTON AND BARAFUNDLE

The walk meanders along leafy paths, criss-crossing the delightful lily ponds where butterflies, wild fowl, otters and kingfishers may be seen. We reach Stackpole Quay and proceed onto spectacular grassy limestone cliff tops leading down to Barafundle and Broad Haven, voted two of the most beautiful sandy beaches in Wales.

6 miles, fairly easy (Llanelli Ramblers Grade C)
LEADER: Daphne Davies 07548 018859

WALK 10 Bus 10.00 hrs
THREE CLIFFS BAY (Gower Geology 2)

The view of Three Cliffs Bay is one of the most photographed spots on Gower. The cliff tops provide expansive views of the Gower coastline around to Oxwich Point and, on a clear day, across the Bristol Channel to the Devon Coast. Another opportunity to explore the area's interesting geology.

5 miles, fairly easy (Llanelli Ramblers Grade C)
LEADER: David Workman 01792 390791

Website: www.llanelliramblers.org.uk
E-Mail: festival@llanelliramblers.org.uk



Bosherston Lily Ponds

WALK 14 Bus 09.00 hrs
LLANSTEFFAN 2

This shorter walk offers views over three estuaries, with the Gower and, if the weather permits, the Devon coastline as a backdrop. Our route takes us to the quiet, secluded golden sands of Scott's Bay and to the ancient Holy Well of St Anthony. The romantic hilltop Llansteffan Castle, which Turner took the time to paint, will be worth a visit too.

5 miles, fairly easy (Llanelli Ramblers Grade C)
LEADER: Sue Jones 01792 418131

WALK 15 Bus 10.00 hrs
AFON LLIEDI AND CWM LLIEDI RESERVOIR (FAMILY WALK)

This delightful walk starts at Horeb from where we follow a disused mineral line, passing an old brickworks on the way. Leaving the track we drop down to Cwm Lliedi Reservoir where we will enjoy walking through the trees listening to birdsong, catching sight of herons and ducks and, if we are lucky, catching a glimpse of the elusive kingfisher. From the reservoir we make our way back to Llanelli following the old mineral line.

4 miles, easy (Llanelli Ramblers Grade D)
LEADER: Alwyn Williams 01554 773597

Welsh Tea: from 15.00 to 17.00 hrs
The traditional Welsh Tea and social gathering is in the Catholic Hall, Waunlanyrafon, Llanelli (backing onto the Leisure Centre).



Llygad Llŵchwr & Carreg Cennen Castle