

# MONDAY CLUB PROGRAMME SUMMER 2017

The Monday Club, part of Llanelli Ramblers, offers a choice of easy walks for members with bus passes. Decide each Monday whether to be a "Homer" - Eileen 01554 741306 or a "Roamer." - David 01656 716341.

## ROAMERS

Unless otherwise indicated the walks start from Llanelli Bus Station.

\*\*\*\*\* JULY \*\*\*\*\*

### 3<sup>rd</sup> Caswell to Limeslade

Catch 9.23am. bus x11 to Swansea arrives 10.03, then 10.30am bus 2 to Caswell Bay. Short walk up to Bishops Wood and Round House then a 3-mile coastal path walk via Langland Bay to Limeslade Bay. Choice of food eatery or take a picnic. Return bus to Swansea every 30 minutes. Leader Janice 01792 844121.

### 10<sup>th</sup> Jersey Marine to Neath Abbey (or Neath)

Catch 9.23am bus x11 to Swansea arrives 10.03, then 10.30am bus x55 to Jersey Marine arrives 10.45. Flat, leisurely 4½ -mile canal side walk with stop at 'Neath Abbey' for drink/toilet break. Continuing following canal into Neath for food (various options). Return bus to Swansea every 15 minutes. Leader David 01656 716341

### 17<sup>th</sup> (New) Pontarddulais Circular Walk

Catch 10.05am bus L3 to Pontarddulais arrives 10.40. Approx. 3 mile circular walk around the town, visiting site of the 7<sup>th</sup> century Llandeilo Tal-y-Bont Church, rebuilt in St. Fagans. Eating place to be arranged. Buses back to Llanelli L4 at 02mins. or L3 at 45mins. past the hour. Leaders Janice 01792 844121 and Dorothy (T)

### 24<sup>th</sup> Penllergare Valley Woods Circular

Catch 9.48am. bus x11 to Fforestfach arrives 10.14. 4-mile circular walk on firm but sometimes soft ground up the main drive onto the valley woods cafe for short drinks/toilet break then returning via waterfall/ streams/ lakes to Fforestfach to the 'Mary Dillwyn' for food. Return bus x11 to Llanelli at 29/59 past hour. Leader David 01656 716341

### 31<sup>st</sup> Saltmarsh and Pembrey Country Park

Catch 10.03am. Bus x11 to Tre-nel, Pembrey arrives 10.38. Firstly a 1-mile walk to ski-centre for a short coffee/toilet break, then 3-mile walk along Pembrey saltmarsh to Burry Port for food at the 'Cornish Arms'. Return bus x11 to Llanelli every half hour. Leader Dorothy (T) 834729

\*\*\*\*\* AUGUST \*\*\*\*\*

### 7<sup>th</sup> Kilgetty to Saundersfoot

Catch 9.33am bus x11 to Carmarthen arrives 10.33. then cross over bridge for the 10.58am. train to Kilgetty arrives 11.31. for a 4-mile walk via Stepside and Wisemans bridge then through the tunnels into Saundersfoot for food or picnic. Then take the 2.41pm. Bus 351 to Tenby arrives 3.00. or return train to Carmarthen at 3.41pm. Arrives 4.27. then 4.40pm. x11 to Llanelli arrives 5.41. Rail fare approx £10 for group booking. Leader David 01656 716341

### 14<sup>th</sup> Pontargothi Circular (with picnic)

Meet at bus station with picnic for the 9.20am bus 197 to Carmarthen arrives 10.11, then the 10.20pm. bus 280 arrives Pontargothi 10.39. 3-mile circular walk on firm tracks/roads stopping for picnic on route. Return bus 280 to Carmarthen at 1.21pm. Arrives Carmarthen 1.44. then 2.10pm. Bus x11 to Llanelli. Leaders Jan 759287 and Jackie 774203.

### 21<sup>st</sup> (New) Aberavon Promenade Stroll

Catch 9.23am. bus x11 to Swansea arrives 10.03, then 10.30am. bus x1 arrives Port Talbot 11.00. Then bus 82 for short ride to Aberavon for start of walk. 3 mile flat easy stroll along river side then along promenade for food at the 'Four Winds'. Return bus to Swansea every half hour. Leader Dorothy (W) 07469185159

### 28<sup>th</sup> (Bank Holiday) Burry Port Saunter

Meet at the Llanelli rail station for the 11 18am. train to Burry Port arrives 11.24 or go direct and meet at station car park. Leisurely 3-mile stroll around the town/coastal path/ harbour, returning for food at the 'Cornish Arms'. Return train to Llanelli 2.23/2.53pm. Leaders Ken and Eirly,s 835306.

\*\*\*\*\* SEPTEMBER \*\*\*\*\*

### 4<sup>th</sup> Tumble to Pontyberem

Catch 9.30am. bus 128 arrives Tumble 9.50. 2-mile easy walk along cycle track turning off towards Pontyberem then 1-mile stroll to the 'Caffi Cynnef' for food or take a picnic. Return bus back to Llanelli every half hour. Leader Terri 749699

### TUESDAY 5<sup>th</sup> AUTUMN MEETING 11 30am

\* \* New Venue 'PAVILION' CAFE . PWLL \* \*

### 11<sup>th</sup> Margam - a walk in the park (with picnic)

Catch 9.18am. bus x11 to Swansea arrives 10.03, then the 10.30am. bus x1 arrives Margam Park 11.16. 4-mile circular walk mainly flat (one incline) stopping on route for picnic in the park or snack in castle cafe. Return bus x1 back to Swansea at 07/37 past the hour. Leaders Dorothy (W) and David 01656 716341

### 18<sup>th</sup> Five Roads to Furnace

Catch 9.45am. bus 195 to Five Roads arrives 9.55. Leisurely walk firstly down quiet road to dis-used railtrack then a 3½ -mile linear walk on cycle track (firm ground) to Furnace for food at the 'Stradey Arms' or a little further to the 'Sandpiper'. After food short walk into Llanelli. Leaders Jan 759287 and Jackie 774203

### 25<sup>th</sup> (New) Pembrey Linear Walk

Catch 10.03am. Bus x11 to Pembrey arrives 10.30 for 4 mile level walk, easy underfoot on good off road paths to Penybedd Woods and Ffwood Reserve then canal path to Ashburnham Pembrey for food at 'Ashburnham Hotel'. Return bus x11 to Llanelli at 12/42 past the hour. Leaders Doreen 832660 and Barbara 833714