# **MONDAY CLUB PROGRAMME 2017**

# \*\*\*\*\* JANUARY \*\*\*\*\*

# 2 nd Bryn to Joiners Arms

Catch 10.05am. bus L3/L4 to Bryn arrives 10.24. 4 mile linear walk to Llwynhendy on footpaths/fields (boots recommended) then quiet roads to return to the 'Joiners Arms' for food. Return bus 111 to Llanelli at 03/33 or bus 110 at 18/48 past the hour. Leaders Maggie 405556 and Terri 749699.

### 9<sup>th</sup> Carmarthen Circular

Catch 10.03am bus x11 to Carmarthen arrives 11.03.3 mile circular walk around the town taking in new as well as existing tracks/paths. Food at 'Wetherspoons' or other eatery. Return bus x11 to Llanelli every half hour Leaders Jackie 774203 and Jan 759287

### 16 th Cardiff Bay and Wetlands Circular

Catch 9.23am bus x11 to Swansea arrives 10.03. Then the 10.15am bus x10 (Cardiff Shuttle) arrives 11.17 in Cardiff Bay. 3 mile walk around the bay/ park/ wetlands returning for food at the bay where there are a choice of eatery. Return Shuttle bus to Swansea at 2.35pm arrives 3.45.

Leader David 01656 716341

#### 23 rd Llanelli Coastal Path / Lake / North Dock

Catch 10.33am bus x11 arrives Talbot Inn Pwll 10.38.3½-mile linear walk on coastal path taking you around the lake and north dock continuing on into Llanelli for food at the 'Hungry Horse' pub by the bus station.

Leader Dorothy T 834729

# 30 th Pontydawe to Clydach

Catch 9.48am bus x11 to Swansea arrives 10.23, then the 10.35am bus x50 arrives Pontardawe 11.23. 4-mile linear walk along the riverside/ canal on firm ground to Clydach then onto 'Millers Arms' for food. Buses back to Swansea every 30mins. Leader Janice 01792 844121

### \*\*\*\*\* FEBRUARY \*\*\*\*\*

#### 6 th Swiss Valley Reservoir

Catch 10.25am bus L2 to Swiss Valley shops arrives 10.47. 4 mile leisurely stroll to the top of estate then down to the reservoir for a circular walk around the reservoir then onto Felinfoel. Return bus L2 at 12.55pm. to Llanelli town centre for food at 'Hungry Horse' Leaders Terri 749699/ Pat 401205/ David 01656 716341

#### 13<sup>th</sup> Llandovery Circular

Meet at train station 9.40am for the 9.54am 'Heart of Wales' train to Llandovery arrives 10.55.4 mile walk around golf course perimeter, fields, riverside returning by quiet road to centre for food at 'Kings Head'. Return bus 281 at 2.00pm to Carmarthen arrives 3.27 then x11 bus at 3.40 arrives Llanelli 4.40 (or wait for return train at 4.46). Leader David 01656 716341

#### 20 th Ferryside (to see the snowdrops)

Meet at the train station 10.00am to catch the 10.21am train to Ferryside arrives 10.38. Note: Return train fare £5.30. 3½-mile walk (one incline) taking in the snowdrops on route and fine views of the estuary. Food at 'Ferry Cabin'. Return train at 3.13pm arrives Llanelli 3.30. Leaders Dorothy T 834729 and Janice 01792 844121

### 27 th Enterprise Park to Clydach

Catch the 9.48am bus x11 to Swansea arrives 10.28. Then the 10.40am bus 159 arrives Enterprise Park 10.57. 3½-mile flat riverside linear walk on firm ground to Clydach for food at 'Millers Arms'. Bus back to Swansea every half hour. Leader Janice 01792 844121

#### \*\*\*\* MARCH \*\* \*\*

# 6 th Penyfai Lane to Furnace Pond

Catch 9.45am bus 195 to Maengwyn arrives 9.54. 3 mile walk down Penyfai Lane then taking the path across fields to Furnace Pond. Food at 'Stradey Arms'. Bus 197 back to Llanelli at 1.05/2.05, or short walk back to town. Leader Dorothy W 07469185159

#### 13<sup>th</sup> Bryn to Tai-Bach

Catch 9.48am bus x11 to Swansea arrives 10.28. Then the 11.00am bus x3 to Bryn arrives 11.47. Leisurely 4 mile linear walk following old railway track on firm ground down to Goytre then onto Tai-Bach for food at 'Somerset Arms'. Return bus x1 to Swansea at 15/45 past hour

Leader David 01656 716341

# THURSDAY, 16<sup>TH</sup> MARCH - SPRING MEETING 11.30 am New venue or Hungry Horse, Llanelli

### 20 th Llandrindod Wells Circular

Meet at train station at 9.40am. For the 9.54am 'Heart of Wales' train to Llandrindod Wells arrives 12.01. 3½-mile walk firstly up to the lake for a short drink/toilet break then onto 'Rock Spa/Lovers Leap' returning to town centre for food (choice of eatery) Return train at 3.41pm. Arrives Llanelli 5.52.

Leaders David 01656 716341 and Janice 01792 844121

#### 27 th (New) Llanelli Cemetery Circular

Meet the leader at bus station at 10.30am for a 3 mile circular walk taking in the Llanelli cemetery and surrounding area before returning to town centre for food at 'Hungry Horse' pub by the bus station.

Leader Peter 770077

# \*\*\*\*\* APRIL \*\*\*\*\*

#### 3 rd Swansea Bay to Oystermouth

Catch 10.18am. Bus x11 to Swansea arrives 10.58. From bus station cross over to the coastal path for a leisurely 4-mile walk on firm ground into Oystermouth. Choice of food eatery. Return bus to Swansea every 15 minutes. Leader Dorothy (T).

#### 10 th Pontiets to Pontyberem

Catch 9.45am. bus 195 to Pontiets arrives 10.01. 3-mile walk along old dis-used rail line (could be wet in parts) to Pontyberem for food at the Caffi Cynnes. Return bus 195 at 1.10pm. to Llanelli arrives 1.40.

Leaders Betty 01269 871468 / Dorothy (W) 07469185159

### 17 th Easter Monday (Bank Holiday) Burry Port Saunter

Meet at the 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 and harbour. Food arranged on day. Return train to Llanelli at 2.23/2.53pm.

Leaders Ken and Eirly,s 835306

# 24 th Aberkenfig to Pyle (via Parc Slip)

Catch 9.18am. bus x11 to Swansea arrives 10.03.then the 10.15am shuttle bus x10 to Sarn, changing to bus 63 for short ride arrives Aberkenfig 11.15. 4-mile walk on old dis-used rail line/footpaths/cycleway to Pyle for food at the 'Old Wine House'. Return bus x1 to Swansea at 2.35pm.

Leader David 01656 716341

### \*\*\*\*\* MAY \*\*\*\*\*

# 1 st May Day (Bank Holiday) Bynea to Loughor

Catch 10.00am. bus 111 to Bynea station arrives 10.15.3½ -mile leisurely walk via Llanelli marshes/coastal path over the Loughor bridge then onto the 'Reverend James' pub for food. Return bus 111 to Llanelli at 1.33/2.33pm.

Leaders Jan 759287 and Janice 01792 844121

# 8 th Ystalyfera to Pontardawe (or visa/versa)

Catch 8.48am.bus x11 to Swansea arrives 9.28. then 9.50am. bus 120 to Ystalyfera arrives 11.02. Easy 4-mile walk following the river on a tarmac track to Pontardawe. Food at 'Dilwyn Arms' or other eatery. Return bus to Swansea every half hour..

Leader Janice 01792 844121

#### 15<sup>th</sup> Spring Walking Break in Llangollen

Sixteen members have booked on a 6-day holiday walking the Llangollen canal from 'Horseshoe Falls' in Llangollen to the small town of Ellesmere in Shropshire.

Leader David 01656 716341

(Homers walk as usual please contact Eileen 741306).

#### 22 <sup>nd</sup> Parc Howard to Pwll

Catch 9.55am. bus 128 arrives 'Parc Howard' 10.01.

Leisurely 3-mile walk firstly a walk around the grounds then join cycle track to Pwll for food at 'Pavilion' cafe. Bus x11 back into Llanelli at 25/55 past hour. Leader Mea 757004

# 29 th Llanelli Ramblers Festival of Walks (Walk 14)

As a group the meeting suggested we join and book (walk 14) - Llansteffan 2 - 5 miles fairly easy (grade C). Leader Sue Jones.

See festival programme and book directly on the festival booking form. As in previous years all walks are followed by a 'Welsh Tea' in the Catholic Hall, again please book direct on the festival booking form.

\*\*\*\*\* JUNE \*\*\*\*\*

### 5 th Llangennith to Rhossili

Meet at Burry Port rail station at 9.10am for the 9.18am. (two station stop) arrives Gowerton 9.35. Then a few minutes walk to catch 10.10am. bus 116/115 arrives Llangennith 11.27. 3½ -mile road/coastal path walk to Rhossili. Up/down terrain but not steep. (could be wet in parts) Bring picnic, but if wet food at 'Worms Head ' hotel or cafes. Return bus to Swansea at 2.34pm. Arrives Swansea 3.40.

Leader David 01656 716341

### 12 th Bryn Footpaths via Llwynhendy

Catch 10.10am. bus 110 arrives Joiners Arms 10.20. Circular 3½ -mile walk on footpaths/roads, first part slightly uphill (may be muddy in parts). Returning for food to the 'Joiners Arms'. Return bus 110 at 17/47 past hour Leader Terri 749699

TUESDAY 13 th SUMMER MEETING 11 30am New Venue 'PAVILION' CAFE, PWLL

#### 19<sup>th</sup> Mumbles Hill Bunkers

Catch 9.48am. bus x11 arrives Swansea 10.30.then the 10.45am bus 2B to Thistleboon arrives 11.17.  $3\frac{1}{2}$  -mile walk passing (ww2) bunkers and gun sites. Then down to Limeslade onto Mumbles Pier or continue to Oystermouth for food (various choices of eatery). Buses back to Swansea every 20 minutes.

Leader Janice 01792 844121

#### 26 th Pwll Du Circular

Catch 9.48am. bus x11 to Swansea arrives 10.30, then the 10.50am. bus 14 to Pyle Corner arrives 11.20. Leisurely 3-mile walk along quiet lanes and fields (2 stiles). Short walk back to 'Valley ' pub for food. Return bus 14 at 2.45 pm. to Swansea arrives 3.15. Leaders Maggie 758568 and Daphne 832554

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

#### 3 rd 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 th 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 th 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 st 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 th 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 Stepaside 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 th 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 st (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 th (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 Eirlys 835306.

# \*\*\*\*\* SEPTEMBER \*\*\*\*

#### 4 th 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 Cynnes' for food or take a picnic. Return bus back to Llanelli every half hour.

Leader Terri 749699

# TUESDAY, 5<sup>TH</sup>, AUTUMN MEETING, 11.30, Venue: Pavillion Café, Pwll

### 11 th 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 th (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

# \*\*\*\* OCTOBER \*\*\*\*

**2** <sup>nd</sup> **Bryn to Joiners Arms**Catch 10.05am. bus L3/L4 to Bryn arrives10.24. 4-mile linear walk to Llwynhendy on footpaths/fields (boots recommended) then quiet roads to the 'Joiners Arms' for food. Return bus 111 to Llanelli at 03/33 or bus 110 at 18/48 past the hour. Leaders Terri 749699 and Maggie 405556

### 9 th Cilmeri to Builth Wells (by train)

Meet at Llanelli rail station at 9.40am. for the 9.53am. (Heart of Wales) train to Cilmeri arrives 11.36. 4-mile rural walk (boots recommended) on roads/fields/tracks into Builth Wells for food. Short walk to Builth Wells rail station for return train at 3.50pm.or (if time allows take bus to Llandrindod Wells for train). Train arrives Llanelli 5.52. Leader Janice 01792 844121

# 16<sup>th</sup> Kidwelly Circular

Catch 10.03am. bus x11 to Kidwelly arrives 10.38.3½ -mile circular walk mainly firm underfoot (one incline) down to the quay/riverside then around the castle onto 'Burns Farm Shop' for food. Return bus x11 to Llanelli at 02/32 past the hour. Leader Dorothy (T) 834729

#### 23 rd Pembrey Circular (new Walk)

Catch 10.03am. bus x11 to 'Ashburnham Hotel' arrives 10.25. 4-mile flat circular walk (one incline) taking in the sites around Pembrey returning to the 'Ashburnham Hotel' for food. Return bus x11 to Llanelli at 12/42 past the hour Leaders Barbara 833714 and Doreen 832660

30 th Pontarddulais Garden Centre to Garden Village Catch 10.05am. bus L3 to Pontarddulais arrives 10.40, then 10.52am. bus x13 arrive garden centre 11.00. 3½ -mile linear walk on quiet road / grass and disused rail track to Gorseinon for food at 'Wetherspoons' then short walk to Garden Village for return bus110/111 every 15 minutes to Llanelli.

Leader David 01656 716341

# \*\*\*\*\* NOVEMBER \*\*\*\*\*

#### 6 th Dunvant to West Cross

Catch 9.48am. bus x11 to Swansea arrives 10.28, then 11.00am. bus 21A to Dunvant arrives 11.34. Leisurely 4-mile walk on cycle track down to Blackpill (pick up bus to Inn) or carry on coastal path to 'West Cross Inn' for food. Buses back to Swansea every 15 minutes. Leader Janice 01792 84412113 <sup>th</sup>

#### Whitland Circular

Catch 9.03am. bus x11 to Carmarthen arrives 10.03, then 19.27am. bus 322 to Whitland arrives 10.55. 3½ -mile walk on firm ground around Whitland with food arranged on the day. Return bus 224 to Carmarthen at 2.40pmLeaders Jan 759287 and Jackie 774203.

### 20 th Llanwrtyd Wells Circular

Meet at Llanelli rail station at 9.40am. For the 9.54am. (Heart of Wales) train to Llanwrtyd Wells arrives 11.20. 4-mile circular walk following the river along a picturesque valley (boots recommended) to the old church returning on the opposite side of the river for food at the 'Neuadd Arms'. Return train at 4.23pm. arrives Llanelli 5.52. Leader David 01656 716341

#### 27 th Enterprise Park Llansamlet to Swansea Marina

Catch 9.23am. bus x11 to Swansea arrives 10.02, then 10.10am. bus 34 to Enterprise Park.  $3\frac{1}{2}$  -mile riverside walk to Swansea SA1 district then around parts of the marina onto Wind Street for food (choice of eatery). Return bus x11 to Llanelli at  $15\frac{1}{45}$  past the hour. Leader Janice 01792 844121

# \*\*\*\*\* DECEMBER \*\*\*\*\*

**4** th Llanelli Cemetery Circular Meet the leader Peter at bus station at 10.30am. for a 3-mile circular walk taking in the Llanelli cemetery and surrounding area before returning to town centre for food at the 'Hungry Horse' pub by the bus station.

Leader Kay 07968 739420 and Peter 770077

# TUESDAY, 5<sup>TH</sup>, WINTER MEETING, 11.30am, Venue PAVILLION CAFÉ, PWLL

#### 11 th Ramblers Christmas Dinner (New Venue)

A change from last year was agreed at our quarterly meeting due to food / slow service complaints. The new venue chosen for our Christmas Dinner will be 'Ashburnham Hotel' at Burry Port which has been booked. Further details will be given re. deposits/food choice once the menus/price has been confirmed.

Leaders David and Brenda 01656 716341

#### 18<sup>th</sup> Burry Port Christmas Saunter

Catch 11.03am. bus x11 to Burry Port arrives 11.21. Leisurely 3-mile stroll around the area with a little bit of 'Christmas Cheer' thanks to our leaders Ken and Eirlys. For those still standing its onto the 'Cornish Arms' for food. Bus back to Llanelli at 20/50 past the hour. Leaders Ken and Eirlys 835306