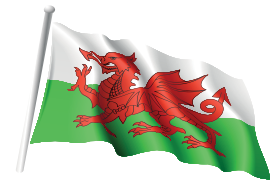




Festival of Walks • Established 1995

The 2018 Festival Programme



All walks meet at the Selwyn Samuel Centre/Leisure Centre Car Park, Park Crescent, Llanelli.

FRIDAY, 25 MAY 20.00 hrs :

A '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. Please see the section "A few points to bear in mind" overleaf.

SATURDAY, 26 MAY

WALK 1 ST DAVID'S TO ST JUSTINIAN'S

Bus 08.30 hrs

If you are looking for spectacular scenery and fantastic views, then this is the walk for you. This is a wild and beautiful stretch of the Pembrokeshire coastline with clear paths and some modest ascents and descents. We will visit St Non's and Porth Clais Harbour as well as the old and new Lifeboat Stations, looking for seals, seabirds and ponies as we walk, before meandering back inland along quiet lanes and tracks.

LEADER: Teresa Howells **07974 757806**

9 miles, fairly strenuous (Llanelli Ramblers Grade B)

WALK 2 CAERFAI TO ST DAVID'S

Bus 08.30 hrs

Breathtaking scenery, striking geological formations and an abundance of wildlife and flora provide a stunning backdrop for the historical, legendary and industrial landscape of this short walk along the Pembrokeshire Coastal Path. We will savour the tranquillity of St Non's, said to be the birthplace of St David, and explore the picturesque harbour of Porth Clais. On our return to St David's we will visit the impressive ruins of the 14th century Bishop's Palace as well as the Cathedral dedicated to St David.

LEADER: Heather Stretch **07815 010417**

5 miles, moderate (Llanelli Ramblers Grade C+)

WALK 3 SOAR Y MYNYDD TO TOWY BRIDGE (RHANDIRMWYN)

Bus 08.45 hrs

We follow the trail of the Cambrian Way south from the isolated chapel at Soar y Mynydd towards the Doethie river valley over wild moorland with spectacular panoramic views. The walk provides an opportunity to see a variety of wild birds, including the red kite. The route meanders gracefully to the River Towy and follows the riverside path to Towy Bridge.

LEADER: Jeff Davies **01554 833099**

11 miles, fairly strenuous (Llanelli Ramblers Grade B)

SUNDAY, 27 MAY

WALK 6 SULLY TO CARDIFF BAY (ALL WALES COASTAL PATH)

Bus 08.45 hrs

Delight in this nine mile section of the All Wales Coastal Path, with its sprinkling of history, fine architecture and celebrity, from quiet little Sully right into the heart of bustling Cardiff Bay. Our route takes us from Sully, along the engaging coastline with views across the Bristol Channel, into pretty Penarth, with its Victorian pier, before traversing the Cardiff Bay Barrage into the tumultuous Mermaid Quay.

LEADER: Mike Williams **01269 832624 / 07804 220007**

8.5 miles, fairly easy (Llanelli Ramblers Grade C)

WALK 7 CARDIFF BAY

Bus 08.45 hrs

Enjoy the splendid coastal scenery and heritage sites as we take a circular walk starting from and finishing at Mermaid Quay. Walking over the Cardiff Bay Barrage we will enjoy views across the city of Cardiff, Cardiff Bay and the Bristol Channel, continuing our walk to Penarth, a pleasant seaside resort. The route then takes us past Cardiff Bay Wetlands Reserve where we may catch sight of a variety of birds amongst interesting and varied wildlife. Arriving back at the Bay we will, hopefully, finish our walk with an ice cream!

LEADER: Colin Wright **01269 844834 / 07970 543117**

6 miles, easy (Llanelli Ramblers D)

WALK 8 CAREW CASTLE

Bus 09.00 hrs

We walk through riverside woodland before turning inland to arrive at Carew Tidal Mill, the only one of its kind in Wales. We continue on to Carew Castle and, under its dark walls, we hear the legend of the 'Ape of Carew' before heading back to the iconic Cresselly Arms at Cresswell Quay, a Pembrokeshire gem where time has stood still.

LEADER: Rob Davies **01554 753596 / 07974 102864**

10.6 miles, moderate (Llanelli Ramblers Grade C+)

MONDAY, 28 MAY

WALK 11 MARGAM PARK AND COED MORGANNWG WAY

Bus 8.45 hrs

From the outset our trail presents us with many of Margam Park's visual allures as we first navigate the boundary of the Deer Park and then return to the Castle. Leaving the Park, we ascend and are rewarded with magnificent views as our route combines three Long Distance Paths - the Ogwr Ridgeway Path, Saint Illtyd's Walk and Coed Morgannwg Way - before returning to the Park along the beautiful Cwm Philip.

LEADER: John Davies **01792 864525**

8.5 miles, moderate (Llanelli Ramblers Grade C+)

WALK 12 MARGAM COUNTRY PARK

Bus 8.45 hrs

Margam Country Park is set in 1000 acres of glorious parkland, steeped in history, wildlife and beauty. Our walk starts at the ruins of the Abbey and from here we pass the picturesque 18th century Orangery. Next we see the magnificent Margam Castle and continue to the ruins of Capel Mair. We then head up towards Margam Mountain from where there are breathtaking views and, hopefully, we will catch a glimpse of the deer herd.

LEADER: Marilyn Williams **07971 891772**

5.5 miles, moderate (Llanelli Ramblers Grade C+)

WALK 13 AMROTH TO PENDINE (ALL WALES COASTAL PATH)

Bus 9.00 hrs

This delightful coastal section is the start of the Carmarthenshire Coastal Path at Amroth. Our route along the coastal path offers superb views over Carmarthen Bay looking out to Gower and Worm's Head. There are several ascents and descents on our way to Pendine with its outstanding beach which is legendary for its association with land speed record attempts.

LEADER: Geoff Thomas **01554 833157**

6 miles, fairly strenuous (Llanelli Ramblers Grade B)

WALK 4 TWM SION CATI'S CAVE, RHANDIRMWYN

Bus 08.45 hrs

Nestled in the Cambrian mountains, the spectacular area around Llyn Brienne Reservoir is the setting for this walk. Starting from the dam, our trail follows the River Towy through woodland, passing St Paulinus' Church. There will be an opportunity to spot some of the diverse birdlife and to explore the cave where the legendary Welsh 'Robin Hood', Twm Sion Cati, is said to have holed up. Our path ascends to the old Nantymwyn lead and zinc mine track, with wonderful views of the rushing river below and the surrounding hills, before descending once more to the river and on to Rhandirmwyn.

LEADER: Mary Buttimore **07709 661906**

6.5 miles, moderate (Llanelli Ramblers Grade C+)

WALK 5 ARTHUR'S STONE, GOWER

Bus 10.00 hrs

This walk, starting at Reynoldston, explores some of Gower's inland gems. A short climb takes us to Arthur's Stone where its myths and legends will be revealed. We continue, in the company of cattle, sheep and ponies roaming freely, along the ridge of Cefn Bryn, taking in the classic Gower views over the Bristol Channel and Carmarthenshire. We descend to Broad Pool and Cilibion before entering woodland which takes us towards Parc le Breos where we will explore the ancient Cat Hole Cave and Long Cairn. Finally, following the Ilston River, we weave our way to the Gower Inn for liquid refreshments and a meal.

LEADER: Hazel Blewitt **01554 755331**

6 miles, fairly easy (Llanelli Ramblers Grade C)

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

WALK 9 NARBERTH

Bus 09.00 hrs

Our walk starts and ends in Narberth, a small Welsh town which stands on the Lansker Line. We leave the town and head south through fields and along attractive bridleways. After crossing the A478 we join the Knight's Way for a short period and then head west towards Mounton Chapel. Finally we rejoin the Knight's Way to head back to Narberth, where there will be a little time to explore the various quaint shops and boutiques.

LEADER: Huw Francis **01554 751777 / 07582 555518**

6.5 miles, fairly easy (Llanelli Ramblers Grade C)

WALK 10 CLYNE VALLEY AND OYSTERMOUTH

Bus 10.00 hrs

This leisurely walk takes us through Clyne Valley Country Park to the beautiful landscaped Clyne Gardens renowned for its collection of azaleas and rhododendrons. Our route then joins the coastal path with stunning views of Swansea Bay as we continue to Oystermouth with its well preserved castle.

LEADER: Sue Jones **01792 418131**

5 miles, fairly easy (Llanelli Ramblers Grade C)

Website: www.llanelliramblers.org.uk

E-Mail: festival@llanelliramblers.org.uk

WALK 14 MARROS

Bus 9.00 hrs

This is a captivating walk centred around the tiny hamlet of Marros with its secluded and dramatic sandy beach and rugged cliffs. Our walk takes us through Teague's Valley, where wolves once roamed and terrorized the local inhabitants who took refuge in picturesque St Lawrence's Church, and up onto Marros Mountain which was quarried for limestone. Stone from the quarry was used to build the Grade II listed Marros War Memorial.

LEADER: Peter Williams **01554 773810**

5.5 miles, fairly easy (Llanelli Ramblers Grade C)

WALK 15 PEMBREY COUNTRY PARK AND CEFN SIDAN BEACH

Bus 10.00 hrs

A very pleasant family walk along park trails and beyond the Park's perimeter into Pembrey Forest where fans of Harry Potter could imagine themselves wandering through the 'Forbidden Forest'. We will be treated to spectacular views across the estuary to Gower from a vantage point above the dunes. It will then be 'socks and boots off' to enjoy the walk along Cefn Sidan Beach, with time for a paddle if the tide is right!

LEADER: Alwyn Williams **01554 773597 / 07989 138106**

4 miles, easy (Llanelli Ramblers Grade D)

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).



St Justinian's to St. David's



Penarth Pier



Family walk