

MONDAY CLUB PROGRAMME 2019

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.

***** JANUARY *****

7th Clydach to Pontardawe (Swansea Canal)

Catch 9.23am. bus x11 to Swansea arrives 10.06 then the 10.35 bus x6 to Clydach arrives 11.08. 3½ mile canal side walk then food at 'Pontardawe Inn'. Return bus x6 to Swansea every 20 minutes.

Leader Janice 01792 844121

14th Aberavon Promenade

Catch 9.23am. bus x11 to Swansea arrives 10.06, then then the 10.30am. bus x1 to Port Talbot arrives 11.00am, then short ride bus 82 to Aberavon for start of walk. 3½ mile flat easy stroll firstly along riverside onto promenade for food at 'Four Winds'. Return bus to Swansea every half hour.

Leader Dorothy (W) 07469185159

21st Dafen to Parc Trostre

Catch 10.30am. bus L4 to Dafen arrives 10.50. 4-mile walk on firm footpaths/quiet roads. Start with slight decline then short gentle incline to Bryn then down passed 'Joiners Arms' and onto Parc Trostre for food at 'Sessile Oak'. Bus back to Llanelli every 15 minutes from Morrisons.

Leaders Paul and Sue 01554 834010.

28th Resolven to Glyneath (Canal Walk)

Catch 9.23am. bus x11 to Swansea arrives 10.06 then the 10.40am. Bus x55 arrives Resolven 11.40. Easy, flat 4-mile walk on canal towpath into Glyneath for food at 'Lamb and Flag' or cafe in town. Return bus x55 at 3.08pm. to Swansea arrives 4.27, then x11 bus to Llanelli.

Leader David 01656 716341

***** FEBRUARY *****

4th Pembrey Linear Walk

Catch 10.05am. bus x11 to Pembrey arrives 10.30. 4-mile level walk, easy underfoot on good off road paths to Penybedd Woods and Ffwood Reserve then canal path for food at 'Ashburnham Hotel'. Return bus x11 to Llanelli at 12/42 past the hour.

Leaders Barbara 833714/Doreen 832660 and Dorothy (T).

11th Llanwrtyd Wells Circular (Train)

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

18th Ferryside Circular (to see the snowdrops)

Meet at rail station to catch 10.21am. Train to Ferryside arrives 10.38. 3½ mile circular walk (one incline) taking in the snowdrops on route before circulating the town with fine views of the estuary. Food arranged on day in Ferryside. Return train at 3.13pm. Arrives Llanelli 3.30.

Leader Maggie 01267 267185

Note. Return train fare to Ferryside is approx. £5.50.

25th Cynheidre to Pontyberem

Catch 9.45am. bus 195 to Cynheidre arrives 9.58. Easy 3-mile walk on firm ground following old railway track/country roads into Pontyberem for food at 'Cafe Cynnes'. Return bus 195 at 1.10pm. Arrives Llanelli 1.39.

Leaders Terri 749699 and Meg 757004

***** MARCH *****

4th Whitland Circular

Catch 9.05am. bus x11 to Carmarthen arrives 10.05. then the 10.27am. 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 2.40pm.

Leaders Jan 759287 and Jackie 774203.

11th Clyne to Neath (Canal Walk)

Catch 9.23am. bus x11 to Swansea arrives 10.03, then the 10.40am. bus x55 arrives Clyne 11.30. Leisurely 4-mile linear towpath walk on side of canal into Neath. For various food options in town. Return bus x55 to Swansea every 30 minutes, then x11 to Llanelli.

Leaders Paul/Sue 01554 834010 or David 01656 716341

TUESDAY 12th SPRING MEETING 11 30am Venue 'PAVILION' CAFE . PWLL

18th Cilmeri to Builth Wells /Llandrindod Wells Circular

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 station for return train at 3.50pm. (or take bus to Llandrindod Wells if time allows) Train arrives in Llanelli at 5.52. Or alternative if wet, Llandrindod Wells circular . 3½ miles firstly up to the lake for short drink/toilet break then onto lovers leap/rock spa returning to town centre for food (choice of eatery) return train at 3.41pm arrives Llanelli at 5.52..

Leader Janice 01792 844121 or David 01656 716341

25th Joiners Arms to Loughor via Wetlands Centre

Catch 9.55am. bus 111 arriving Joiners Arms, Llwynhendy 10.15. Leisurely, 4-mile linear walk via wetlands centre then coastal path over Loughor bridge onto 'Rev James' for food. Return bus 111 to Llanelli every 20 minutes.

Leaders Joyce 752991 and David 01656 716341