

# 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 \*\*\*\*\*

#### 7<sup>th</sup> 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

#### 14<sup>th</sup> 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

#### 21<sup>st</sup> 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.

#### 28<sup>th</sup> 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 \*\*\*\*\*

#### 4<sup>th</sup> 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).

#### 11<sup>th</sup> 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

#### 18<sup>th</sup> 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.

#### 25<sup>th</sup> 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 \*\*\*\*\*

#### 4<sup>th</sup> 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.

#### 11<sup>th</sup> 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 12<sup>th</sup> SPRING MEETING 11 30am Venue 'PAVILION' CAFE . PWLL

#### 18<sup>th</sup> 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

#### 25<sup>th</sup> 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

# MONDAY CLUB PROGRAMME SPRING 2019

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## ROAMERS

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\*\*\*\*\* APRIL \*\*\*\*\*

### 1<sup>ST</sup> Five Roads to Furnace

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

### 8<sup>TH</sup> 'Dylan Thomas' Walk Swansea

Catch 9.23am. bus x11 to Swansea arrives 10.06, then the 10.30am. bus 20A to uplands arrives 10.40. From Dylan Thomas house 4 mile walk via Cwmdonkin park down to Oystermouth road then coastal path to marina then up into town for food at 'Wetherspoons'. Return bus x11 to Llanelli at 15/45 past the hour from Swansea bus station.  
Leader Terri 749699

### 15<sup>TH</sup> (New) Afan Forest Park - Pont rhyd y fen

Catch 8.53am. bus x11 to Swansea arrives 9.36, then 10.00am bus x3 changing at Port Talbot to bus 83 arrives Pont rhyd y fen 11.00. Pleasant 3 mile walk on firm ground in the Afan Forest Park on old rail/forest tracks to 'The Colliers' at Efail Fach for food. Then 1 mile return walk through forest for bus 83 at 2.05pm. arrives Port Talbot 2.25, then x3 bus to Swansea arrives 3.00.  
Leader David 01656 716341

### 22<sup>ND</sup> (Bank Holiday) Bynea to Loughor

Catch 10.00am. bus 111 to Bynea station arrives 10.15. 3½ mile linear walk via Llanelli marshes / coastal path over Loughor bridge then onto 'Reverend James' pub for food. Return bus 111 to Llanelli at 1.33 / 2.33pm.  
Leaders Jan 759287 and David 01656 716341

### 29<sup>TH</sup> Oystermouth to Swansea Bay

Catch 10.18am. bus x11 to Swansea arrives 10.58. Choice of buses to start of walk in Oystermouth. 4 mile linear walk on coastal path into Swansea. First part of walk 2½ mile for food stop at 'Inn on the Pond', then for those who wish to continue a further 1½ miles through Singleton park onto coastal path into Swansea.  
Leader Dorothy (T) 834729

\*\*\*\*\* MAY \*\*\*\*\*

### 6<sup>TH</sup> (Bank Holiday) Llanelli Circular

Meet at bus station at 10.30am. 3½ mile circular walk around Llanelli finishing at 'The Sandpiper' for food. Short return walk back into Llanelli town centre.  
Leaders Jan 759287 and Joyce 752991.

### 13<sup>TH</sup> Spring Break . . . Brecon to Monmouth Canal

20 ramblers are taking a walking holiday on the Brecon to Monmouth Canal. Holiday dates (Monday 13<sup>th</sup> to Saturday 18<sup>th</sup> May). Full walks/ leisure programme given out at Spring meeting.  
Leader David 01656 716341

### 20<sup>TH</sup> Clyne Gardens (in bloom) to Oystermouth

Catch 9.53am. bus x11 to Swansea arrives 10.36 and meet the leader, then a short bus ride to the gardens for 3½ mile leisurely walk around the gardens (one short incline and steps) returning to coastal path to Oystermouth for food. Return bus every 15 minutes to Swansea.  
Leader Janice 01792 844121

### 27<sup>TH</sup> (Spring Bank Holiday) Llanelli Ramblers Festival of Walks

As a group the meeting suggested we join and book walk no. 15 Kidwelly and Parc Y Bocs (Family Walk) 4 miles easy. Bus departs Leisure Centre at 10.00am. See festival programme and book directly on the festival booking form when it's released. Tea & cakes will be served in the Catholic Hall (free of charge) after the Monday walks. Book direct with festival committee.

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

### 3<sup>RD</sup> Felinfoel - Reservoir - Tramway - Llanelli

Catch 9.55am. bus 128 to Felinfoel arrives 10.10. 3½ mile leisurely walk firstly up to the lower reservoir then up to the old tramway taking you down towards the coastal path for food at the 'Sandpiper' After food take bus x11 back into Llanelli or make your own way back short walk into town.  
Leaders Joyce 752991 and David 01656 716341.

### 10<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 on firm ground following old railway track down to Goytre then onto Tai-Bach for food at 'Somerset Arms'. Return bus x1 / x4 to Swansea at 15/45 past hour.  
Leader David 01656 716341.

## TUESDAY 11<sup>TH</sup> SUMMER MEETING 11 30am Venue 'PAVILION' CAFE . PWLL

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

Catch 9.23am. bus x11 to Swansea arrives 10.06, then 10.30am. bus x1 arrives Margam 11.16. 4 mile circular walk mainly flat (one incline) stopping on route for picnic in the park or snack at Castle café. Return bus x1 back to Swansea at 07 / 37 past the hour.  
Leaders Dorothy (W) 07469185159 & David 01656 716341

### 24<sup>TH</sup> 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 844121