

All walks meet at the Leisure Centre Car Park, Park Crescent, Llanelli SA15 3AE

*Please Note: There is now a Parking Charge*

**FRIDAY 24TH MAY 2019**  
**20.00 HRS**

A Festival Social Evening will be held at the Selwyn Samuel Centre, Llanelli, SA15 3AE. Come along and meet your walk leaders, find out more about your chosen walks, view a range of walking gear and enjoy the friendship of other Festival walkers.

**SATURDAY 25TH MAY 2019**

**WALK 1** Bus 08.45 hrs  
**MYNYDD TROED AND LLANGORSE LAKE**

What a magnificent area to explore! Discover Llangorse Lake, the largest natural lake in South Wales and a Site of Special Scientific Interest, a fantastic haven for wild life. Engross yourself in spectacular scenery and enjoy dramatic views of the Black Mountains and the Brecon Beacons which, from the top of Mynydd Troed, are absolutely breathtaking.

*10 miles, strenuous (Llanelli Ramblers Grade A)*  
LEADER: Jeff Davies 01554 833099

**WALK 2** Bus 08.45 hrs  
**LLANGORSE MOUNTAIN AND LAKE**

Llangorse Mountain lies between the Brecon Beacons and the Black Mountains and provides spectacular views of both. Initially we climb from the village of Bwlch to the plateau and enjoy an exhilarating walk along the ridge. We descend amid panoramic views of the lake and mountain and return through flower-filled meadows to Llangorse Lake, the largest natural lake in Wales, with its ancient crannog, the only one in Wales.

*8 miles, fairly strenuous (Llanelli Ramblers Grade B)*  
LEADER: Teresa Howells 07974 757806

**WALK 3** Bus 09.00 hrs  
**ANGLE AND FRESHWATER WEST**

Come and revel in some of the most spectacular coastal walking in West Wales. Angle Bay is rich in history with its 16th century pirate inn and Napoleonic forts and offers dramatic scenery with its rugged cliff tops, abundant with wildlife, overlooking the Atlantic approaches. A delight for everyone!

*9 miles, fairly strenuous (Llanelli Ramblers Grade B+)*  
LEADER: Geoff Thomas 01554 833157

**SUNDAY 26TH MAY 2019**

**WALK 6** Bus 08.45 hrs  
**NYE BEVAN WALK, TREDEGAR**

This is a mainly high level walk along the ridges of the Sirhowy and Ebbw Valleys. En route we will enjoy breathtaking scenery and visit the Sirhowy Iron Works, the Aneurin Bevan Memorial Stones and the Cefn Golau Cholera Cemetery before visiting points of interest relating to Aneurin Bevan in the town of Tredegar and ending the walk in Bryn Bach Country Park.

*9.5 miles, strenuous (Llanelli Ramblers Grade B)*  
LEADER: John Davies 01792 864525

**WALK 7** Bus 08.45 hrs  
**NYE BEVAN WALK, PARC BRYN BACH**

This little gem of a walk starts in Bryn Bach Country Park with its beautiful lake, a popular habitat for many species of wildlife. Our route traverses Rhymney Hill, offering stunning views down the Rhymney Valley. From a stony outcrop, our highest point, we make our way to the town of Tredegar, nestled in the picturesque Sirhowy Valley, where we will have the opportunity to learn more about the places of interest relating to Aneurin Bevan.

*6.5 miles, moderate (Llanelli Ramblers Grade C+)*  
LEADER: Diana Davies 01554 833099

**WALK 8** Bus 09.00 hrs  
**REST BAY TO OGMORE CASTLE**

Setting off from Rest Bay, we will cross Locks Common and enter the busy seaside town of Porthcawl. On this nine mile section of the Wales Coastal Path it may be that the steepest incline of the day will be getting on and off the bus! However, there is plenty of interest and variety along the way. Beaches, dunes, woodland, meadows, rivers, castles and the beautiful thatched cottages of Merthyr Mawr will regale our route to Ogmores Castle.

*9 miles, fairly easy (Llanelli Ramblers Grade C)*  
LEADER: Mike Williams 07804 220007

**MONDAY 27TH MAY 2019**

**WALK 11** Bus 08.45 hrs  
**NEWCASTLE EMLYN AND CENARTH FALLS**

Starting our walk in the pretty market town of Newcastle Emlyn, we will follow the enchanting River Teifi through woodland and pasture and along country lanes as it meanders between the counties of Carmarthenshire and Ceredigion to the rushing waters of Cenarth Falls. Here it would be a travesty not to sit awhile, with refreshment in hand, and enjoy the Teifi swirling and bubbling over its rocky bed.

*8 miles, moderate (Llanelli Ramblers Grade C+)*  
LEADER: Tony Bennett 07908 322722

**WALK 12** Bus 08.45 hrs  
**DREFACH WOOLLEN MILL, DREFACH FELINDRE**

This delightful walk heads out from the Museum of the Welsh Woollen Mill and explores the woodland, villages and many streams and rivers of the Teifi Valley. This charming area was the heartland of the Welsh cloth and flannel industry until the 1920s. On our return we will explore the museum and may be treated to a demonstration of the mill in production.

*6 miles, moderate (Llanelli Ramblers Grade C+)*  
LEADER: Colin Wright 01269 844834 / 07970 532117

**WALK 13** Bus 09.00 hrs  
**LLANRHIDIAN TO LLANMADOC VIA BROUGHTON**

This charming and easy-going walk follows the Wales Coastal Path from Llanrhidian to Cheriton. Walking along the lower levels of Llanmadoc Hill we will enjoy spectacular coastal scenery before reaching the sand dunes of Delvid Burrows. From the dunes we will head for Cwm Ivy village and walk through the nature reserve of Cwm Ivy Woods, ending our walk at the Britannia Inn, Llanmadoc.

*9 miles, moderate (Llanelli Ramblers Grade C+)*  
LEADER: John Evans 01792 864259 / 07934 177139

## WALK 4 PEMBROKE

Bus 09.00 hrs

Discover the medieval town of Pembroke, the birthplace of Henry Tudor, with its magnificent castle, historic buildings and the remains of its ancient town walls. This is a very pleasant walk, taking in views along the lake with sightings of wildlife en route. Be amazed by the dominance of the castle, enjoy the nature of the rolling countryside outside the town and admire the bird life and wild flowers.

**5.5 miles, fairly easy (Llanelli Ramblers Grade C)**

**LEADER: Keith Jones 07710 097504**

## WALK 5 LLANSTEFFAN TO LLANSAIN

Bus 08.45 hrs

Come with us on a journey through time and explore the history and culture of the people who lived along the Towy Estuary. Our walk will begin in the shadows of the 13th century castle which towers over the popular village of Llansteffan. We will then cross the estuary to Ferryside on the modern-day ferry, the 'Glansteffan', weather permitting, from where we will walk to the quiet hillside village of Llansaint in the footsteps of the ancient cockle pickers.

**5 miles, moderate (Llanelli Ramblers C+)**

**LEADER: Heather Stretch 07815 010417**

Following Walks 1 – 4 on Saturday there will be the opportunity to have a bar meal before returning to Llanelli.



**Llangorse Lake**

## WALK 9 CANDLESTON AND OGMORE CASTLES

Bus 09.00 hrs

Among the dunes of Merthyr Mawr Warren, a Site of Special Scientific Interest, we will discover plants, insect life and unusual fungi. The dunes, once part of the largest dune system in Europe and stretching as far as The Mumbles, featured in the film 'Lawrence of Arabia'. We will pass the mysterious Candleston Castle and then negotiate the stepping stones across the Ewenny River to reach Ogmore Castle which was built by the Normans in 1116 to keep the Welsh out!

**6 miles, fairly easy (Llanelli Ramblers Grade C)**

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

## WALK 10 AFON LLIEDI AND CWM LLIEDI RESERVOIR

Bus 10.00 hrs

This lovely local walk starts at Horeb and follows a disused mineral line, passing the old Horeb brickworks with its towering chimney stack on the way. Leaving the track we drop down to Cwm Lliedi Reservoir where we will enjoy walking through the trees listening to birdsong, catching sight of herons and ducks and a glimpse of the elusive kingfisher, if we are lucky! From the reservoir we make our way back to Llanelli following the old mineral line.

**7 miles, fairly easy (Llanelli Ramblers Grade C)**

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



**Nye Bevan Memorial**

## WALK 14 WHITFORD BURROWS

Bus 09.00 hrs

As we ascend from Cwm Ivy to the Bulwark on Llanmadoc Hill we will be rewarded with panoramic views of Gower and the Loughor estuary. Returning to sea level we will follow the coastal path through Whitford Burrows, with views of the old all-metal lighthouse in the distance, and complete our ramble by walking through Whitford National Nature Reserve, an ideal bird-watching area.

**6 miles, fairly easy (Llanelli Ramblers Grade C)**

**LEADER: Mary Buttimore 07709 661906**

## WALK 15 KIDWELLY AND PARC Y BOCS FAMILY WALK

Bus 10.00 hrs

Visit the ancient borough of Kidwelly, nestling under an imposing Norman castle, and steep yourself in the magic of past times and legends! We will walk along historic paths and visit old and new landmarks such as Kidwelly Quay, Kymer's Canal, the Industrial Museum, Kidwelly Castle and Parc y Bocs. There will be guaranteed fun and surprises along the way!

**4 miles, easy (Llanelli Ramblers Grade D)**

**LEADER: Elaine Jenkins 07969 546379**

Website: [www.llanelliramblers.org.uk](http://www.llanelliramblers.org.uk)  
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**Cenarth Falls**