



Festival of Walks

Spring Bank Holiday
24th - 27th May 2019



HOW TO BOOK

To book your festival weekend, please study the programme and complete the Booking Form stating clearly in the appropriate box the number(s) of the walk(s) you have chosen (e.g. Walk 4). Each person's choice should be listed individually. Walks are priced at £6 per person per walk. However, please note:

- (a) Walk 5: there will be an additional charge for the ferry crossing (currently £3 per person), payable on the day.
- (b) Walk 10 and Walk 15 are priced at £2 per person per walk.
- (c) There is no charge for children on Walk 15.

The charge covers all administration and transport to the start of the walk and back to Llanelli. It is advisable to book promptly as numbers are limited to 25 people per walk (20 for Walk 5). Closing date for bookings is 18th May 2019. Cancellation will incur a £2 administration charge. No refunds will be made for cancellation after the closing date.

For any queries please telephone

Eirwen 01554 770268 or Nina 01554 810979
or e-mail: festival@llanelliramblers.org.uk

Please forward your completed Booking Form and cheque, made payable to Llanelli Ramblers Festival of Walks, to :

**Llanelli Ramblers Festival of Walks,
27 The Avenue, Llanelli, SA14 9DW**

A FEW POINTS TO BEAR IN MIND

Buses depart from the Leisure Centre car park at the times stated on the programme. You are advised to arrive at least 10 minutes before departure. Please note: there is now a parking charge at the car park.

Please wear suitable clothing and footwear and ensure you have a waterproof and food and drink.

Walk leaders have the authority to refuse to accept walkers if they are considered to be inadequately equipped.

The programme may be changed in unforeseen circumstances.

BOOKING FORM

Name:

Address:

Postcode:

Telephone number (with code):

Email Address:

Name(s) of other adult(s):

Name(s) and age(s) of child/children:

(a) I wish to reserve ___ place(s) @ £6 per person per walk.

£ ___

(b) I wish to reserve ___ place(s) @ £2 per person per walk (Walks 10 and 15 only).

£ ___

(c) Walk 5: I understand that there is a fee for the ferry crossing (currently £3 per person), payable on the day. (Please tick)

I wish to reserve ___ free place(s) for ___ child/children for Walk 15.

No charge

	Sat 25 May	Sun 26 May	Mon 27 May
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My choice of walk(s):

Choice of walk(s) of other adult(s):

TOTAL AMOUNT DUE:

Please enclose a cheque made payable to **LLANELLI RAMBLERS FESTIVAL OF WALKS.**

£ ___

I will be attending the *Festival Social Evening* on the Friday evening. YES/NO

ACCOMMODATION

Please contact the Carmarthen Tourist Information Centre for advice on accommodation in the area.

Website: www.discovercarmarthenshire.com
Telephone Number: 01267 231557

A comprehensive list of accommodation is also available on the Tourist Board website: www.visitwales.com

The list below may also help you

HOTELS:

Ashburnham Hotel. Tel: 01554 834455
ashburnham-hotel.co.uk ★★★

Coastal Park Private Hotel. Tel: 01554 755357
coastalpark.co.uk ★★★

The Diplomat Hotel. Tel: 01554 756156
diplomat-hotel-wales.com ★★★

Hotel Miramar. Tel: 01554 754726
Station Road, Llanelli. ★★

The Stradey Park Hotel. Tel: 01554 758171
stradeyparkhotel.com ★★★★★

Llanelli Central Travelodge. Tel: 08719 846350
travelodge.co.uk

Premier Inn. Tel: 0871 5278638 (Central East)
Tel: 0871 5279342 (Central West)
premierinn.com

GUEST HOUSES:

Adeline Guest House. Tel: 01554 832407
adelineguesthouse.co.uk

Four Seasons B & B. Tel: 01554 833367
fourseasonspembrey.co.uk

Southmead Guest House. Tel: 01554 758588
southmeadguesthouse.co.uk ★★

The Lodge. Tel: 01554 773790
Email: cardenthelodge@btinternet.com
Penyfai Lane, Llanelli. SA15 4EH ★★★★★

CARAVAN SITES:

Gateway Caravan Park. Tel: 01554 771202
Gowerton Caravan Club Site. Tel: 01792 873050
Pembrey Caravan Park. ★★★★★ Tel: 01554 742435

SELF-CATERING:

Halfway Cottages. Tel: 07792 272188
Email: halfwaycottages@yahoo.co.uk
halfwaycottages.co.uk



The Festival organisers appreciate the support received from the following:



**Cyngor Gwledig
LLANELLI
Rural Council**



**Cyngor Tref
LLANELLI
Llanelli Town Council**



**Cyngor Tref Pen-bre a Phorth Tywyn
Pembrey & Burry Port Town Council**



**Anyone Waiting
Telephone: 01554 773751
Enquiries@Anyone-Waiting.com**



**Gwynne Price Transport
Telephone: 01554 810217**



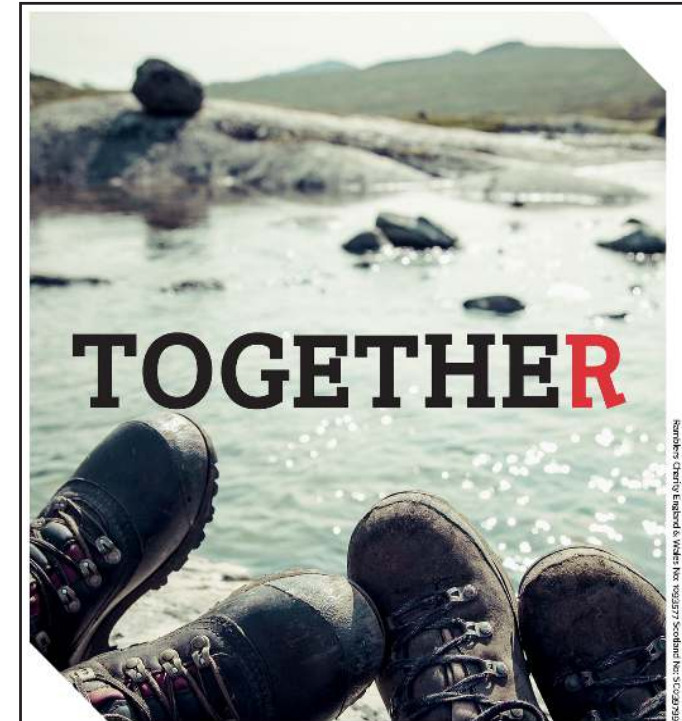
**Mike Clarke Printing
9 South Avenue Llanelli
Telephone: 01554 755321**

INSURANCE

Participants are advised to arrange their own insurance to cover any loss, damage, accident or injury to themselves or their property, as the Llanelli Group of the Ramblers' Association cannot accept responsibility. Please read the following statement from the Ramblers' Association issued on the advice of their insurance company:

"All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. In spite of the safety of members always being the paramount concern, accidents will occasionally occur.

It is important, therefore, that when entering into the activity, each member appreciates that they have a responsibility to identify the hazards associated with the activity and take all reasonable steps to eliminate or minimise the potential for an accident to arise."



TOGETHER

A moment to pause. Breathing in clear air. Sharing interests and conversations as you ponder the hills ahead. We have your passion for exploring worldwide and in the UK.

Book a great value holiday:
ramblersholidays.co.uk
or call **01707 386804**



Choose any of our holidays and we'll contribute funds through **The Walking Partnership** to your group. Just tell us their name when you book.

Walking holiday partner



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 Ogmores 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
E-Mail: festival@llanelliramblers.org.uk



Cenarth Falls