

Monday, 16th May 2022

Monday Strollers:

Location: Cefn Bryn / Three Cliffs

Length: 3.5 - 4 miles

Maximum Number of Participants: 20

Leader: Keith Jones Back Marker: Colin Wright

To register: Contact Eileen on 07837 157175 (*by text preferably, please*)

Registration will open at 10am on Friday, 13th May 2022

Additional Information: This walk offers some superb views over the surrounding area. *Please note that* some of the paths are uneven and one crosses moorland. There may also be brambles and nettles along some paths. It is therefore advisable to wear walking boots. There is a short incline at the start of the walk and there are also a few steps. There will be two coffee breaks - to allow us to enjoy the views!

Roamers by Bus:

Location: Carmarthen Circular

Length: 3 - 4 miles

Maximum Number of Participants: 20

Leader: Jackie Thomas Back Marker: David Hughes

To register: Contact Jackie on 07753 517670

Registration will open at 10am on Friday, 13th May 2022

Additional Information: This is an easy walk.

Wednesday, 18th May 2022

Walk 1:

Location: Millennium Coastal Path / Bynea

Length: 5.8 miles Grade: C

Shared Leaders: Wendy Thirlwell, Eileen Beaumont, Eirwen Stephens

Shared Back Markers: Nina Clements, Eileen Beaumont, Eirwen Stephens

To register: Contact Eirwen on 07712 654423

Registration will open at 10am on Saturday, 14th May 2022

Additional Information: The route of this walk will take us along the coastal path, across fields and down country lanes. One path through the woods is a little uneven underfoot - walking shoes or boots are therefore recommended. There are no stiles and there are several opportunities along the route to leave the walk, if necessary.

Walk 2:

Location: Kittle (near Bishopston, Swansea)

Length: 8 - 9 miles Grade: C

Maximum number of participants: 25

Leader: John Coates Back Marker: Dai Roach

To register: Contact John on 01792 233639 (*please leave a message if there is no answer*)

Registration will open at 2.30pm on Sunday, 15th May 2022

Additional Information: There are a couple of short steep climbs and some stiles along the route.

Saturday, 21st May 2022

Location: Penmaen, Gower

Length: 9 miles Grade: C

Leader: David Workman Back Marker: Dai Roach

To register: Contact David on 07885 759984

Registration will open at 10am on Tuesday, 17th May 2022

Additional Information: The route of this walk will take us from Penmaen to the summit of Cefn Bryn before we descend to Nicholaston. We will then take the top path through the Woods before descending to the bottom path, and then join the coast path and walk towards Tor Bay, enjoying some spectacular views over Oxwich Bay on the way. We will then cross the river at Three Cliffs using the stepping stones and continue along the river bank towards Parkmill. From Parkmill we will walk along an ancient path which will take us back up to Penmaen and to the end of our walk. There will be photo opportunities along the way - so please don't forget to bring your camera!