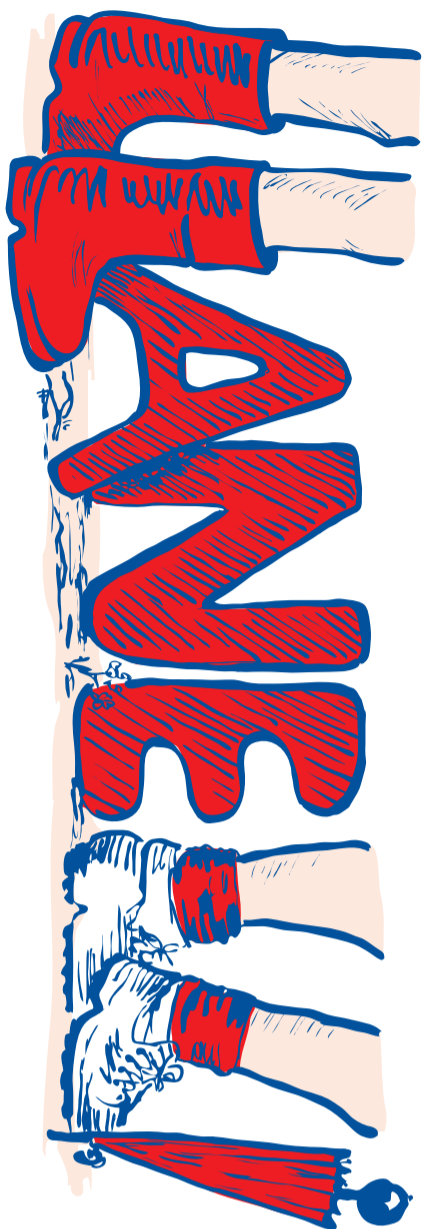


SPRING BANK HOLIDAY
1st - 4th June 2012

FESTIVAL OF WALKS



Accommodation List

Please choose and arrange your own accommodation. The list below may help. A comprehensive list can be obtained from the Tourist Board website: www.visitwales.com.

HOTELS:

Ashburnham Hotel Tel: 01554 834343/834455.
www.ashburnham-hotel.co.uk ★★

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

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

Hotel Miramar Tel: 01554 754726. ★★

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

The Waunwylt Inn Tel: 01269 860209.
www.waunwylt.com ★★

Premier Inn Tel: 0870 8506392.
www.premierinn.com

GUEST HOUSES

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

Four Seasons B & B Tel: 01554 833367.
www.fourseasons PEMBREY.co.uk ★★

Harbour House Tel: 01554 833414
www.harbour-house.net ★★

Llwyn Hall Tel: 01554 777754.
www.llwynhall.co.uk

Old Castle B&B Tel: 01554 773707.
www.theoldcastle.co.uk

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

The Lodge Tel: 01554 773790.
www.bedandbreakfastllanelli.co.uk

CARAVAN SITES

Gateway Caravan Park Tel: 01554 771202.
www.gatewaycaravanpark.com

Gowerton Caravan Club Site Tel: 01792 873050.

Pembrey Caravan Park Tel: 01554 834369. ★★

Waunwylt Caravan Site Tel: 01269 860209.

How to Book

To book your festival weekend, complete the booking form, making sure you study the programme and indicate your choices on the form. Each person's choice should be listed individually. All walks are priced at £6.00 per adult per walk. This charge covers all administration and return transport from Llanelli to the start of the walk whether travelling by coach or train. There is no charge for children on family walks (Walks 6, 12, and 18).

For any queries please phone:
Eileen on 01554 741306 or Pat 01554 776505
or e-mail: festival@llanelliramblers.org.uk.

It is advisable to book promptly as numbers are limited to 25 per walk. Closing date for bookings is 26th May 2012. Cancellation will incur a £2 administration charge. No refunds can be made for cancellation after the closing date.

When you have completed the booking form and cheque - payable to

Llanelli Festival of Walks - post to :

**Llanelli Festival of Walks,
7 Sunny Hill, Llanelli, SA15 3JN**

I wish to take part in the Llanelli Festival of Walks

NAME: _____
ADDRESS: _____
Postcode: _____
Telephone number / e-mail address: _____
Name(s) of other adult(s) : _____
Names / ages of children : _____

I wish to reserve _____ adult places at £6.00 per person per walk (this includes travel and walks administration) £
I wish to reserve _____ child places (no charge) -----

	Sat 2 June	Sun 3 June	Mon 4 June
My choice of walks :			
Other adult's choice :			
Sunday 3 June: Festival Party I/we also wish to book _____ places at £15.00 for the festival party :			£
Monday 4 June: Welsh Tea I/we wish to book _____ places at £4.00 per person :			£
TOTAL AMOUNT DUE Please enclose a cheque made payable to LLANELLI FESTIVAL OF WALKS			£

I will be attending the Friday night get-together : YES NO
Are you an R.A. member? YES NO
If yes, please state which group : _____
Would you like to receive more R.A. information? YES NO

The Festival organisers appreciate the support received from the following:

The **co-operative membership**
Cronfa Gymunedol/Community Fund



**Cyngor Gwledig
LLANELLI
Rural Council**

discover
carmarthenshire
.com



**Cyngor Tref Llanelli
Llanelli Town Council**



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



**The Halfway Hotel : Tel 01554 773571
Meals served all day - Taxi service available.**



Outdoor clothing & equipment, Swansea



Princeship Building Society

Ramblers Worldwide Holidays

“the world's more beautiful on foot...”

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Walk meeting times:

All walk meeting times following the walk number on the programme, are from the Selwyn Samuel Centre / Leisure Centre car park, **except for train walks where everyone meets at Llanelli station.**

People on walks involving train journeys (Walks 5, 11 and 17) must go straight to the station. **Do not buy tickets - these will be provided by the walk leader. The train times were current when this brochure was produced. Please check at the briefing or before travelling.**

The programme may be changed should circumstances require.

NB: There is a maximum of 25 people per walk



A few points to bear in mind:

Please wear suitable clothing and footwear. **Make sure you have a light jumper, a waterproof** and food and drink. Leaders have the authority to refuse to accept walkers should they be inadequately equipped.



Insurance:

Participants are advised to arrange their own insurance to cover any loss, damage, accident or injury to people or their property, as the Llanelli Group of the Ramblers' Association cannot accept responsibility.

From Ramblers' Association on advice from 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.”

www.llanelliramblers.org.uk

Email: festival@llanelliramblers.org.uk

THE 2012 FESTIVAL PROGRAMME

Walkers using the train meet at Llanelli Station. All other walks meet at the Selwyn Samuel Centre / Leisure Centre Car Park, Park Crescent, Llanelli

To celebrate the completion in 2012 of the all-Wales Coast Path, a number of sections of the path have been included in this year's programme



Friday 1 June - 20:00hrs

Get together and briefing at The Club, 4 Queen Victoria Road, Llanelli, where a bar will be available. (If you miss this, any relevant information will be available at the start of your first walk).
N.B. See "A few points to bear in mind" overleaf.

Saturday 2 June

Walk 1 Bus 09.00 hrs

PONTSTICILL, CEFN YR YSTRAD & CARN HELEN

With spectacular views of the Brecon Beacons this challenging walk offers some strenuous climbs in an area steeped in history, passing millstones and an Ogam stone. Part of the walk takes us through Cwar yr Ystrad limestone quarry, a dramatic location, where episodes of Dr. Who have been filmed and where, more recently, scenes for Clash of the Titans 2 were shot starring Liam Neeson.

Leader: Jeff Davies **01554 773687** 10 miles, strenuous

Walk 2 Bus 09.00 hrs

PONTSTICILL/PENTWYN RESERVOIRS

A very pleasant walk with a few climbs starts from the pretty village of Pontsticill with stunning views across the reservoir to the Brecon Beacons beyond. A chance to see the Brecon Mountain Railway steam train puff its way along the track on the eastern side of the reservoir. An opportunity to enjoy open countryside and forestry trails with glimpses of wildlife along the way.

Leader: Dorothy Taylor **01269 593080** 7 miles, moderate

Walk 3 Bus 09.15 hrs

Wales Coast Path

ST.CLEAR'S - LLANSTEPHAN

Our walk sets off past the ruin of St. Clear's Castle, through picturesque farmland, following the coastal path down the eastern side of the Taf Valley crossing a number of tributaries before reaching the estuary of the Taf by the ruins of St. Teilo's Church. Leaving impressive views of Laugharne behind us, our route takes us high above the cliffs with views towards Tenby and Caldey Island, and the Gower Peninsula. We reach the Tywi Estuary and continue along the coastal path to Llanstephan with views across the estuary to Ferryside.

Leader: John Cook **01554 759211** 9 miles, fairly strenuous

Walk 4 Bus 09.15 hrs

LLANSTEPHAN

Starting at the village of Llanstephan with its 12th Century Norman Castle, this circular walk takes us along pleasant woodland trails and, from a vantage point on the coastal path, offers spectacular views across the Tywi Estuary to Ferryside, and Worms Head on Gower.

Leader: Mark Simpson **07527 756705** 6 miles, moderate

Walk 5 By train

Wales Coast Path

MANORBIER - TENBY

Meet at Station 9.55 hrs
 Estimated time of return 17.40 hrs
 Arrive Llanelli 19.00 hrs

From Manorbier Castle, birthplace of 12th Century chronicler Giraldus Cambrensis, the coastal path leads us east past a Neolithic burial chamber to Skrinkle Haven's dramatic rocky outcrops. We continue via Lydstep Haven and collapsed sea caves to arrive atop Giltar Point overlooking Caldey Island, and then via sandy South Beach to picturesque Tenby. Plenty of ups and downs and spectacular views.

Leader: John Maudsley **01792 298354** 8.5 miles, fairly strenuous

Walk 6 Bus 10.00 hrs

Wales Coast Path

BISHOP'S WOOD, CASWELL BAY (FAMILY RAMBLE)

A wonderful family walking experience along the coastal path at Caswell Bay, followed by a visit to Bishop's Wood Countryside Centre with nature trails that take us through a variety of habitats. Learn about the local wildlife, have a go at some wood crafts, and there'll be plenty of time for ice-creams at Caswell beach.

Leader: Eileen Beaumont **01554 741306** 4 miles, easy

Sunday 3 June

Walk 7 Bus 09.00 hrs

PENRHOS - RHOS

Climbing from the village of Penrhos, we ascend Mynydd-y-Drum followed by Darren Widdon, to one of the best viewpoints in South Wales where we will experience outstanding views of the Brecon Beacons, the Swansea, Dulais and Twrch Valleys and, far in the distance, the Amman Valley. We continue along the southern ridge of the Swansea Valley to the village of Rhos.

Leader: John Davies **01792 864525** 10.5 miles, strenuous

Walk 8 Bus 09.00 hrs

BRYNCOCH - RHOS

The Duffryn Arms is the start of our walk to the nature reserve at Duffryn Woods, and to a viewpoint overlooking the lower Swansea Valley offering wonderful views across to the North Devon coast. From here we continue along pleasant wooded tracks through Craig Cilhendre Nature Reserve back to the village of Rhos.

Leader: Rita Parry **01639 795814** 6 miles, moderate

Walk 9 Bus 09.15 hrs

Wales Coast Path

DUNRAVEN - LLANTWIT MAJOR

Right from the start the sheer cliffs of the Vale present themselves in enfilade, towering in their distinctive angular majesty over miles of table-top limestone pavement below. We pass Dunraven Castle Gardens, Nash Point lighthouse, and Atlantic College, taking in steep slades and pebbly beaches, before turning across ancient fields to beautiful old Llantwit.

Leader: Greison Thomas **01792 534289** 9.5 miles, fairly strenuous

Walk 10 Bus 09.15 hrs

MERTHYR MAWR/CANDLESTON

The walk which takes us across attractive farmland starts from Ogmere Castle, crossing St. Teilo's stepping stones over the River Ewenni and on to Merthyr Mawr, a peaceful country village with quiet, stone-walled lanes and pleasant thatched cottages. We pass by Candleston Castle which stands in a woodland clearing on the edge of extensive sand dunes which are said to be the highest in the country.

Leader: Gill John **01792 844648** 8 miles, moderate

Walk 11 By train

Wales Coast Path

KIDWELLY - BURRY PORT

Meet at Station 11.05 hrs
 Estimated time of return 17.15 hrs
 Arrive Llanelli 17.20 hrs

This section of the Wales Coast Path is a pleasant, relaxed walk starting from the medieval town of Kidwelly with its great Norman Castle and historic St. Mary's Church. We continue along Banc y Lord which offers splendid views back towards Kidwelly Quay and out to St. Ishmael's. Our route takes us through Pembrey Forest, and along Pembrey Burrows to the pretty harbour town of Burry Port.

Leader: Barbara Ahmad **01554 833191** 9.5 miles, easy

Walk 12 Bus 10.00 hrs

Wales Coast Path

SWANSEA BAY COASTAL WALK (FAMILY RAMBLE)

At Swansea Marina, we have a chance to visit the Museum and admire the boats before walking along the beach-front, past Blackpill Lido with far reaching views around the bay and across to North Devon. We continue to Mumbles, once likened to the Bay of Naples, where we can all enjoy a well earned ice cream or a good cup of coffee.

Leader: Diana Bennett **01554 773687** 4 miles, easy

Festival Party!! 19.00 for 19.30 hrs at the Thomas Arms, Llanelli

This year the party will include a carvery and dancing to the Dave Cottle Trio. **£15 per person.**



Monday 4 June

Walk 13 Bus 09.00 hrs

MOEL FEITY/LANCASTER MEMORIAL STONE

With the Usk Reservoir behind us, our route heads over the open expanse of trackless high ground of Rhydwen to the wild exposed Moel Feity. We pay tribute at the memorial stone to the crew of the Lancaster W4929 and at the site of the Liberator PB4. This walk provides spectacular views of Mynydd Myddfai, Fan Brycheiniog and Central Brecon Beacons.

Leader: Alwyn Williams **01554 773597** 9 miles, fairly strenuous

Walk 14 Bus 09.00 hrs

LLANDEUSANT

From Pont'ar Wysg we head north into woods at the SW end of the Usk Reservoir, continuing on to Mynydd Myddfai with fantastic views of the Carmarthen Fans to the south and rolling countryside to the north. Following the ridge of Mynydd Myddfai, we circumnavigate Fedw Fawr where we should see Red Kites soaring in the thermals before heading back to Pont'ar Wysg.

Leader: Huw Francis **01554 751777** 6 miles, moderate

Walk 15 Bus 09.15 hrs

Wales Coast Path

LLANGENNITH - PORT EYNON

Leaving Llangennith on the Gower Peninsula for Rhossili Down, we have a steady climb taking in the breathtaking views of the 'Worm' and the Devon coastline. Making our way along the coastal path we pass Mewslade and the rocky outcrop of the Knave before reaching Port Eynon and its spreading beach.

Leader: David Workman **01792 390791** 9 miles, fairly strenuous

Walk 16 Bus 09.15 hrs

Wales Coast Path

LLANMADOC HILL/CHERITON

This walk on the North Gower coast offers spectacular scenery and amazing views across the Estuary to Burry Port and Cefn Sidan sands. From an elevated position on Llanmadoc Hill we will see Whitford Lighthouse with its resident cormorants, Worms Head, and towards Penclawdd we may, if the tide is right, see cockle pickers.

Leader: Jim Buttmore **01554 832771** 6.8 miles, moderate

Walk 17 By train

Wales Coast Path

BYNEA - LLANELLI

Meet at Station 09.20 hrs. Walk back to Llanelli

Offering extensive views across the Loughor Estuary to Gower, this leisurely walk follows the Wales Coast Path from Bynea Gateway to Llanelli, passing the Wildfowl & Wetlands Centre, continuing alongside the prestigious Machynys Golf Course and on to Llanelli Beach with its pleasant promenade.

Leader: Ann Stroud **01554 834068** 6 miles, easy

Walk 18 Bus 10.00 hrs

LLYN LECH OWAIN (FAMILY RAMBLE AND MONDAY WALKERS)

This Site of Special Scientific Interest offers a delightful walking experience along a network of well surfaced footpaths that meander around the lake which is surrounded by forestry and full of wildlife. The Visitor Centre houses a variety of exhibitions, information on wildlife and, while enjoying refreshments at the coffee shop perhaps, offers splendid views across the lake.

Leaders: Daphne Davies **07548 018859**

Margaret Brindley **01554 770313** 4 miles, easy

Welsh Tea from 16.00 to 18.00 hrs



The traditional Welsh tea and social gathering is in the Catholic Hall, Waunlanyrafon, Llanelli (backing onto the Leisure Centre). **£4 per person.**

