

FRIDAY 22 MAY 20.00 hrs :

Get together and briefing in the Lliedi Suite, Selwyn Samuel Centre, 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” on booking form.**

SATURDAY 23 MAY

WALK 1 ST. ILLTYD'S WALK 1 -
Resolven to Ynysmeudwy

From the Neath Valley at Resolven, we climb fairly steeply through forestry trails, then drop down into the village of Creunant. Another climb onto Mynydd Marchywel, giving us views of the Brecon Beacons, is followed by a steep descent into the Swansea Valley where we follow the course of the River Tawe and part of the disused Swansea Canal to Ynysmeudwy. A very varied walk.

Leader: Robert O'Dell ☎ 01269 831110

9 miles, strenuous

WALK 2 MELINCOURT AND WATERFALLS

Bus 09.15 hrs

Enjoy a magnificent waterfall on Melincourt brook, a tributary of the River Neath, which forms part of a fascinating 12-acre nature reserve with varying species of wood including oak and birch. A gradual climb to the summit of Cefn Mawr at 464m offers far reaching views across the Brecon Beacons and Carmarthen Fans before we return via Resolven Lakes.

Leader: Phil Cody ☎ 01554 756522

7.5 miles, moderate

WALK 3 CAMBRIAN WAY 1 -
Soar y Mynydd to Towy Bridge

Bus 09.00 hrs

We follow the trail south from the isolated chapel at Soar y Mynydd towards the Doethie river valley over wild moorland with spectacular views all around. A chance to see a variety of wild birds, including red kite. The route meanders gracefully to the River Towy and follows the riverside path to Towy Bridge.

Leader: Jeff Davies ☎ 01554 773687

11 miles, fairly strenuous

SUNDAY 24 MAY

WALK 7 ST. ILLTYD'S WALK 2 -
Cwm Gors to Pontarddulais via Graig Fawr

Bus 09.15 hrs

Starting at Cwm Gors, a gradual climb up to Betws Mountain will give us excellent views of Mynydd Dafu to the north. Passing Penlle'r Castell, a late 13th century stronghold, and continuing along Graig Fawr we have more splendid views south overlooking Pontarddulais and the River Loughor.

Leader: Jim Buttimore ☎ 01554 832771

10.5 miles, fairly strenuous

WALK 8 HOPKINSTOWN/SCOTCH PINE

Bus 09.15 hrs

From Scotch Pine on the Betws Mountain, we contour the hillside enjoying fine views across the mountain over the Amman Valley and Mynydd Dafu. Descending through farmland to Hopkinstown, we pass disused Betws Colliery and finish our circular walk through farmland on country lanes and paths.

Leader: Dorothy Taylor ☎ 01269 593080

8 miles, moderate

WALK 9 CAMBRIAN WAY 2 -
Llandeusant to Llandovery

Bus 09.00 hrs

This fine moorland walk crosses wild, ancient and undulating landscape encompassing excellent views of Carmarthenshire Fans, the Brecon Beacons and Towy Valley, with glimpses of red kites soaring above. After passing through the Duchy of Cornwall Estate, we descent into the old town of Llandovery.

Leader: Alwyn Williams ☎ 07989138106

10 miles, strenuous

MONDAY 25 MAY

WALK 13 ST. ILLTYD'S WALK 3 -
Penymynydd to Pembrey Country Park

Bus 09.15 hrs

Today's section of the Walk takes us from Penymynydd through farmland towards Y Graig, with spectacular views to the south of Burry Port & Pembrey Harbours, the Burry Estuary and Gower Peninsula. Continuing west, the superb views of Cefn Sidan Sands stretch into the distance. The walk descends to Penybedd, winding through forest trails to Pembrey Country Park.

Leader: John Cook ☎ 01554 759211

9 miles, fairly strenuous

WALK 14 PENYBEDD AND FOREST WALK

Bus 09.15 hrs

Enjoy a leisurely ramble along grassy tracks, forest roads and a disused canal path. Begin a gradual ascent of Pembrey Mountain, through ancient oak wood and a quiet country lane, with panoramic views of the Gwendraeth Valley. Join St. Illtyd's Walk, with a few stiles and a flight of steps to open ground with fantastic views of North Gower and Worms Head.

Leader: Eileen Beaumont ☎ 01554 741306

4.5 miles, moderate

WALK 15 CAMBRIAN WAY 3 -
Towy Bridge, Rhandirmwyn to Llandovery

Bus 09.00 hrs

Leaving the hamlet of Towy Bridge, we make our way along leafy paths and across fields to the village of Cilycwm and the green rolling hills of the upper Towy Valley. Twisting country lanes along the banks of the River Towy bring us to the historic market town of Llandovery.

Leader: Arwyn Howells ☎ 01554 771089

7.5 miles, moderate

<p><u>WALK 4</u> <u>RHANDIRMIWYN</u></p> <p><i>Bus 09.00 hrs</i></p> <p>The walk takes in riverside (Towy - famous for trout), a disused lead mine, forestry and part of the 'Drovers Way' with views over Llandovery, the first town to have a drovers' bank, 'The Black Ox', with its own bank notes. We then descend back to the river and past waterfalls and may see red kites soaring overhead.</p> <p>Leaders: Daphne Davies ☎ 01554 753699 7 miles, moderate</p>	<p><u>WALK 10</u> <u>LLANDOVERY/LLWYNYWORMWOOD</u></p> <p><i>Bus 09.00 hrs</i></p> <p>On leaving Llandovery station car park, we pass through the town to meet up with the River Towy, then walk south along its banks. We then gradually climb through Llwynywormwood with its splendid mixture of woodland, forestry and farming and excellent views of the Towy Valley. On returning to Llandovery, we pass the remains of the 12th century castle and the sculpture of Llewellyn ap Griffiths.</p> <p>Leader: Dennis Harris ☎ 01554 759610 8 miles, moderate</p>	<p><u>WALK 16</u> <u>CILYCWWM</u></p> <p><i>Bus 09.00 hrs</i></p> <p>We start the walk at Cilycwm, a charming village which nestles in the upper reaches of the Towy river valley. We walk through meadows and forestry whilst climbing gradually up on to Mynydd Mallaen, an extensive area of upland heath with far reaching views. Our return route to Cilycwm takes us past the derelict mansion of Neuadd Fawr.</p> <p>Leader: Huw Francis ☎ 01554 751777 8 miles, moderate</p>
<p><u>WALK 5</u> <u>SUGAR LOAF TO LLANWRTYD WELLS</u></p> <p><i>Meet at Station 09.15 hrs - train leaves 09.35 hrs Return train leaves 16.07 hrs Estimated time of arrival at Llanelli Station 17.40 hrs</i></p> <p>A scenic train ride forms the prelude to this linear walk in Mid Wales. The short ascent of Sugar Loaf brings views of Mynydd Ddu and the Cambrian Mountains, then by way of forest trails we arrive at Britain's smallest town, Llanwrtyd Wells, home of the International Bog Snorkelling Championship and red kites.</p> <p>Leader: John Maudsley ☎ 01792 298354 9 miles, moderate</p>	<p><u>WALK 11</u> <u>CEFN SIDAN & SALTINGS SSSI NATURE WALK</u></p> <p><i>Meet at Station 11.15 hrs - train leaves 11.36 hrs Return train leaves 16.52 hrs Estimated time of arrival at Llanelli Station 16.57 hrs</i></p> <p>Fancy a walk on the wild side? Enjoy a saunter along the estuary from Pembrey Saltings, a haven for rare birds and floral species, and embrace the fringes of Cefn Sidan Sands, returning via historic Pembrey Church and surroundings.</p> <p>Leader: Geoff Thomas ☎ 01554 833157 6 miles, easy</p>	<p><u>WALK 17</u> <u>PEMBREY COUNTRY PARK NATURE WALK</u></p> <p><i>Bus 12.00 hrs</i></p> <p>A delightful walk in the forest at Pembrey Country Park. Though called the 'Pines Trail', the woodland is a varied plantation where oak, birch and sycamore are competing with the Corsican pine. From the beach viewpoint, a marvellous seascape extends from Tenby and Caldey in the west to Gower and Worms Head to the south.</p> <p>Leader: Norman Jones ☎ 01554 774970 4 miles, easy</p>
<p><u>WALK 6</u> <u>FURNACE POND AND PARC HOWARD</u></p> <p><i>Starts on foot, 11.15 hrs</i></p> <p>A gentle stroll out from the Leisure Centre along park-like paths, passing the site of a 12th century motte and bailey castle, slowly ascending towards Furnace Pond and historical site of Raby's Furnace with duck ponds and children's playground. Onwards to Parc Howard gardens and museum, returning via cottaged back streets of West End and the Peoples Park. This walk is suitable for families with pushchairs.</p> <p>Leader: Joyce Higgs ☎ 01554 891220 4.5 miles, easy</p>	<p><u>WALK 12</u> <u>DINEFWR CASTLE, LLANDEILO</u></p> <p><i>Meet at Station 11.10 hrs - train leaves 11.29 hrs Return train leaves 15.07 hrs Estimated time of arrival at Llanelli Station 15.42 hrs</i></p> <p>This leisurely circular walk to Dinefwr Castle offers fine views for almost all the way and includes the grounds of the National Trust's Newton House, with their boardwalk, deer and white cattle.</p> <p>Leader: Peter Davies ☎ 01554 770077 3.5 miles, moderate</p>	<p><u>WALK 18</u> <u>PWLL TO PEMBREY</u></p> <p><i>Bus 12.00 hrs</i></p> <p>From Pwll, a level walk on the coastal path takes in Burry Port Harbour, with its association with Amelia Earhart, the first woman to fly solo across the Atlantic. After our picnic, we continue along the coast and over the golf course to Pembrey Square, passing the historic St. Iltyd's Church.</p> <p>Leader: Ken Gray ☎ 01554 835306 4 miles, easy</p>