

WINTER 2019/2020 U3A FRIDAY WALKING GROUP

Most Walks start at 10.30am. We aim to walk 3 - 5 miles, *going at the pace of the slowest.* Hopefully ending in refreshments somewhere. There will be **MUD, HILLS, Brambles** & other unknown hazards! We will obviously look out for each other but in the end you are responsible for you & yours. Diana Illingworth dilcroft292@outlook.com 01239 881219

Date	Where	Meet & directions	ml s	leader	Extra notes
6 Dec	Newport Cwm Rhigian	Newport Parrog	4	Jane 077522818 01239 712926	Coast Path & pretty Cwm CARE on cliff path please.
13 Dec	Whisky walk Glynhynod Farm GR: 372 454 THIS WALK STARTS 10.00am	At Brynhoffnant turn R onto B4334 signed Rhydlewis. 1 ml after Rydlewis Turn L B4571 >> Walk & visit to distillery. Xmas cheeses or whisky??	3-4	Alan Cooper 01239 612383 Post code for sat navs SA44 5JY	>>signed Ffostrasol at Rd junction in Ffostrasol turn R towards Llandysul A486. At next Cross rds (Bwlch y groes) slow down but cont & turn R just after chapel. (maybe Cheese sign) Narrow lanes onto track to farm. & Distillery.
20 Dec	Wild life Centre to Cilgerran	Wildlife Park car park	4	Patrick	Parking is free for members & local addresses
27 Dec	Capel Iwan	Old School playground. GR: 289 361	5	Chris Edwards	Clear your head after the holiday!
3 Jan 2020	Coronation Drive Gwbert	There is a straight section before boat club	3 - 4	John Lethbridge	
10 Jan	Lower Fishguard	Lower Fishguard car park over looking river	3-4	Lyn & Stev Tuck	Via back paths to Goodwick & back along marine walk
17 Jan	Nanternis Beach & return	Take A487 from Cardi, after Plwmp take 3 rd L to Caerwedros (chapel on corner) continue	3-4	Jill Ladbrook	Cont through village to cross rds Turn R to Nanternis. Cont to bottom of hill & tel box. Pk nearby.
24 Jan	Llanerchaeron from Aberaeron	Wooden Bridge Aberaeron	6	Annette Dawes	Although 6 miles easy as on old rlwy track. Park where you can,
31 Jan	Tresaith	The car park in village	3-4	Robin	Very steep incline out of village
7 Feb	Henllan Loop GR: 358 407	From entrance to rlwy stn behind you. Turn L up small rd to nr Council bung. Plenty of pking	3.5	Robin	Some riverside which may be wet but not too bad. NEW WALK
14 Feb	Walking towards Pen y Bryn.	Plas Y Warn Chapel GR: 162 448. Turn 1 st R after concrete works on A487 > cont.	4	Jane	Con > coming from Cardi then R again & cont to chapel
21 Feb	Capel Tygwyd - on map above Cenarth	A long lay by just past chapel GR: SN 272 435	4	Robin 01239 811942	Some hills & a little road walking
28 Feb	Ffinone	Coming from Abercych to New Chapel, turn R at cross rds before village. Sign posted		Chris Edwards	Cont down hill to Car park RHS
6 Mar	Neverne Circle	Llangwr Manor	4-5	Annette Dawes	Llangwr Manor is approx 2 miles Cardi side of Newport. Caravan Park
13 Mar	Cenarth	Cenarth free C/P on Abercych rd. Opp a caravan park	4-5	Jane	
20 Mar	Mwnt along coast & back by road	Mwnt NT car Park	5	Patrick	There is a very wet/boggy section..
27 Mar	Foel Drygarn Preselis	Laybys below Mountain Bach GR: 165 332	3-4	Alan Wilson	Turn R after Crymych approx 1 mile to T junction then follow rd L for to second layby.

3 Apr	Newport Parrog	Newport Parrog Walk to be decided		John Lethbridge	John will select which walk later
10 Apr	GOOD FRIDAY	NO WALK			
17 Apr	Capel Coleman	About $\frac{3}{4}$ mile Abercych side of Boncath, Small turning R sign posted Capel Coleman.	5	Chris Edwards	Hilly
24 Apr	Pwllgwaelod cliff path toward Fishguard	Pwllgwaelod car park (Free at present). Turn R in Dinas & follow signs	4	Patrick	