

U3A STROLLERS WALKS APRIL AND MAY 2024				
Most walks will be 1.5 - 2 miles and although there will be hills, we take them as slowly as you need. You will be responsible for yourself but obviously we will look out for each other.				
All walks start at 11.00am and hopefully we will find somewhere for lunch, a seemingly important part for the Strollers!				
DATE	AREA	MEET	MILES	NOTES/DESCRIPTION OF WALKS
APRIL				
3rd	Goodwick	Free car park behind Tesco Express	1-2	Inland marsh walk and back along prom.
10th	Llangrannog	Main free village car park in field	2.2	Steep start, through Pidgeon Wood, quiet roads, some inclines. Another mile dropping down to village.
17th	Newport	Parrog free carpark	2	Along coastal path and then inland.
24th	Aberporth	Car park by old chapel, start of coastal path	1.5-2.5	Along coastal path towards Tresaith depending on how far you want to walk. Steep to beach at Tresaith.
MAY				
1st	Pwllgwaelod	Car park with toilets	1.5	Turn 1st right in Dinas. Sign posted. All terrain path to Cwm-yr-eglwys.
8th	Ceibwr	At Ceibwr	1.7	Cliff top walk to Witches Couldron. Turn right beside chapel in Moylegrove, sign posted.
15th	Penbryn	Car park by church on the way down	2	Where ever!
22nd	Llanerchaeron	National Trust car park	2	Around Estate
29th	Newport	Main car park in village	2	Inland, steady incline beside stream, back through village.
Could people who know these walks please take it upon themselves to lead as there is no designated leader at present.				
Jane has maps and is sure of most of the walks but may need help on others, she is not able to attend on the first Wednesday of each month.				
Contact details if you need more information:- Jane Edleston 07752 258181 Alan Cooper 07915 602768 Di Green 07866 377006 Ros Appleton 07546 724470				