

Friday Walkers – part of Cardigan U3A PROGRAMME for Dates May – August 2024
Unless otherwise stated walks start at 10-30 am ; Pub / café lunch afterwards

Walks organised by the U3A automatically have public liability insurance cover, provided walkers are U3A members ; the club and its members are insured against claims by the public who are not U3A members. However, this is not personal accident insurance ; members walk at their own risk.

Date	Walk Name / Distance	Start Point / Details / Lunch	Leader
May 3rd	Cwm Rheigan	Newport Parrog . Coast path then inland.3+ m	Jane
May 10th	Bluebells	Llangrannog tup CP. Pigeonsford etc.	Annette
May 17th	Preselis 2m +	Dinas ViewPoint GR SN010383 Tight parking carshare	Chris
May 24 th	Ffynnone Wood	Main CP. GR SN 245383 Waterfall etc. 4 m White Hart	Chris
May 31	Penbryn Circle	Maes y Cattkins (field parking), GR SN 292520 3-4 m	Penny
June 7 th	Circular – 3m	Llangoedmore church CP GR SN 199458. Golf Club lunch ?	Dave Ev
June 14	Nevern Circle	Meet Salutation Inn CP, Felindre Farchog. 3 miles	Jill
June 21	Carn Inqli Fine Views	Bedd Morris CP GR SN 038365. To Carningli & Return. Out and Back. Royal Oak	Chris
June 28	Patch - 4m.	Coronation Drive, Cardigan ; circular. Golf Club lunch	J & M
July 5 th	Circular	Llandyfriog Lay-By A475. GR SN 334413. Lunch BoG	Alan W
July 12th	Back lanes	Rhydlewis Village CP. GR SN 348475. 4m BoG	Malcolm
July 19	Cenarth - NCE	460 bus NCE Mart . FPs on Carms side R Teifi	Jane
July 26 th	Fishguard	Lower Harbour CP GR SM 965372. Coast, cannons, castle	Patrick
Aug 2 nd	Preseli Views Out and Back	Foel Cwmceryn Trig Point. 3 miles Start top CP B4329. GR SN 075322. Woods en route. Lunch Salutation Inn	Chris
Aug ?	Coed Foel 4 m	Repeat walk ; this time pre-reconnoitred route	Chris

Grid References – Measure along the corridor and up the stairs - Easting first, then Northing.. Conversely, the Easting is the line running North to South (up/down) and measures distance East or West. The Northing line runs East to West (side to side or across) and measures distance North or South..

Contact Telephone Numbers of Walk Leaders:

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