

Cardigan u3a Tuesday Walkers

April to June 2024 (Issue 1.0)

All walks start at 10.00 am unless otherwise stated

Walks organised by u3a automatically have public liability insurance cover, provided the walkers are u3a members. However, this is not a personal accident insurance and all members should be aware that they walk at their own risk. For further guidance on Health and Safety issues please read [Health and Safety on U3A Walks](#). Participants should also read the group's Risk Assessment, which details the procedures to be taken to ensure general risks are mitigated and the overall activity is managed in a coronavirus secure way.

| Date | Walk Name / Distance | Start Point / Lunch | Leader(s) |
|---|--|--|------------------|
| Apr 2 nd | Llys-y-fran (6.3 miles) | Llys-y-fran Reservoir, first car park (SN 040 245) (Lunch – Café) | Roy |
| Apr 9 th | Cenarth / Newcastle Emlyn Circle (7 miles) | Cenarth car park on B4332 to Abercych, (SN 267 415) (Lunch – Cenarth Tea Rooms) | Den & Dor |
| Apr 16 th | Henllan Circle (5.5 miles) | Celtic Country Wines car park, Henllan (SN 358 406) (Lunch – Celtic Wines) | Jenny |
| Apr 23 rd | Llangrannog - Pigeonsford (5 miles) | Llangrannog top car park (SN 316 539) (Lunch – Pentre Arms) | Roy |
| Apr 30 th | Crymych / Frenni Fawr (5.5 miles) | Crymych Car Park (SN 182 340) (Luch – Packed Lunch) | Katharine |
| May 7 th (09:00 am start) | Cenarth / Llechryd Circle (6.5 miles) Note: 09:00 am start | Cenarth car park on B4332 to Abercych (SN 267 415) 09:00 am to catch bus from Cenarth to Llechryd (bring your bus pass, if you have one?) (Lunch – Cenarth Tea Rooms) | Den & Dor |
| May 14 th | Rhydlewis Figure of Eight (6.5 miles) | Rhydlewis Village Hall car park (SN 347 475) (Lunch – Ffostrasol Arms) | Malcs |
| May 21 st | Ty Canol Figure of Eight (5.5 miles) | Entrance to Pentre Ifan Urdd Centre (SN 092 383) (Lunch – Packed Lunch) | Roy |
| May 28 th | Cymtydu / Glannant Circle (5.8 miles) | Lay-by near St Tysilio Church (1.5 miles NW of Llywyndafydd) (SN 363 573) (Lunch – Packed Lunch) | Katharine |
| Jun 4 th | Penparc fields, quarry and sand pits (5.5 miles) | Barclay Hall Car Park (Penparc YFC) (SN 211 483) (Lunch – Cardigan Golf Club / Packed Lunch) | Jenny |
| Jun 11 th | Pontyglasier Circle (6 miles) | Bethabara Chapel, Pontyglasier (SN 141 364) One mile east of Crosswell (Lunch – Packed Lunch) | Katharine |
| Jun 18 th | Coedybryn to Maesllyn Circle (~6.5 miles) | Coedybryn Village Hall car park (SN 354 447) (Lunch – Ffostrasol Arms, Ffostrasol) | Malcs |
| Jun 25 th | Cemaes Head (5.5 Miles) | Teifi Waterside Hotel (Webley Hotel) car park (SN 159 479) (Lunch – Waterside Hotel) | Janet & Elaine |
| Jul 2 nd | Rosebush & Foel Cwmcerwyn (6 miles) | Village Car Park (Behind Tafarn Sinc) (SN 075 295) (Lunch – Packed Lunch) | Roy |