

Cardigan u3a Tuesday Walkers

July to September 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)
Jul 2 nd	Rosebush & Foel Cwmceryn (6 miles)	Village car park (Behind Tafarn Sinc) (SN 075 295) (Lunch – Packed Lunch)	Roy
Jul 9 th	Porth Clais Harbour / Treginnis Circle (6.5miles)	Porth Clais Harbour (Southwest of St Davids) (SM 740 242) NT car park free if member (Lunch – Packed Lunch)	Leonard & Patsy
Jul 16 th	Rhosygilwen (5.7 miles)	Rhosygilwen Mansion car park (SN 204 407) (Lunch – Packed Lunch)	Jenny
Jul 23 rd	Llanarth Circle (5.5 miles)	Llanina Arms, Llanarth (SN421 574) (Lunch – Packed Lunch)	Katharine
Jul 30 th	Preseli Blue Stone Enigma (6.5 miles)	Waldo's Monument, Mynachlog Ddu (SN 135 303) (Lunch – Packed lunch)	Roy
Aug 6 th	Crymych / Frenni Fawr (5.5 miles)	Crymych car park (SN 182 340) (Luch – Packed Lunch)	Katharine
Aug 13 th	Goodwick Circle (6 miles)	Car park (SM 948 388) (Lunch – Packed lunch or local cafe)	Bill & Malcs
Aug 20 th	Golden Road, Preseli Hills Bwlch Gwynt to Crymych (8.3 miles)	Crymych car park, then mini-bus transfer to Bwlch Gwynt to start walk (SN 182 340) (Lunch – Packed Lunch)	Roy
Aug 27 th	Brynberian / Ty Canol Circle (6.6 miles)	Brynberian quarry, on the left on road to Pentre Ifan (SN 104 352) (Lunch – Packed Lunch)	Katharine
Sep 3 rd	St Dogmaels Paths and Woods (6 miles)	St Dogmaels car park (SN 164 460) (Lunch – Coach House or Packed Lunch)	Jenny
Sep 10 th	Llanon / Llanrhystyd Circle (6.5 miles)	Heol yr Ysgol car park (Travelling from Aberarth on A487 in Llanon turn right by Fish and Chip shop opposite Swan Inn (SN 517 671) (Lunch - Packed Lunch)	Malcs
Sep 17 th	Tresaith to Aberporth Circle (6.5 Miles)	Tresaith car park on the hill before entrance to Glandwr Manor (SN 279 513) (Lunch – Packed Lunch)	Jenny
Sep 24 th	Pwllgwaelod to Cwm-yr-Eglwys Circle (5.7 miles)	Pwllgwaelod car park (SN 006 399) (Lunch – Packed Lunch)	Roy
Oct 1 st (Note: 09:30 start)	New Quay / Aberaeron Circle (6.5 miles)	Main / Surgery car park, New Quay (SN 387 599) (09:30 to catch 09:52 bus to Aberaeron (bring your bus pass if you have one?) (Lunch – Packed Lunch)	Roy