

U3A STROLLERS WALKS NOVEMBER AND DECEMBER 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 11am. Hopefully, we will find somewhere for lunch, a seemingly important part for The Strollers.

Dogs are welcome on walks if they are well behaved and always under effective control by their owner, both in urban and countryside areas.

We do not walk in icy weather.

ALL DIRECTIONS ARE FROM CARDIGAN

DATE	AREA	MEET	MILES	NOTES/DESCRIPTION OF WALKS
NOVEMBER				
6th	Wildlife Park	Meet at far end of Station Road under dual carriageway bridge	1.5	Turn into industrial estate by Jewsons, park in Station Road or on Industrial Estate. Tarmac all the way along the river to Wildlife Park
13th	Dre-fach Felindre The Village Trail	National Wool Museum free car park	Approx 1 hour	A484 to Newcastle Emlyn and follow brown signs. Mainly tarmac but some dirt tracks. New walk from Jane, interesting buildings/landmarks.
20th	Moylgrove	Main village car park	2.2	A487 towards Fishguard, turn right onto B4582 towards Nevern. Follow road until right hand turn to Moylgrove. OR through St Dogmaels and follow signs to Moylgrove. Walk down road to Ceibwr and back through Cwm. Some uphill. No cliff tops.
27th	Newquay	Main car park by health centre. Fee to pay	2	A487 north. Left onto A486 to Newquay. New walk from Sorel, part of the Dylan Thomas Town Trail. Tarmac all the way, some hills.
DECEMBER				
4th	Newport	Iron Bridge	2	A487 south. Just before Newport village turn right signposted golf club/Parrog. Park just before or just after white iron bridge on left. Coastal path to golf club, beach & return through golf course. May be muddy in places.
11th	Newcastle Emlyn	Main car park should be free until 2pm	2	Jane to lead. May be able to visit Christmas Tree Festival in Church.
18th	Fishguard	Car park in front of Catholic Home overlooking Goodwick	2	A487 south to Fishguard. Through town on A40 towards Goodwick. Turn right before Seaview Hotel & The Shack. Marine walk, tarmac all the way.
25th		NO WALK		
JANUARY				
		Poppit Sands		Walk through caravan park, track may be muddy. Back along beach.
1st	St Dogmaels	Car park should be free	2	Some Strollers have said they would like to walk on New Year's Day, bring a packed lunch to eat at Ros and Trevor's We will provide tea and coffee. Penralt Garden Centre is closed, not sure about The Coach House.

If you need more information please contact Ros Appleton 07546 724470 Jane Edleston 07752 258181 (unable to attend on first Wednesday of each month)
 Alan Cooper 07915 602768 Di Green 07866 377006