

U3A STROLLERS WALKS JANUARY FEBRUARY AND MARCH 2025

Most walks will be 1.5 - 2 miles and although there will be hills, we take them as slowly as you need. All walks start at 11am. We do not walk in icy weather. You will be responsible for yourself but obviously we will look out for each other. 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.

ALL DIRECTIONS ARE FROM CARDIGAN				
DATE	AREA	MEET	MILES	NOTES/DESCRIPTION OF WALKS
JANUARY				
8th	Aberporth	Car park by old chapel Fee to pay.	1.5-2.5	Along coastal path (tarmac) towards Tresaith and return same way Some may want to walk to Tresaith, steep in places, and return along road.
15th	Rosebush	Car park just beyond pub	2.2	South on A487. At Eglwyswrw turn left onto B4329 at crossroads turn left onto B4313. Small reservoir can be seen below on right. Left by shop and pub. Walk is on tracks.
22nd	Golf Club	Inside golf club		B4548 towards Gwbert. Right at Cliff Hotel. Follow signs to golf club Cardigan golf club - Strollers lunch organised by Mike Brown (this is not the main U3A lunch which is 6th Feb)
29th	Beth Morris	Beth Morris car park with large standing stone	2.4	Turn 1st left after Newport, continue to very top and car park on left. Walk to Carn Ingli & return. If we arrive and it is misty we will go to Newport and walk there.
FEBRUARY				
5th	Gwbert	Car park at view point	2	B4548 towards Gwbert. Turn left into signed car park. Walk towards Cliff Hotel and onto headland. Return same way.
12th	Cenarth	Car park with loos on Boncath road	2	Over bridge at Cenarth turn right by pub, car park on left. Walk along road and return via boardwalk unless river is very high.
19th	Llys-Y-Fran	Main car park Fee £3 per day	2	Walk right along side of dam as far as you want. Return same way. Easy paths on concrete/grass but can be muddy in places.
26th	Newport	Parog free car park	2	Along coastal path and then inland
MARCH				
5th	Pwllgwaelod	Free car park with loos	2	Turn right in Dinas - signposted. All terrain path to Cwm-yr-eglwys
12th	Newcastle Emlyn	Main car park Free until 2pm?	2	Walk around town area.
19th	Wildlife Park	Meet at far end of Station Road under dual carriageway bridge	2	Turn into industrial estate by Jewsons, park in Station Road or on industrial estate. Tarmac all the way along the river to Wildlife Park. Return same way. Dogs on leads please- see notices.
26th	Goodwick	Free car park behind Tesco Express	2	Inland across common and return along prom. Can be muddy in places.

If you need more information please contact Ros Appleton 07546 724470 Jane Edleston 07752 258181 (unable to attend on first Wednesday of each month)
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