

THE STROLLERS – WEDNESDAY WALKING GROUP

2nd October ABERPORTH TO TRESAITH

We had an excellent turnout with 22 people including our new Strollers, Steve and Sue and their dog Minnie. The weather was dry and we walked along the coastal path towards Tresaith. Some turned back when it became steep but others carried on and did the circular route back along the road. Edris entertained us with tales of a James Bond film where a helicopter shot had to be re-filmed as a farmer driving his tractor had appeared in it! He also told us about Elgar taking a walk along a nearby cliff path when he heard singing from a nearby chapel. He was so struck by the beauty of the singing that he adopted some of it into the composition he was working on called Allegro Spiritoso. Juliette reserved tables for us at The Ship in Aberporth and many of us enjoyed lunch there.

9th October BRYNBERIAN

After a hasty update of directions we had another good turnout despite the drizzle. We had a very pleasant walk apart from being muddy in places following the torrential rain the previous day. Another good lunch at Castle Henllys.

16th October PWLLGWAELOD

14 of us had a lovely walk admiring the autumn colours of the trees and landscape. Fortunately the forecast was wrong and the weather stayed dry. The paths were tarmac all the way and the dogs had a good run on the beach at Cwm-yr-eglwys. The chapel café was closed so we had lunch again at Castle Henllys.

23rd October LLYS-Y-FRAN

There were 14 people on the walk which took place on a mild and sunny day. We set off to walk around part of the reservoir, the walking trail was very good underfoot and views of the lake could be seen through the lovely autumn trees. After almost an hour, some of the group walked a little further to a small bridge whilst the others turned around tempted by a cuppa at the café. Due to a prior appointment, Will and Liz met up with us on our return journey to the café. Another couple, who I will not name to spare their embarrassment, took the “scenic” longer route travelling but joined us in the café. We had an excellent meal in the dog friendly café overlooking the reservoir. This walk hadn't been on The Strollers rota for quite some time but I don't think it will be long before we are back again.

Ros Appleton

