

## Cardigan u3a Tuesday Walkers

January to March 2025 (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)
Jan 2 <sup>nd</sup> Thursday	Llangrannog - Pigeonsford (5 miles)	Llangrannog top car park (SN 316 539) (Lunch – Pentre Arms)	Roy
Jan 7 <sup>th</sup>	Rhydlewis Circle (6 miles)	Rhydlewis Village Hall car park (SN 347 475) (Lunch – Ffostrasol Arms)	Bill & Malcs
Jan 14 <sup>th</sup>	Pwllgwaelod Circle (Dinas Island) (5.7 miles)	Pwllgwaelod car park (SN 006 399) (Lunch – Packed Lunch)	Roy
Jan 21 <sup>st</sup> <b>(10:15 am start)</b>	Drefach Felindre (5.5 miles)	Welsh Woollen Mill, Drefach Felindre (SN 355 388) Note: Car park opens at 10:00 am. (Lunch – Welsh Woollen Mill)	Katharine
Jan 28 <sup>th</sup>	St Dogmaels to Pen y bryn (5.7 miles)	St Dogmaels main car park (SN 164 460) (Lunch – Abbey Coach House Cafe)	Jenny
Feb 4 <sup>th</sup>	Aberaeron / Llanerchaeron Circle (~6 miles)	Wooden Bridge, Aberaeron, (SN 457 628) (Lunch – Ambassador's Cafe)	Roy
Feb 11 <sup>th</sup>	Capel Iwan Lanes and Woods 5 miles)	Capel Iwan School, Capel Iwan (SN 289 361) (Lunch – Packed Lunch)	Katharine
Feb 18 <sup>th</sup>	Llandyfriog (5.5 miles)	Lay-by on left after Llandyfriog (opposite turning for church), approx 1.5 miles from NC Emlyn on the A475 towards Penrhiwllan (SN 333 413) (Lunch – Packed Lunch / Ffostrasol Arms)	Malcs
Feb 25 <sup>th</sup>	Newport to Nevern Circle (6 Miles)	Parrog car park, Newport (SN 052 396) (Lunch – Packed Lunch)	Roy
Mar 4 <sup>th</sup>	Henllan Circle (5.5 miles)	Celtic Country Wines car park, Henllan (SN 358 406) (Lunch – Celtic Wines)	Jenny
Mar 11 <sup>th</sup>	Pren-gwyn (5 Miles)	Gwarcefel Arms car park, Pren-gwyn, Llandysul (on the A475 east of Horeb) (SN 425 443) (Lunch – Gwarcefel / Ffostrasol Arms)	Katharine
Mar 18 <sup>th</sup>	Newport Coast and Hills (6miles)	Parrog car park, Newport (SN 052 396) (Lunch – Packed Lunch)	Roy
Mar 25 <sup>th</sup>	Coed y Foel, Llandysul (6 miles)	Church Street car park, Llandysul (SN 418 406) (Lunch – Packed Lunch)	Jenny
Apr 1 <sup>st</sup>	Llys-y-fran (6.3 miles)	Llys-y-fran Reservoir, first car park (SN 040 245) (Lunch – Café)	Roy