

U3A STROLLERS WALKS APRIL MAY AND JUNE 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
APRIL				
2nd	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. Ros not available but you can't get lost!
9th	Abercych	Just past Nag's Head pub Track by wooded area on right	2	Abercych Sculpture Trail. Steep start to bottle house. Interesting items to view on route. Muddy in places. Should see snowdrops.
16th	Castell Henllys	Free car park in front of church	2	Hilly in places. Back paths, some road, return through hill fort. Might be muddy in places. Should see snowdrops.
23rd	Llangoedmor SA43 2LR	Free car park NEAREST church (not around the corner!)	2	Some of you may have done this walk last September. Interesting wooden sculptures to see. Dave to lead. Might be muddy in places. Easter week so we should be away from busy places.
30th	Newport Taps	Parrog free car park SA42 0RP	2.2	Some of you will remember this walk from last October. Look out for 5 elegant taps on the way. Might be muddy in places.
MAY				
7th	Pwllgwaelod	Free car park with loos.	2	Turn right in Dinas - signposted. All terrain path to Cwm-yr-Iglis. Easy walk - no slopes. Should see bluebells.
14th	Llanerchaeron National Trust	Car park £3 SA48 8DG	2	Some of you will remember this walk we did last April. Sorel to lead. Around the Estate.
21st	Finnone	Main waterfall free car park. SA37 0HQ	2	Before Newchapel turn left (sign posted) Drop down to car park area. If river is OK to cross it is a circular walk but you need WELLIES. If not, return same way.
28th	Dinas Mountain	Free car park top of moorland	2	In Dinas turn left after shop-signposted viewpoint. (If you get to petrol garage you've gone too far!) Up narrow road to viewpoint, another mile, just past fencing on left, car park on right. Gentle uphill walk. Views. Spring Bank Holiday week but we should be away from any crowds!
JUNE				
4th	Newport	Parrog free car park SA42 0RP	2	Along coastal path and then inland OR path along river to iron bridge. Ros not available for this walk so decide among yourselves where you would like to go.
11th	Dre-fach Felindre Village trail	National Wool Museum Free car park SA44 5UP	Approx 1 hour	A484 to Newcastle Emlyn and follow brown signs. Lovely walk from Jane which we did last November. Mainly tarmac but some dirt tracks. Interesting buildings and landmarks.
18th	Fishguard	Free car park in front of Catholick Home overlooking Goodwick	2	A487 south to Fishguard. Through town A40 towards Goodwick. Turn right before Seaview Hotel & The Shack. Marine walk, tarmac all the way. I wonder if we will have any famous people joining us this time!
25th	Aberporth	Free car park by church SA43 2BC	2.2	A487 north. Left at roundabout B4333 signposted MOD Aberporth. Stay on B4333. Car park on right down hill. Some hills, back lanes and coast.

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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