

## THE STROLLERS – WEDNESDAY WALKING GROUP

22 JANUARY 2025

The Strollers enjoyed an excellent post-Christmas meal at The Golf Club.

28 people attended, good food and good company. Many thanks again to Mike Brown for organising this for us.

29 JANUARY – ST DOGMAELS

19 Strollers including our new lady Jo and a total of 6 dogs. We started at The Moorings at the beginning of the Pembrokeshire Coastal path. I told everyone about the folk tale of a fisherman who caught a mermaid in his net. She promised to warn him of the next storm if he let her go. She did this and he returned to shore and was saved whilst others perished at sea. The wooden statue is dedicated to her. We then walked along the river path and some Strollers went down to see The Blessing Stone where the fishing boats were blessed before going to sea. A little further on, Jane told us about the posts where the nets were draped to be repaired. We walked lower down towards the river and then across to the duck pond, abbey ruins and the statue of St Dogmaels. The walk took us upwards looking down at the stunning views of the river and abbey ruins below. We had a lovely lunch at The Coach House.

5 FEBRUARY – GWBERT

18 Strollers and 8 dogs. It was good to see Patrick who joined us for this walk together with Molly dog. A cold but thankfully dry day after several days of rain. We started at the viewpoint car park and walked towards the Cliff Hotel and then along the coastal path at the far side of the hotel and admired the stunning views. Surprisingly, after returning the same way, we had walked 2.5 miles. Some Strollers went to the Golf Club for lunch, others into town. A few wanted to get to the MOTO meeting that afternoon.

12 FEBRUARY – CENARTH

22 Strollers and 7 dogs.

Another dry but chilly day. We walked across the bridge and up the road and then turned right along a fairly steep path. We then took a right turn towards the river and returned along the boardwalk. The water in the river was crystal clear and we heard a lot of birdsong along the way. Some Strollers did a shorter walk along the boardwalk and back to avoid the steep paths. Most of us had a very enjoyable lunch at Phat Forks in the Cenarth Falls Resort.

19 FEBRUARY – LLYS-Y-FRAN

We drive across the Preseli hills in thick mist and wondered how many brave souls would turn up for the walk. However, as we approached the reservoir the mist cleared and it was dry and slightly warmer than the past few days. There were 11 Strollers and 8 dogs. We had a pleasant but very muddy walk along one side of the reservoir and then back to the café for a much needed cuppa, snacks or lunch which was excellent.

26 FEBRUARY – LLANGRANNOG

15 Strollers and 5 dogs.

A cool but dry day. We decided to walk on roads and tarmac paths rather than towards the headland which could have been muddy. It was lovely to see the cheerful primroses and snowdrops, first signs of Spring. When we reached the coast some continued up hill to see the statue of St Crannog while others gave their dogs a run on the beach. We had an excellent lunch at The Pentre Arms.

Ros Appleton