

**Friday Walkers – part of Cardigan U3A PROGRAMME Date April - July 2025****Unless otherwise stated – walks start at 10-30 am ; Pub / café lunch afterwards**

Walks organised by the U3A automatically have public liability insurance cover, provided walkers are U3A members ; the club and its members are insured against claims by the public who are not U3A members. However, this is not personal accident insurance ; members walk at their own risk.

Date	Walk Name / Distance	Start Point / Lunch	Leader(s)
April 11th	Dinas Head	Pwllgwaelod CP GR SN 004 398	J & M
April 18th	Cardigan circle	(GOOD FRIDAY) Golf Club CP	Dave Ev
April 25th	Newport bluebells	Carningli CP – Steep bits GR SN 070 373	Patrick
May 2nd	Cenarth - NCE	NCE Mart bus stop. Bluebell walk	Jane
May 9th	Llangrannog 4m	Top CP – Pigeonsford bluebells GR 316 538	Annette
May 16th	Newport circle	Vivians van, opposite Llwyngwair Manor GR SN 072 390	Sue M
May 23rd	Cardigan circular	Maes Radley Sports field GR SN 174 462	Dave Ev
May 30th	Fishguard Circle	Lower harbour CP. GR SN 963 372. Turn R into CP before bridge to Fishguard proper.	Patrick
June 6 <sup>th</sup>	Newport Pembs	Parrog to golf club and return	Chris
June 13 <sup>th</sup>	Saron Circular. 3 m	Llwyndafydd Inn, A484 X-roads at GR SN 375 382	Alan W
June 20th	Millenium walk . 4+ m	Newport Parrog CP	Patrick
June 27th	Ciliau Aeron – 4 m	Llanerchaeron old station CP GR 476 600 **	Jill
July 4th	Carningli Ridge Return	Bedd Morris CP GR SN 038 365	Patrick
July 11th	Pengelli Woods	A487. Turn R after Llantood (on L), along lane, plenty of roadside parking after 2+ miles. GR SN 122 396	Dave Evans
July 18th	Nevern circle	Llwyngwair Manor GR SN 071 393 **	Dave Ev

\*\* More accurate directions possible closer to date

**Contact Telephone Numbers of Walk Leaders:**

<b>Chris Edwards</b>	<b>01559 370029</b>	<b>Jane</b>	<b>07752 258 181</b>	<b>Patrick</b>	<b>01239 881219</b>
<b>Sue Milner</b>	<b>01239 891549</b>	<b>Annette</b>	<b>07954 196 236</b>	<b>John &amp; Melissa</b>	<b>01559 372 326</b>
<b>Dave Evans</b>	<b>07789 207 154</b>	<b>Alan Wilson</b>	<b>01559 361611.</b>	<b>Jill</b>	<b>07480 894 813</b>

