

THE STROLLERS – APRIL 2025

2nd APRIL ABERPORTH

I didn't walk with The Strollers today but I was told by a very reliable source (Will) that there were 14 people and 5 dogs. It was a sunny day, they walked along the tarmac coastal path where they met a lady who sadly said her dog was missing and had gone into a badger sett on the side of the path. Some Strollers walked to the bench before the path went down to the beach at Tresaith and then returned the same way. Others continued onto the beach and took the longer circular route along the road to Aberporth. Lunch was enjoyed at The Ship.

9th APRIL ABERCYCH 20 Strollers and 6 dogs

We set off along the track just past The Nag's Head pub. It was a beautiful warm day. We continued up the steep track and turned to see the sculptures, wind charms and interesting carvings before reaching the lovely bottle house. The walk continued downhill to the road. It was too late to see snowdrops but we did see some wild violets and bluebells. An excellent lunch was enjoyed at the Phat Forks.

16th APRIL

No walk today due to the weather conditions.

23rd APRIL 21 Strollers and 5 dogs

We met in the car park by the church in Llangoedmor. Dave was the leader for this walk. It was a dry and bright day. We walked along the road and tracks and saw an abundance of wild flowers including violets, white pink and very deep blue bluebells and a lovely purple orchid. The walk took us past a house where a lovely lady called Susan lived. I was told that she was a founder member of the Cardigan U3A and is still a very involved. She told us that in the Dark Ages it was the home of St Cynllo. (the church we parked near is also named after him) St Cynllo's knee imprints are said to exist in a rock by the nearby stream. There were a lot of wooden carvings along the edge of her house depicting local animals and wildlife and the word "Saint" was carved on one post and "Cynllo" on the next post. On the way we saw a waterfall flowing into a crystal clear stream. We had an excellent and very reasonably priced lunch at The Penllwyndu pub.

Ros Appleton – Group Leader