

Cardigan u3a Tuesday Walkers

April to June 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)
Apr 1 st	Llys-y-fran (6.3 miles)	Llys-y-fran Reservoir, first car park (SN 040 245) (Lunch – Café)	Roy
Apr 8 th	Penparc fields, quarry and sand pits (6 miles)	Barclay Hall Car Park (Penparc YFC) (SN 211 483) (Lunch – Cardigan Golf Club / Packed Lunch)	Jenny
Apr 15 th	Crymych / Frenni Fawr (5.5 miles)	Crymych Car Park (SN 182 340) (Lunch – Packed Lunch)	Katharine
Apr 22 nd	Llangrannog - Pigeonsford (5 miles)	Llangrannog top car park (SN 316 539) (Lunch – Pentre Arms)	Roy
Apr 29 th	Ty Canol Figure of Eight (5.5 miles)	Entrance to Pentre Ifan Urdd Centre (SN 092 383) (Lunch – Packed Lunch)	Roy
May 6 th (09:00 am start)	Cenarth / Llechryd Circle (6.5 miles) Note 09:00 am start	Cenarth car park on B4332 to Abercych (SN 267 415) 09:00 to catch bus from Cenarth to Llechryd (bring your bus pass, if you have one?) (Lunch – Cenarth Tea Rooms)	Roy
May 13 th	Rhydlewys Figure of Eight (6.5 miles)	Rhydlewys Village Hall car park (SN 347 475) (Lunch – Ffostrasol Arms)	Bill and Malcs
May 20 st	Llechryd (Maidie B Goddard Woods) (5.5 miles)	Seven Stars Inn (SN 217 438) (Lunch – Penllwynddu Inn – Note: Seven Stars closed, but happy for us to use their car park)	Jenny
May 27 th	Coedybryn to Maesllyn Circle (~6.5 miles)	Coedybryn Village Hall car park (SN 354 447) (Lunch – Ffostrasol Arms, Ffostrasol)	Bill and Malcs
Jun 3 rd	Cymtydu / Glannant Circle (5.8 miles)	Lay-by near St Tysilio Church (1.5 miles NW of Llwyndafydd) (SN 363 573) (Lunch – Packed Lunch)	Katharine
Jun 10 th	Rhosygilwen (5.7 miles)	Rhosygilwen Mansion Car Park (SN 204 407) (Lunch – Packed Lunch)	Jenny
Jun 17 th	Cemaes Head (5.5 Miles)	Teifi Waterside Hotel (Webley Hotel) car park (SN 159 479) (Lunch – Waterside Hotel)	Janet & Elaine
Jun 24 th	Pontyglasier Circle (6 miles)	Bethabara Chapel, Pontyglasier (SN 141 364) One mile east of Crosswell (Lunch – Packed Lunch)	Katharine
Jul 1 st	Rosebush & Foel Cwmcerwyn (6 miles)	Village Car Park (Behind Tafarn Sinc) (SN 075 295) (Lunch – Packed Lunch)	Roy