



# Pembrokeshire Group walks *November 2018 to February 2019*

**Updated 2/11/18**

*Our groups help local people enjoy walking and protect the places we all love to walk. Feel free to contact the walk leader to find out more about their walk.*

Bring your own lunch and refreshments, especially water.

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Sunday 4 November 2018 10:30 -8 miles – Moderate plus, significant climbs.

**Rosebush circular**

Starts at 10:30: Public free car park in Rosebush village - to the rear of Tafarn Sinc (SA66 7QX, SN075 295) Forest tracks through Pantmaenog, up on to Foel Cwmcwern, and back down to Rosebush. Long stretches of steady uphill climbs, with fabulous views if a good weather day. Is very wet underfoot on parts of the Preseli section.

Local grade: 7. Walk leader: Gill Phillips 07503 002422

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Saturday 10 November 2018 10:30 - 8 miles/12.9 km - Moderate

**Mynachlogddu and short stretch of Preseli Ridge**

Starts at 10:30: Large layby in front of Waldo Williams monument, to the west of the village on the Rosebush road (SA66 7SN, SN136 303)

A walk connecting the 'River of Stone', standing stones, Carn Meini Tomb, Bedd Arthur and eventually Gors Fawr Stone circle. Walk occasionally crosses open moorland and not necessarily on footpaths.

Local grade: 8. Walk leader: Davey Hicks 07821 151520

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Saturday 17 November 2018 **10:00** - 10 miles - Strenuous

**Freshwater East, lily ponds and coast.**

Strenuous end of moderate. Earlier start time than usual owing to length and shorter days

Starts at **10:00**: Main car park Freshwater East (free parking after 3<sup>rd</sup> Nov) (SA71 5LN, SS01 6977)

Start from Freshwater East, head inland to Thrustle Mill, Stackpole Elidor, Eight Arch Bridge, Barafundle and back along coast path

Local grade: 8. Walk leader: Helen 07807 770387

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Fri 23 November 2018 19:30 – Leisurely, ~~circular~~ rotund.

**Ramblers Christmas dinner**

Starts at 19:30: Hotel car park or Castle Lake car park (SA61 1UN, SM950 154)

Mariners Hotel, Haverfordwest

Local grade: 1 Walk leader: "George" 07787 527222

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Sunday 25 November 2018 10:30 - 6 miles/9.7 km - Moderate

**Lampeter Vale Penblewin/Llanddewi Velfrey**

Starts at 10:30: Penblewin car park and toilets just east of Penblewin roundabout on A40 (SA67 7NY, SN123 166)

Walking some paths that we have not used for some time. From Stonyford through part of the Lampeter vale to Llanddewi Velfrey then across the A40 and returning via Ffynnon. Some stiles in poor condition.

Local grade: 6. Walk leader: John Reeves 01646 684049 07565 525627

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Saturday 1st or Sunday 2<sup>nd</sup> December 2018

**To be filled**

Starts at 10:30:

Somewhere

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Saturday 8 December 2018 10:30 - 10 miles/12.9 km - Moderate

**Solva hinterland**

Starts at 10:30: Large layby on A487 about 2 miles N. E. of St Davids opposite Waun Sebon.

(SA62 6XG, SM791 273)

Commons, on and off St Davids airfield, coast to Solva then woods paths and lanes return. Variations on the usual circuit. Wet in places.

Local grade: 8 Walk leader: Gerry Martyn 01437 729055

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Sunday 16 December 2018 **10:00/10:30** – 9.5 miles - Moderate

**Nantgaredig**

Starts at **10:00/10:30**: Start time to confirmed. Parking in hall car park at Pont ar Gothi (SN503 217). This walk is dependant on the height of the river so need to check the day beforehand. If the river is not suitably constrained there will be a walk in the same area with, possibly, a different starting point.

Towey river valley and farm fields.

Local grade: 7 Walk leader: Carolyn Hills 01267 211819 (or George Allingham 07787 527222 for details)

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Saturday 22 December 2018 10:00 - 10 miles– Moderate

**Bancyfelin village and beyond.**

Starts at **10:00**: Large layby opposite the entrance to Werndale hospital. (SA33 5NT, SN321 178)

Bancyfelin, sweeping round to the north touching on Drefach.

Local grade: 7.5. Walk leader: George Allingham 07787 527222

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Saturday 29<sup>th</sup> or Sunday 30<sup>th</sup> December 2018

**To be filled**

Starts at 10:30:

Somewhere

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Tue 1 January 2019 10:30 - 5 miles - Moderate

**Pelcomb stroll through Sutton Lodge and Cuckoo Mill**

Starts at 10:30: Layby on A487 just south of Pelcomb Cross (SA62 6AA, SM922 178)

Quiet country lanes, farm tracks, fields and an up-close view of a Solar Farm.

Local grade: 4. Walk leader: Lena Arnold/ John Reeves 01646 684049 07565 525627

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Saturday 5 January 2019 10:30 - 5 miles/8 km - Leisurely

**Stackpole Estate**

Starts at 10:30 at Stackpole Cheriton (Stackpole Elidor) church (SA71 5BZ SR987 973)

Exploration of the Stackpole estate including new developments in Lodge Park and the Mencap Garden. Return via Castle Dock wood.

Local grade: 4. Walk leader: Madeline Bland 01646 651677, 07539 264442 and Karin Parfitt 01646 683427.

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Saturday 12 January 2019 10:30 – 7.5 miles - Moderate

**Marros Coast and Mountain**

Starts at 10:30: Marros church car park (Free parking) and war memorial on Amroth to Pendine road.

(SA33 4PW, SN207090)

From Marros church to Wales Coast Path then inland across the Amroth/ Pendine road to Marros Mountain.

Short walk option of 5.5. miles (some steep sections).

Local grade: 7. Walk leader: John Reeves 01646 684049 07565 525627

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Saturday 19th or Sunday 20th January 2019

**To be filled**

Starts at 10:30:

Somewhere

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Sunday 27<sup>th</sup> January 2019

**Amroth**

Taking in Colby and Craig y Borion woods. In the region of 5 miles. More detail to be added

Starts at 10:30: from main Amroth car park (not Amroth castle) SN162 070

Walk leader: Madeline Bland 01646 651677, 07539 264442

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Saturday 2<sup>nd</sup> February 2019 10:30 - 8 miles/11.3 km - Moderate

**Reserved**

Starts at 10:30: Details to be added

Local grade: 7 Walk leader: Steve Hughes

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Saturday 9<sup>th</sup> or Sunday 10<sup>th</sup> February 2019 10:30

**To be filled**

Starts at 10:30:

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Saturday 16<sup>th</sup> or Sunday 17<sup>th</sup> February 2019

**To be filled**

Starts at 12:30: The start Somewhere

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Saturday 23 February 2019 10:30 - 10 miles - Moderate

**Reserved**

Starts at 10:30: details to be added (SA62 4PA, SM984155)

Whitesands, St Davids Head, Penberry

Local grade: 8 Walk leader: Gerry Martyn 01437 729055

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### ***Finding the start of your walk***

Start and meeting points include nearest postcode and an Ordnance Survey grid reference accurate to 100m. Use postcodes with care: in rural areas the nearest postcode may be some distance from the actual start point. See OS maps for an explanation of how to use grid references.

### **Grades**

- **Easy** - walks for anyone who does not have a mobility difficulty, a specific health problem or is seriously unfit. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.
- **Leisurely** - walks for reasonably fit people with at least a little country walking experience. May include unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended.
- **Moderate** - walks for people with country walking experience and a good level of fitness. May include some steep paths and open country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.
- **Strenuous** - walks for experienced country walkers with an above average fitness level. May include hills and rough country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential. People in doubt about their fitness should contact the organiser or leader in advance.

### **Notes**

- Walk gradings are provided as a general guide only. If you have any doubt about your fitness for a particular walk please contact the organiser or leader in advance.

- Bear in mind the distance of the walk, regional differences in terrain and the possibility of bad weather, which can make a walk more difficult than planned.
- If you're unsure of your fitness level, try a short and easy walk first - it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted.
- Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit.



## Ramblers Pembrokeshire Group Walks Programme for November 2018 to February 2019

Committee Office Holders from October 2018

Chairman: George Allingham 07787 527222 pemsramblers@yahoo.co.uk

Secretary: Gill Phillips 07720 137764 Treasurer: George Allingham (acting)

Countryside: Nigel Lee 077541 27597

Membership Secretary : Jeanette Allingham 01646 621805

Footpath Officer: John Reeves 01646 684049 or 07870 336147

Tony Weake 07770 434282 Steve Drinkwater 01437 710009 or 07761 231325

Gerry Martyn 01437 729055 David Devauden 07791 155994

1. Everybody is welcome on walks suitable for their fitness level. After three walks you will be expected to join Ramblers, 2nd Floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW or online at [www.ramblers.org.uk](http://www.ramblers.org.uk) in order to continue walking with us. Membership is on a national, rather than on a local, basis.
2. Ramblers encourage car sharing; drivers appreciate it when a contribution is made to fuel costs.
3. Dogs are not permitted on walks unless specifically indicated on the programme, and they must be kept on the lead at all times.
4. The Walk Leader is asked to send a brief account of the walk (not more than 200 words), together with the dates of the next three walks, to the following papers:-  
 Western Telegraph - Western Tangiers, Fishguard Road, Haverfordwest, SA62 4BU  
 (Tel: 01437 763133; Fax: 01437 760482); e-mail: [lee.day@westerntelegraph.co.uk](mailto:lee.day@westerntelegraph.co.uk)  
 Tenby Observer - Tindle House, Warren Street, Tenby, SA70 7JY  
 (Tel: 01834 843262; Fax: 01834 844774); e-mail: [reporters@thetenbyobserver.co.uk](mailto:reporters@thetenbyobserver.co.uk)  
 County Echo - Parc Y Shwt, Fishguard, SA65 9AP  
 (Tel: 01348 874445); email: [edit@countyecho.co.uk](mailto:edit@countyecho.co.uk)  
 The Herald - 11 Hamilton Terrace Milford Haven SA73 3AL (01646 454545)  
 email: [rhys.williams@herald.email](mailto:rhys.williams@herald.email)
5. The Walk Leader is asked to send a brief account of the walk for publication on our website to [neil\\_bland@btinternet.com](mailto:neil_bland@btinternet.com). Photographs are welcome.
6. Our thanks go to all those who have agreed to lead a walk on this programme. Help is always available for leaders reconnoitring walks, and especially for those who might like to give it a go.

7. Ramblers cannot accept responsibility for any loss or injury incurred during these walks.