**Walks Programme**
**Monday Strollers**
**July 2025 – December 2025**

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| | | | | JULY 2025 | |
| Mon | 07/07/25 | 4 miles | 10am | Pontyates Circular | Mark Morris<br>(reg) Dai Rees |
| Mon | 14/07/25 | 4 miles | 10am | Crofty | Julia Clark<br>Eileen Beaumont |
| Mon | 21/07/25 | 4 miles | 10am | Pwll – Burry Port | Mandy James<br>Eileen Beaumont |
| Mon | 28/07/25 | 4 miles | 10am | Dafen Pond / Bryn Circular | Dai Rees<br>Mark Morris |
| | | | | AUGUST 2025 | |
| Mon | 04/08/25 | 4 miles | 11am | Kidwelly<br>Art Exhibition and Tea<br>**11am start** | Elaine Jenkins<br>Alwyn Williams |
| Mon | 11/08/25 | 4 miles | 10am | Crofty Circular | Julia Clark<br>Eileen Beaumont |
| Mon | 18/08/25 | 4 miles | 10am | Burry Port and<br>Tenovus Coffee Morning | Eileen<br>Beaumont<br>Julia Clark |
| Mon | 25/08/25 | | | August Bank Holiday<br><br>NO WALK | |
| | | | | SEPTEMBER 2025 | |
| Mon | 01/09/25 | 4 miles | 10am | Mumbles Circular<br>POSTPONED owing to weather conditios | Julia Clark<br>Eileen Beaumont |
| Mon | 08/09/25 | 4 miles | 10am | Mumbles Circular | Julia Clark<br>Eileen Beaumont |
| Mon | 15/09/25 | 4 miles | 10am | Loughor | Sian Davies<br>Marie Hoey |
| Mon | 22/09/25 | 4 miles | 10am | Bracelet Bay to Langland | Mark Morris<br>Dai Rees |

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| Mon | 29/09/25 | 4 miles | 10am | Delta Lakes and Sandy Water Park | Alwyn Williams Elaine Jenkins |
| | | | | OCTOBER 2025 | |
| Mon | 06/10/25 | 4 miles | 10am | Llwynhendy to Machynys Lake Circular | Dai Rees (reg) Mark Morris |

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| | | | | | |
|---|---|---|---|---|---|
| Mon | 13/10/25 | 4 miles | 10am | Cwm Mawr Circular | Heather Stretch (reg) Dai Rees / Mandy James |
| Mon | 20/10/25 | 4 miles | 10am | Pontyates / Ponthenri Circular | Heather Stretch (reg) Mandy James |
| Mon | 27/10/25 | 4 miles | 10am | Swiss Valley | Ghulam Choudry Mary Jones |
| | | | | NOVEMBER 2025 | |
| Mon | 03/11/25 | 4 miles | 10am | Bishop's Park and the Gwili River and Railway Walk | Julia Cark Eileen Beaumont |
| Mon | 10/11/25 | 4 miles | 10am | Penllergaer Woods | Eileen Beaumont Julia Clark |
| Mon | 17/11/25 | 4 miles | 10am | Gorseinon to Gowerton Circular | Dai Rees Ghulam Choudry |
| Mon | 24/11/25 | 4 miles | 10am | Loughor | Sian Davies (reg) Marie Hoey |

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| | | | | DECEMBER 2025 | |
| Mon | 01/12/25 | 4 miles | 10am | HoW Line Postponed owing to weather conditions | Eileen Beaumont Dai Rees |
| Mon | 08/12/25 | 4 miles | 10am | Kidwelly | Elaine Jenkins Alwyn Williams |
| Mon | 15/12/25 | 4 miles | 10am | Gorseinon to Pontarddulais | Mary Jones Mandy James |
| Mon | 22/12/25 | 4 miles | 10am | No Walk | |
| Mon | 29/12/25 | 4 miles | 10am | Llandeilo | Eileen Beaumont Dai Rees |