

Pembrokeshire Walking Groups Directory

Group Name / Base Location / Meeting Point

Group details, walk programme, other relevant walk info

Contact details

Cerddwyr Cylch Teifi

Cardigan area - Ceredigion and North Pembrokeshire, generally within 10 miles of Cardigan

NORTH

Welsh is the language of the walk, but there's a warm welcome for Welsh learners.

Walk 2nd Saturday of every month October- June. Walks usually about 2 hours, meet at 10.20am for 10.30am start. Varied levels of difficulty, details share a week before each walk, through e-mail and in local Papurau Bro and other newspapers. Phone for details.

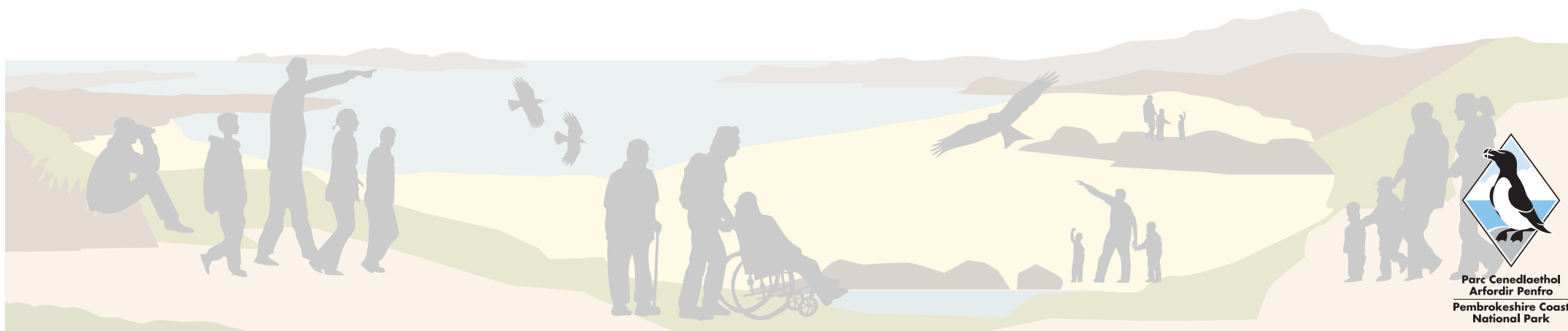
Car sharing where possible, dogs on leads and under control
Terrain generally unsuitable for buggies/wheelchairs.

Free walk.

Philippa Gibson,
01239 654561
philippa.gibson@gmail.com

Dyfed / Siân Elis-Gruffydd,
01239 682287
sian.ymaohyd@btinternet.com

Howard Williams,
01239 682182
howard.swnynant@btinternet.com



Parc Cenedlaethol
Arfordir Penfro
Pembrokeshire Coast
National Park

Crundale Walkers

Generally Pembrokeshire -
Meet Rudbaxton Community
Hall, Crundale / Haverfordwest
Bus Station / venue by
arrangement

Group of generally mature walkers meet for social, fitness and learning about Pembrokeshire, numbers vary from 6 to 24.

Usually last Saturday of the month.
Usually 10am - 4.30pm.
Easy to moderate walk, mainly in Pembrokeshire.
No membership requirements
Dogs on leads, free walk, share transport

Mary Padfield**01437 763508****marypad10@hotmail.co.uk****COUNTYWIDE****Gay Outdoor Club -
(West Wales Group)**

West Wales - Meeting point
differs each month depending
on the event location.

A very friendly outdoor activity group for gay men, lesbians and their friends. We cover a large area; walking in Ceredigion, Pembrokeshire, Carmarthenshire, Gower and Swansea areas.

Al (Allyson) Evans**westwales@goc.org.uk****www.goc.org.uk/groups/westwales**

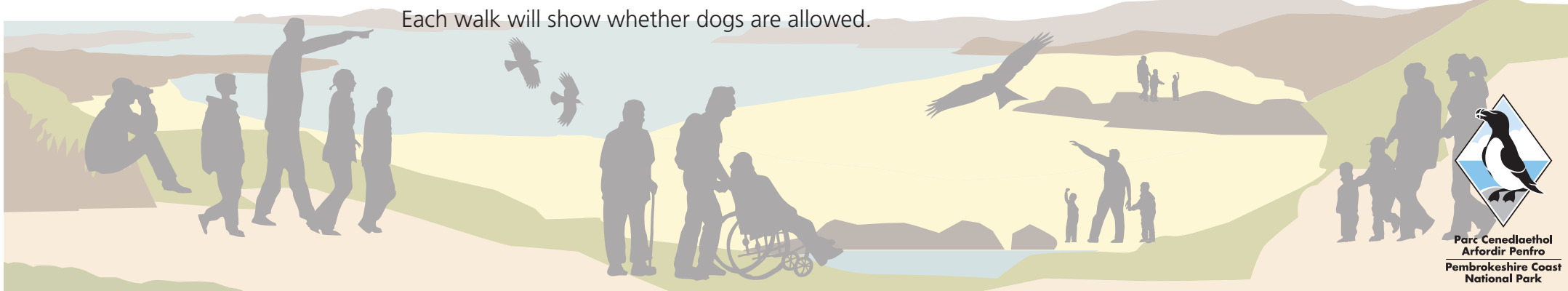
Group: 10 - 20 walkers aged 35 - 70. Good balance male : female

Monthly - first weekend of the month (usually Sunday), 11am - 3.30 / 4pm. Walks are usually 6-8 miles in length. Terrain / level of difficulty variable but fully explained in each walk description on the website. Weekends away twice a year on average. Cycle rides and weekday evening walks in the summer.

New members always welcome. Membership required but attendance at a few events to see if this group is for you before joining is acceptable.

Packed lunches usually required, often visit cafe/pub at end of the walk. Costs - parking / public transport.

Each walk will show whether dogs are allowed.

COUNTYWIDE / BEYOND

Heicwyr yr Hog

Maenclochog / en-route to the starting point of the walk

NORTH / COUNTYWIDE / BEYOND

Heicwyr yr Hog is a Welsh medium / bilingual group (open to learners), and welcomes walkers from all backgrounds. We aim to provide an opportunity for socialising and exercise while visiting beautiful areas within Pembrokeshire and beyond. Group members vary in age and ability - average age 50, but members are very young at heart! Average group size is 10.

Fortnightly walks on a Wednesday afternoon. Meet at 12.45pm prior to walk at 1.30pm. Easy to moderate circular walks of approximately 5 miles on coastal and countryside footpaths. An opportunity to relax over a cup of tea and cake / pub visit at the end of some walks.

No membership fee, but all participants are expected to take their turn in driving to starting points. Reminders are sent out fortnightly to all interested regarding forthcoming walk, for example time of departure and meeting points en route.

Dogs on leads welcome. Some walks are wheelchair and buggy friendly.

Mair Thomas
01437 532756
07814 587030
belgithomas@hotmail.com

Alun Ifans
alunifans@hotmail.com

Llanteg Community Association Walking Group

SOUTH

Social walks of about 5k, to suit all ages and abilities.

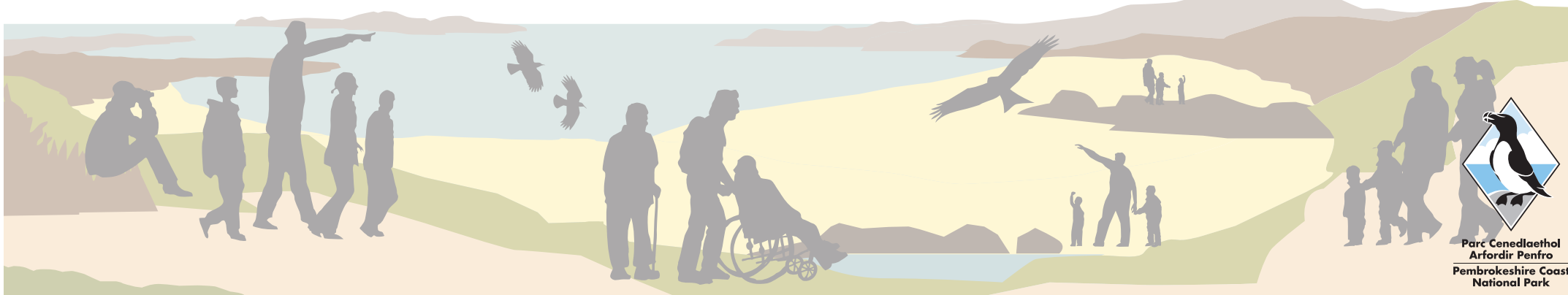
We currently hold four walks a year, usually on a Saturday afternoon, generally in South Pembrokeshire. We like to try and finish with a cup of tea and a cake!

Looking to hold walks on more regular basis (last Saturday of every month) - currently short of walk leaders and would be interested to hear from people interested in doing so.

Jill Roberts
01834 831142
jill75roberts@gmail.com

www.Llanteg-village.co.uk/

Facebook : Llanteg Community Association Walking Group



Llwybrau Llandudoch / St Dogmaels Footpath Association

St Dogmaels based, meeting at various venues.

NORTH

St Dogmaels Footpath Association aims to improve access to the countryside through group walks, social activities and Path Maintenance Work Parties.

Our activities are varied, usually family friendly and free. Easy to moderate ability. Dogs usually welcome, but please check with us. Newcomers and visitors welcome.

See Facebook for details of our activities and programme. We have produced a local footpath network walking map and guidebook.

Gill and Tosh Wislocki
01239 613031
gillandtosh@yahoo.co.uk

www.walkstdogmaels.co.uk/

Facebook: St Dogmaels Footpath Association / Llwybrau Llandudoch

Newport Paths Group

Newport Area - Meet at various venues

NORTH

Newport Paths Group is made up of enthusiastic volunteers of all ages who work to improve access to the countryside around Newport. for people of all abilities, to improve the environment and people's understanding of it.

Regular path maintenance and access work. Occasional group walks and very occasional walks arranged for public. Variable walk terrain and distance.

Membership of the Group is open to all who support its aims. No charge for group member walks. Small charge for walks for public.

Richard Hughes
01239 820103
rhughes11@btinternet.com

www.newport-pembs.co.uk/index.php/paths-group

Pembrokeshire Ramblers

Countywide - Meet at each individual walk start-point according to published programme

COUNTYWIDE

Pembrokeshire branch of the Ramblers, Britain's biggest walking charity. Ramblers work to protect and expand the places people love to walk and promote walking for health and pleasure.

Walk every weekend varying in distance from 5 to 12 miles-easu to very strenuous terrain. Walk Programme on website. Walks open to all subject to an appropriate level of fitness for the individual walk and appropriate kit. Special arrangements would need to be made for unaccompanied teenagers. Membership to the national organisation required after three taster walks. Always bring packed lunch and adequate water. Generally no dogs.

George Allingham
[www. Pembrokeshireramblers.org.uk](http://www.Pembrokeshireramblers.org.uk)



Pembrokeshire Women Walking

Countywide - No base location.

Meet at start of walk by arrangement.

COUNTYWIDE

Informal social walking group for women who like to walk and chat while raising money for worthy causes.

Walk of 4-6 miles on reasonable footpaths / Coast Path every third Sunday of the month, 10am - 1pm, anywhere in Pembrokeshire.

No membership requirements. £10 donation per walker - all proceeds to charity.

Jan Millward**07971051712****info@pembrokeshirewomenwalking.co.uk****www.pembrokeshirewomenwalking.co.uk****Twitter: @PembsWW****Facebook: Pembrokeshire Women Walking****Steps2Health**

2 local walking groups based in Narberth and Tenby

COUNTYWIDE

Walking groups operating in Pembrokeshire. Encourages walking as a social, healthy activity that almost everyone can enjoy. Walks are led by trained, insured volunteer leaders.

Walks are mostly around an hour with the occasional longer one up to two hours. Suitable for all abilities, no previous walking experience is necessary. Nordic Walking (with poles) also offered.

Membership is £10 per year.

See "Our Walks" section of website for more information about walks programme and local contacts.**www.steps2health.org.uk****Facebook: Steps2Health Wales****Steps2Health - Narberth**

Meet by bus shelter by old Primary School

Wednesday 9:50am

Mary: 01834 860051**Steps2Health - Tenby**

Meet behind Tourist Information Office

Saturdays 10.30am or as on programme

Barbara: 01834 844845**Steps2Health - Tenby**

Meet behind Tourist Information Office

Wednesday 2.15pm

Barbara 01834 844845**Steps2Health - Nordic Walking**

Thursdays (see programme). Trained Nordic walkers welcome 3-6 mile walks from moderate to strenuous

Paul: 01834 844845

Pembrokeshire U3A

Countywide - Locations vary - contact walk leader for details
COUNTYWIDE

PembrokeshireU3A is an organisation for retired / semi-retired people. Amongst our 49 Groups we have 4 Walking Groups, each at different levels of ability. Numbers may be limited at leader's discretion. Dogs may be allowed, ask when phoning. Other U3A members and Guest walkers welcome (No fee), regular walkers are required to join Pembrokeshire U3A (Annual Fee).

www.pembrokeshireu3a.org.uk/

Pembrokeshire U3A - Rovers Walking

Usually 2nd & 4th Saturday each month. Generally walks depart at 10am. Circular & linear Moderate / Strenuous Walks of 6-10 miles. Terrain varies according to walk. Linear walks max 2 persons per car. Sorry, no dogs.

David Robinson
01646 600891
ds.robinson1@btopenworld.com

Pembrokeshire U3A - Monday Walks

2nd & 4th Monday each month. Generally meet at 10.15am (for registration and choice of lunch menu (if required)) for walks at 10.30am.

Walks are arranged by volunteers from the group, are usually circular with interesting scenery and other local phenomena, and are no more than 5 miles long. Terrain varies according to walk but is generally moderate and may include stiles, We then enjoy lunch and a chat together!

Helen Lewis-John
01646 692064
helen@tedds.co.uk

Pembrokeshire U3A - Short Walks

1st and 3rd Mondays each month. Generally meet at 10.45am (for registration and choice of lunch menu (if required)) for walk at 11am.

Walks are arranged by volunteers from the group, are usually circular with interesting scenery and other local phenomena, and are no more than 3 miles long. Only gentle inclines, avoiding stiles wherever possible and at a pace to suit walkers. We then enjoy lunch and a chat together!

Carol Matthews
01437 768048
carolmatth@aol.com

Pembrokeshire U3A - Strollers

3rd Thursday of each month. Meet at 10.45am for 11am start. The walks are aimed to be 1½ hours long so that time, rather than distance, is the object.

The Strollers is the name for a group whose hard walking days are over, but who still enjoy a relaxed walk followed by a meal. Some of the walkers in fact walk very little but still enjoy a convivial meal.

Auriol Lawman
01437 890770
auriollawman01@gmail.com



Pembrokeshire Federation of Women's Institutes

Locations / dates vary.

COUNTYWIDE

We organise walks which are open to all members of 55 Women's Institutes in Pembrokeshire.

General town, woods & coastal walks are about 3 times a year, walking treasure hunts & historical walks are organised throughout the year too. We also arrange walks for the less abled and Nordic Walking. All abilities / levels catered for.

Walks are only open to members of the WI. Individual organiser would be able to advise - contact Federation Secretary for their contact details

Claire Banner (Federation Secretary)

01437 768674

wihouse@btconnect.com

www.theWI.org.uk

www.pembrokeshirewi.org.uk/

Y Clonc Mawr (Big Chat)

NORTH / COUNTYWIDE

Walks for Welsh speakers and learners
Varied monthly countywide walks of moderate length and terrain.

Sue Carey

01239820822

susan.carey@btinternet.com

Facebook: Y Clonc Mawr

Walking for Fun Group

Meet outside St Giles Church Hall, Letterston or at start point of walk (depending on location).

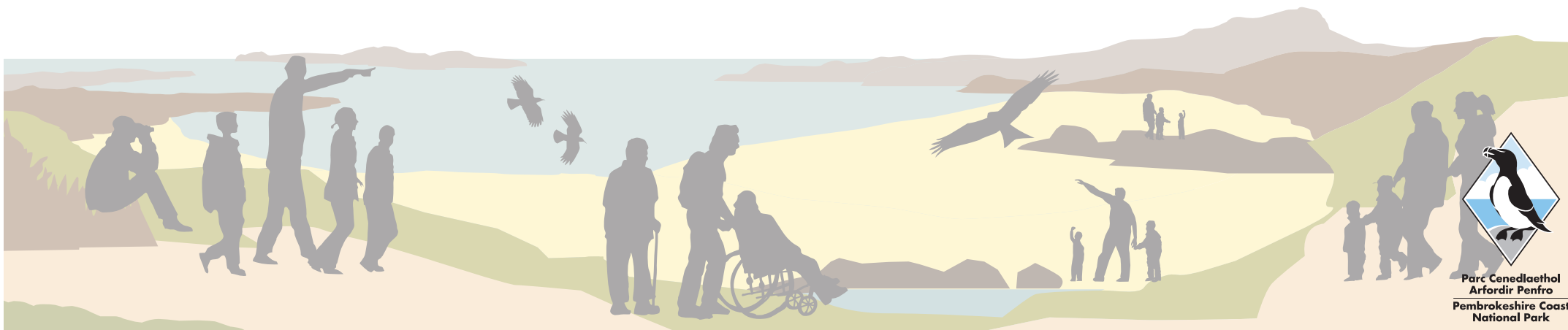
COUNTYWIDE

All who enjoy walking are welcome. Walks are free.
Call South Wood NDA to share local knowledge

Paul Hart

01348 840607

Paulhart1941@googlemail.com



SPECIAL INTEREST GROUPS

Freshwater East Nature Walks

SOUTH

Spring and Summer guided walks, usually small groups, suitable for all ages. Leader introduces the group to the local flora and fauna, especially wild flowers with stories of their medicinal, culinary and folk heritage.

Easy to moderate and tailored to suit those participating. Mostly along sandy paths in dune grassland but with boardwalk and other footpath options.

Children and dogs welcome subject to parent/owner's responsibility /control. A wheelchair accessible route can be arranged. Programme posted on notice boards in Freshwater East and on village website.

Vicky Tomlinson
tomlinson745@btinternet.com
01646 672615

www.freshwater-east.org.uk

Friends of Pembrokeshire Coast National Park

COUNTYWIDE, MEETING POINTS / TIMES VARY.

The Friends is an independent voluntary charity committed to help protect, conserve and enhance the Pembrokeshire Coast National Park for all to enjoy. We organise a programme of events for members throughout the year including walks, illustrated talks and visits. Guided walks usually occur once or twice a month and are graded, but mostly gentle, and are open to non-members to try. Or why not join us to enjoy the full range of benefits (£15 single, £20 joint, £30 family)? Please see our website for details of our forthcoming itinerary.

www.fpcnp.org.uk/category/events-programme/
Facebook: @Friendspembrokeshire-coastnationalpark
newsandviews@fpcnp.org.uk

Wildlife Trust of South West Wales (South Pembs Group)

SOUTH / COUNTYWIDE

Occasional walks usually around a site with particular wildlife interest - see website for events programme.

Alan Hare
01646 682970
alanhare22@yahoo.co.uk
www.welshwildlife.org/local-group/south-pembrokeshire-local-group/
Facebook: spwtsww

Wildlife Trust of South West Wales (Mid Pembs Group)

MID / COUNTYWIDE

Outdoor meetings and field trips take place all year round to explore the great array of wildlife in Pembrokeshire. These occur primarily on Wildlife Trust nature reserves yet also at other locations within the wider countryside.

John Steer (Programme Secretary)
01646 278966
biojohn@tiscali.co.uk
www.welshwildlife.org/local-group/mid-pembrokeshire-local-group/

COMMERCIAL WALKING GUIDES / WALKING COMPANIES

Discover Walking Pembrokeshire

Usually in the Preseli Hills and along north stretches of Pembrokeshire Coast Path.

NORTH / COUNTYWIDE

Bespoke themed guided walks / walking skills tuition in the hills and along the coastline. Half day and full day options, 7 days per week.

Group size - maximum 12 for walks, 6 for tuition. 14+. No minimum size.

Distance and terrain to suit guests' needs. Gentle Walking for Health services / wheelchair and buggy friendly routes are available upon request.

Guided walks themes: A broad introduction to Pembrokeshire's rich pre-history, flora and fauna geology and folklore.

Service dogs are welcome. Non-service dogs are welcome on guided walks but must be kept on a short lead at all times.

Ian and Carol Pattinson

01239 821631

info@discoverwalkingpembrokeshire.co.uk

www.walkingcottagespembrokeshire.co.uk

Facebook: Walkingskillsandcottages

Pembrokeshire Paths

COUNTYWIDE

Professional guided group tours and walks, Nordic walking, walking holidays, as well as Therapeutic Nature Engagement, team building events and storytelling.

Walk length, distance, terrain and content tailored to the requirements of clients, from a couple of hours to week-long walking experiences.

Price by arrangement.

Andrew Dugmore

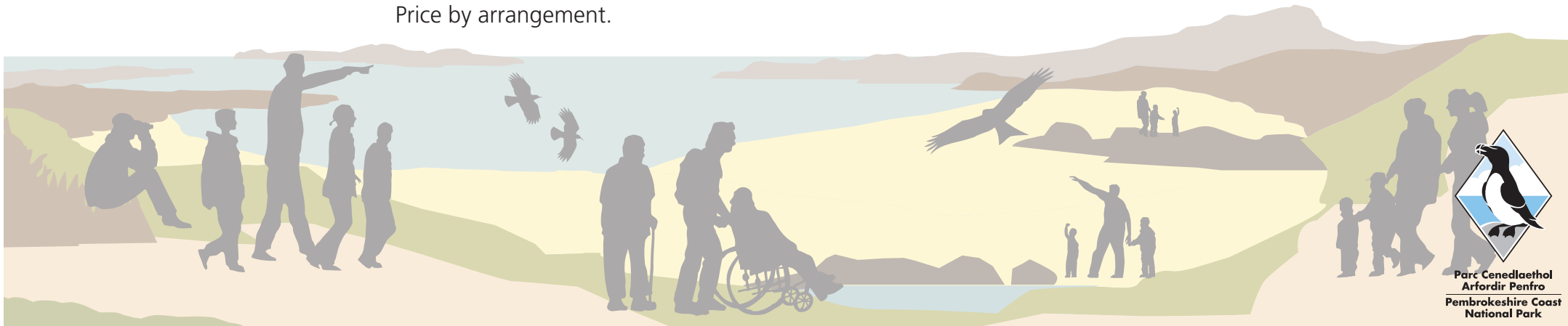
07801579225

pembs.paths@btinternet.com

www.pembrokeshirepaths.co.uk

www.reconnectinnature.org.uk

Facebook: PembrokeshirePaths



Pembrokeshire Photo Walks

COUNTYWIDE

Pembrokeshire Photo Walks provide photography tuition to everyone who wants to take their photography to the next level and move away from the 'Auto mode' on their cameras. We use the great outdoors as our classroom, where we take in the views, the fresh air, the sun on our faces and hopefully the sights of some wildlife.

We offer our tuition on a "1 to 1" basis or in small groups up to 5, each and every person getting the help they need at the pace they want.

'H' (Aeron) Harries

07474 446523

www.pembrokeshirephotowalks.com

The Walking Holiday Company

Self-guided walks on the Pembrokeshire Coast Path

COUNTYWIDE

The Walking Holiday Company arrange a variety of self-guided walks covering the whole Pembrokeshire Coast Path.

Holidays include arranging accommodation, breakfast, luggage transfers, and transfers between your accommodation and the Coast Path. We supply route planning for your walking holiday in the form of a Holiday Pack which includes a Pembrokeshire Coast Path Trail Guide, itinerary, accommodation directions and local interest leaflets covering the Pembrokeshire area.

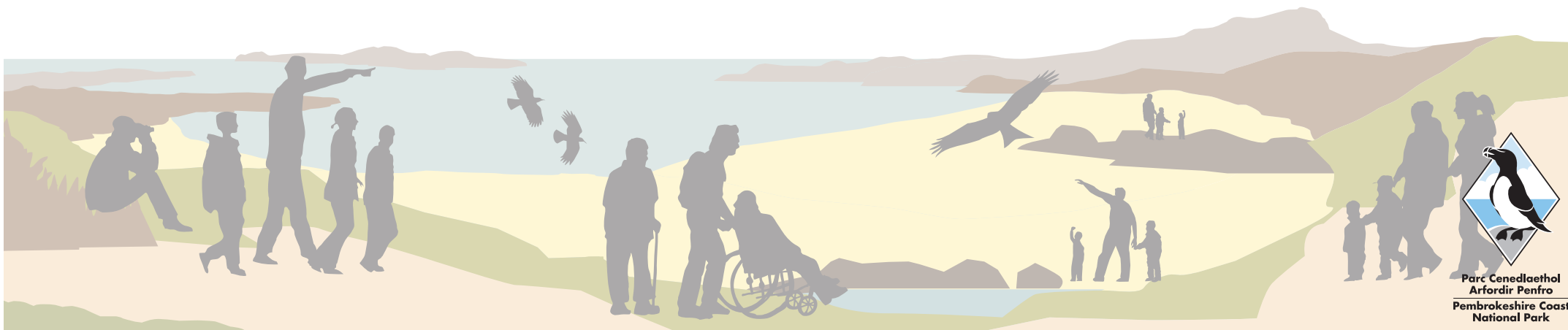
Julie Thomas

01600 713008

info@thewalkingholidaycompany.co.uk

www.thewalkingholidaycompany.co.uk

Facebook: The Walking Holiday Company



VIP Wales
Dinas Cross, Newport,
Pembrokeshire, SA42 0XL

PEMBROKESHIRE & CEREDIGION

We are a local walking holiday organisers, specialising in self guided & guided holidays. Booking your accommodation, luggage transfers and transport. We take care of your every need, so you just need to turn up and walk!

We provide guided walks for individuals, couples or large groups.

Our local tours in our private hire 8 seater vehicle allows us to show you the best of what West Wales has to offer.

Welsh speakers

Telephone 00 44 7496 057 269

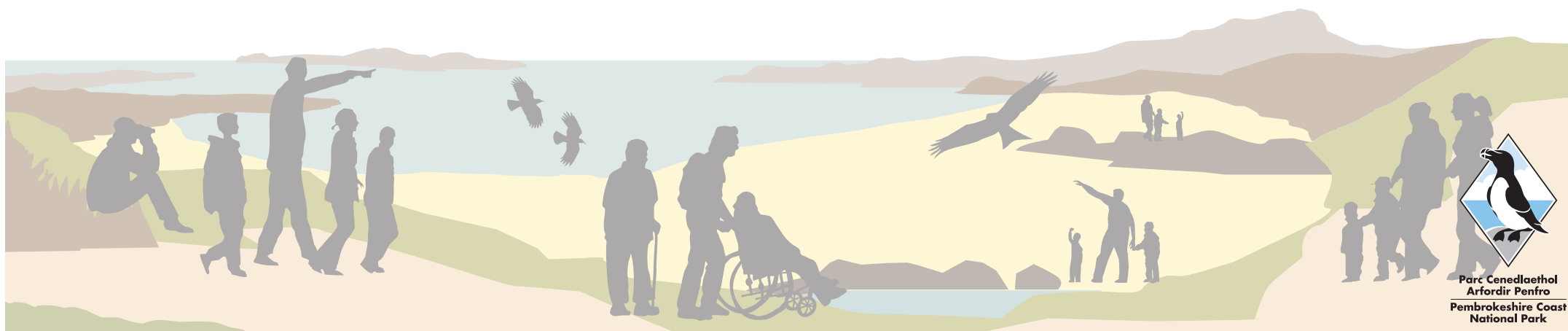
& 00 44 7496 057268

Email: info@vipwales.co.uk

Web: www.vipwales.co.uk

Facebook: [infovipwales](https://www.facebook.com/infovipwales)

Instagram: [@vip.wales](https://www.instagram.com/vip.wales)



USEFUL WEB PAGES

Pembrokeshire County Council Walking - some great walks across the county (outside the National Park) for a range of abilities

www.pembrokeshire.gov.uk/content.asp?nav=107,1180&parent_directory_id=646&id=30773

Pembrokeshire Coast National Park
Walking Pages including over 200 downloadable circular walks

www.pembrokeshirecoast.wales/walking

Pembrokeshire Coast Path National Trail
Everything Coast Path!

www.pembrokeshirecoast.wales/nationaltrail

Enjoy Pembrokeshire - Walking and many of the other fantastic activities available in the County

www.pembrokeshirecoast.wales/enjoy

Wales Coast Path

www.walescoastpath.gov.uk

UK Wide Walking Website

www.go4awalk.com

To include or update your group details please contact discovery@pembrokeshirecoast.org.uk

