

Newsletter 12 - Cardiff to Carmarthen

After my rest in Cardiff, I was completely refreshed, and I was up early and walking towards Port Talbot. Cardiff was extremely busy with people coming out of the night clubs. It was 04:30 but no-one bothered me at all. Once again the walk was not inspiring but it was still an enjoyable day. I arrived at Rob and Sharron's house in Port Talbot, on time, because it would have been rude of me to be late. They greeted me with open arms and after having a bath for one hour, I was greeted with a Christmas dinner. It was most welcome, and we sat together and had a great conversation. Rob said that he would show me something the next day that I would like and which is very special to Port Talbot.

Having slept like a log and excited about the day ahead, Rob took me to view the surprise. We left at 08:30, and within ten minutes, we arrived, and what a sight greeted me. It looked fabulous, it was a painting on a garage wall, and I was told it was by the famous artist Banksy. I was honoured to have seen it. On making our way back for breakfast Rob told me the story of the Banksy, I was amazed. On leaving Rob and Sharron's I thanked them for their kind generosity and then I was on my way.

The walk from Port Talbot to Carmarthen was mainly a cycle track, the trees and surrounds were a mixture of lovely colours and it was a most enjoyable walk. The one thing that struck me on that walk was the colour of the two little streams either side of the path, what a beautiful orange they were, I was not sure what caused it. The accommodation at Carmarthen wasn't to the standard that I had been used to, but at least it was a bed.