

# Rail Rambles

## Troeon Trên

Y Cerddwyr  
The Ramblers



### Guided Walks from Railway Stations in Mid Wales & the Marches

Teithiau Cerdded Tywysedig o  
Orsafoedd Rheilffyrdd yng  
Nghanolbarth Cymru a'r Gororau



24 May - 27 September 2003 24 Mai - 27 Medi 2003



## Wales & Borders Trains

# Welcome to Rail Rambles!

*Rail Rambles started in 1989, and since then we have enabled many hundreds of people to enjoy walking in the Marches and borderland of Wales without having to resort to the car*

*Our parties are of a moderate size (15-25 usually) and our leaders are insured. You don't have to book or be a member of any organisation, and you will find your companions friendly but not intrusive.*

*Over the years we have built up a repertoire of about 250 walks, all within a day's return of Shrewsbury. There are some quite cheap rail fares in this area (ask for the cheapest when booking), but don't forget to bring strong footwear, food, drink, and a waterproof (it sometimes rains in Wales!).*

*For more information please ring Richard or Barbara on 01568 612571.*

## Croeso i Troeon Trên

*Mae croeso arbennig i Gymry Cymraeg adysgwyr. "Pa wlad, wedi'r siarad sydd mor lân â Chymru lonydd?" Dewch i weld (a chlywed) drostoch eich hun! Am fanylion pellach, ffoniwch Alan (01743 359249).*

## Walks Programme Rhaglen Teithiau Cerdded

24 May - 27 September 2003

24 Mai - 27 Medi 2003

**Saturday 24 May 2003**

(1) **Fairbourne to Abergynolwyn** via Trawsfynydd, Craig-y-llyn, Hafodty Gwastadryn, Castell-y-Bere and Abergynolwyn. (bus to Machynlleth, fare extra). (12 miles strenuous) Leaders Mike and Kate Owen. Depart Shrewsbury 0935, return from Machynlleth 2011. (Arrive Shrewsbury 2127).

(2) **Fairbourne circular** via Llynau Cregennyn and Cyfannedd Fawr. (9 miles moderately strenuous) Leader Derek Shuker. Depart Shrewsbury 0935, return from Fairbourne 1610 or 1852 (Arrive Shrewsbury 1924 or 2127)

(3) **Fairbourne to Barmouth** via Fegla Fawr, Fegla Fach and Morfa Mawddach. (6 miles easy) Leaders Alan Howard and Jan Bonnett. Book to Barmouth. Depart Shrewsbury 0935, return from Fairbourne 1610 (Arrive Shrewsbury 1924)

**Saturday 31 May 2003**

(1) **Caersws to Newtown** via Moat Lane, Giant's Grave, Hafod, Mochdre and River Severn. (11 miles strenuous) Leader Peter James. Book to Caersws. Depart Shrewsbury 0935, return from Newtown 1645.

(2) **Caersws circular** via Cefn Carnedd, Llandinam, Cobbler's Gate, Giant's Grave and Little London. (9 miles moderate) Leaders Les and Jean Coulthard. Depart Shrewsbury 0935, return from Caersws 1638.

**Saturday 7 June 2003**

(1) **Wem to Whitchurch** **NEW** via Shropshire Way. (12 miles strenuous) Leader Chris Jenkins. Book to Whitchurch. Depart Shrewsbury 0934, return from Whitchurch 1709 or 1727

(2) **Nantwich Town Tour**. Explore this Roman salt town with our experienced guide. Time for tea and shopping. Leader Alan Howard. Depart Shrewsbury 0934, return from Nantwich 1455

**Saturday 14 June 2003**

(1) **Craven Arms to Church Stretton** via Sibdon Castle, Hopesay, Basford, Plowden, Black Knoll, Pole Bank Cottage and Mott's Road. (14 miles strenuous) Leader John Platt. Book to Craven Arms. Depart Shrewsbury 0940, return from Church Stretton 1652 or 1730.

(2) **Church Stretton circular** **NEW** via Jack Mytton Way, Roman Villa, Birtley and Hope Bowdler. (8 miles moderate) Leaders Derek Shuker and Richard Addyman. Depart Shrewsbury 1016, return from Church Stretton 1652 (northbound) 1659 (southbound).

**Wednesday 18 June 2003**

**Machynlleth circular** via Forge, Coed Talyrnau and Glanmeryn. (8 miles moderate) Leaders Marion Law and Barbara Gray-Addyman. Depart Shrewsbury 0935, return from Machynlleth 1607

**Saturday 21 June 2003**

(1) **Llwyngwril to Barmouth** via Pont-y-Berma and Bryn Seward. (12 miles strenuous) Leaders Peter James and Patrick Riley. Book to Barmouth. Depart Shrewsbury 0935, return from Llwyngwril (request stop) 1900. (Arrive Shrewsbury 2127)

(2) **Llwyngwril to Fairbourne** via Bryn Seward. (6 miles moderate) Leaders Grahame and Patricia Cox. Book to Fairbourne, alight at Llwyngwril (request stop). Depart Shrewsbury 0935, return from Fairbourne 1610. (Arrive Shrewsbury 1924).



### Saturday 28 June 2003

(1) **Llanbister Road to Dolau** via St. Michael's Pool and Radnor Forest. (10 miles strenuous). Leaders Kevin Jones and Doug Billingsley.

(2) **Llanbister Road to Dolau** via St. Michael's Pool and Llanfihangel Rhydithon. (7 miles moderate) Leaders Rex and Mary Simpson. For both walks book to Dolau, alight at Llanbister Road. Depart Shrewsbury 0854, return from Dolau 1554.

### Saturday 5 July 2003

(1) **Bishops Castle to Craven Arms** **NEW** via The Shropshire Way. (12 miles moderately strenuous) Leaders David Downes and Peter James. Meet leaders at top of Shrewsbury station steps 0945. Bus to Bishops Castle 1000 from Shrewsbury Bus Station, (fare £2). Return from Craven Arms 1821.

(2) **Craven Arms to Church Stretton** via Strefford, Marshbrook and Ragdon. (9 miles moderate) Leaders Jan Bonnett and Barbara Gray-Addyman. Depart Shrewsbury 0940, return from Church Stretton 1652.

### Saturday 12 July 2003

(1) **Llwyngwriol circular** **NEW** via Stone Row, a King's Grave and the Ffordd Ddu. Douse a ley with the leader. (10 miles moderate). Leader Laurence Maine. Depart Shrewsbury 0935 (Llwyngwriol request stop) return from Llwyngwriol 1900. Arrive Shrewsbury 2127.

(2) **Machynlleth circular** via Pen-yr-allt, Constantinople, Bryn Coch Bach and Romen Steps. (7 miles moderate) Leaders Ray and Jean Trend. Depart Shrewsbury 0935 return from Machynlleth 1607.

### Wednesday 16th July 2003

**Nantwich circular** **NEW** via Acton and Shropshire Union canal. (6 miles easy). Leader Keith Mason. Depart Shrewsbury 0934 return from Nantwich 1455.

### Saturday 19 July 2003

(1) **Abergavenny** **NEW** via Llanfihangel Cruorney, Stanton, Forest Coalpit and Sugar Loaf. (10 miles strenuous). Leaders David Grant, Joyce Wright and Phil Johnston. Bus to Llanfihangel (fare extra). Depart Shrewsbury 0940, return from Abergavenny 1735.

(2) **Abergavenny - Usk Valley** **NEW** via riverside and Brecon and Abergavenny canal. (7 miles easy). Leaders Ken Key and David Filsell. Depart Shrewsbury 0940, return from Abergavenny 1735.

### Saturday 26 July 2003

(1) **Builth Road to Llandrindod** via Club Lane, Llanelwedd, The Banks and Rhogo. (11 miles strenuous). Leaders Bill Hodges and Martin Loake

(2) **Builth Road to Llandrindod** via Red House, Rhosgoch and Disserth. (7 miles moderate) Leaders Patrick and Janet Riley. For both walks depart Shrewsbury 0854, return from Llandrindod 1542.

### Saturday 2 August 2003

(1) **Ludlow to Leominster** **NEW** via Overton, Richards Castle, Bircher, Yarpole, Eyton and The Broad. (13 miles strenuous) Leaders Niall and Susan McCormack. Depart Shrewsbury 0940, return from Leominster 1701.

(2) **Leominster Town Tour**. Explore this ancient border town with an experienced guide. Time for lunch and afternoon tea. Leaders Alan Howard and Maggie Uphill. Depart Shrewsbury 0940, return from Leominster 1601.

### Saturday 9 August 2003

(1) **Welshpool circular** **NEW** via Montgomery canal, Leighton Model Farm and Offa's Dyke Path (12 miles moderately strenuous) Leaders Bryan Heatley and Malcolm Kimber. Depart Shrewsbury 0935, return from Welshpool 1701.

(2) **Whitchurch circular** via Shropshire Way. (8 miles moderate) Leader Doug Hill. Depart Shrewsbury 0934 return from Whitchurch 1708

(3) **Shrewsbury circular** via Ray Brook and Meole Brace. (6 miles easy). Leader Richard Addyman. Meet leader outside station entrance at 0945.

### Wednesday 13th August

**Chirk circular** via Chirk Castle and Offa's Dyke Path. (7 miles undulating) Leaders Doug Billingsley and Marion Law. Depart Shrewsbury 1027, return from Chirk 1600

### Saturday 16 August 2003

(1) **Llandrindod circular** via Llandrindod Hall and Pawl Hir. (10 miles energetic). Leaders Chris Jenkins and Patrick Riley

(2) **Llandrindod circular** via Bongam Bank, Pentre and Bailey Einon Wood. (6 miles undulating). Rex and Mary Simpson. For both walks depart Shrewsbury 0854, return from Llandrindod 1542.

### Saturday 23 August 2003

(1) **Chirk to Gobowen** **NEW** via Ceiriog Valley (10 miles strenuous). Leaders Lorna Lewis and Ian Hill.

(2) **Gobowen circular** via Brogyntyn Park and Old Oswestry Fort (7 miles moderately easy) Leaders Doug Hill and Barbara Gray Addyman. For both walks depart Shrewsbury 1027, return from Gobowen 1607.

#### Saturday 30 August 2003

(1) **Abergavenny circular** via Sugar Loaf (10 miles strenuous). Leaders Mike and Kate Owen and Peter James. Depart Shrewsbury 0940, return from Abergavenny 1721.

(2) **Abergavenny Town Tour** Explore this interesting market town on the river Usk with an experienced guide. Time for lunch and afternoon tea. Leaders Alan Howard and Anne Farquhar. Depart Shrewsbury 0940, return from Abergavenny 1622.

#### Saturday 6 September 2003

(1) **Welshpool circular** via Castle Caereinion. (10 miles moderately strenuous). Leader Keith Mason

(2) **Welshpool circular** via Raven Square, Wern Wood, and Y Golfa (7 miles undulating). Leaders Rex and Mary Simpson. For both walks depart Shrewsbury 0935, return from Welshpool 1701.

#### Saturday 13 September 2003

(1) **'Walk The Edge' Wenlock Edge** via Much Wenlock, Blakeway and Hughley. (10 miles moderate) Meet at the top of Shrewsbury station steps 0930. Bus 0945 from Shrewsbury bus station. Return by bus 1630. Leader David Downes.

(2) **Church Stretton circular** via The Owlets, Pole Cottage & Light Spout Hollow (8 miles energetic). Leader John Platt. Depart Shrewsbury 1016, return from Church Stretton 1627

#### Wednesday 17th September 2003

**Llangynllo to Knucklas** via Glyndwr's Way and Wernyeufron Hill. (7 miles undulating). Leaders Bill Hodges and Marion Law. Depart Shrewsbury 0854, return from Knucklas 1611.

#### Saturday 20 September 2003

(1) **Craven Arms to Church Stretton** via Hopesay Hill, Plowden and Long Mynd. (13 miles strenuous). Leaders Kevin Jones and Stewart Davies. Depart Shrewsbury 0940, return from Church Stretton 1730.

(2) **Craven Arms circular** via Sibdon Carwood, Hopesay Hill, Cheyney Longville and Newington. (7 miles moderate). Leaders Derek Shuker and Jan Bonnett. Depart Shrewsbury 0940, return from Craven Arms 1641.

#### Saturday 27 September 2003

(1) **Knucklas to Dolau** via Cwm Jenkin, Llangynllo, Bleddfa and Forest Fach. (12 miles energetic). Leaders Ian Hill, Martin Loake and Patrick Riley.

(2) **Llanbister Road to Dolau** **NEW** via Maes-y-Hardy, Fountain Head and Far Hall. (7 miles undulating). Leaders Ray Knowles and Doug Billingsley. For both walks depart Shrewsbury 0854, return from Dolau 1554.

#### Walk descriptions

*The terms 'strenuous' and 'energetic' refer to a fast pace due to mileage and/or the return train time. 'Moderate' indicates one or two climbs and a steady pace, 'undulating' - rolling countryside, 'moderately easy' - gentle climbs and some level ground.*

#### Dogs

*To comply with the wishes of the majority of our customers, we regret that dogs cannot be taken on any Rail Rambles walk.*

#### Programme 4 October 2003 - 21 May 2004

*The programme should be available in September 2003. Please call in at the office from which you obtained this leaflet or send a stamped, addressed envelope marked 'Rail Rambles' to: The Ramblers in Wales, Tŷr Cerddwyr, High Street, Gresford, Wrexham LL12 8PT.*

*Rail Rambles is organised by Richard and Barbara Addyman with the support of Wales & Borders Trains and The Welsh Office of the Ramblers' Association. Walks are led by experienced, volunteer leaders, members of the Ramblers' Association with routes from stations on the Cambrian, Heart of Wales, the Marches and Shrewsbury to Chester lines. No charge is made for conducting the walks and whilst every care will be taken to keep to the advertised programme, walks leaders reserve the right to make changes to suit weather conditions, the needs of the party or any other unforeseen circumstances. Neither the Ramblers' Association nor Wales & Borders Trains and Central Trains can accept liability for any loss or injury incurred during the walks, howsoever caused.*

#### Travel by Train

##### Train Times

*Outward departure times from Shrewsbury and return departure times from the walk destinations are included in the Walks Programme section of this leaflet. For details of departure times from other locations and connecting services to Shrewsbury please telephone the enquiry number below.*

*Times detailed may be subject to minor change. Customers are strongly advised to check the times of trains before travelling.*



## Fares

*The normal range of Day Return, Saver and SuperSaver tickets can be used to travel to the walk start point. Where a walk returns from a different location, a ticket to the furthest point should be purchased.*

*Children aged five to fifteen inclusive travel half price, children under five travel free. Discounted fares are available to holders of Senior, Young Persons, Family and Disabled Railcards.*

*Groups of ten or more customers travelling together and booking in advance can normally obtain a discount. For further information please contact 0870 9000 767.*

## Telephone Enquiries

Timetable and Fare enquiries (24 hrs)

**08457 48 49 50**

Welsh Language Service

**0845 60 40 500**

Textphone

**0845 60 50 600**

Tickets and Reservations

**0870 9000 773**

Group Travel

**0870 9000 767**

Journey Care

**0845 300 3005**

## Timetables by Post

Wales & Borders Trains Pocket Timetables A, C & F

**0870 9000 772**

Walks Programme Enquiries

**01568 612571**

[www.walesandborderstrains.co.uk](http://www.walesandborderstrains.co.uk)

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National Rail Network  
[www.nationalrail.co.uk](http://www.nationalrail.co.uk)



For further copies of this programme please send a stamped addressed envelope to:

**The Ramblers in Wales**

**Tŷ'r Cerddwyr**

**High Street**

**Gresford**

**Wrexham**

**LL12 8PT.**

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