

Arriva Trains Wales/Trenau Arriva Cymru

Rail Rambles

Troeon Trên

Valid from 29 May 2004 to 25 September 2004

Yn ddilys o 29 Mai 2004 i 25 Medi 2004

Guided Walks  
from Railway Stations  
in Mid Wales & the Marches

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



 **ARRIVA**

Y Cerddwyr  
The Ramblers  


# Welcome to Rail Rambles!

*Rail Rambles started in 1989, and since then have enabled thousands of people to enjoy walking in Mid Wales and the Marches without the need to use cars.*

*Parties are usually a moderate size of 15-25 with companions friendly but not intrusive. All walk leaders are insured, booking is not necessary, and there is no need to be a member of any organisation.*

*Over a number of years, Rail Rambles have built up a repertoire of about 250 walks - all within a day's return of Shrewsbury. Rail fares in the area are very reasonable and good value with some discounts available. Always remember to wear good walking boots and bring food drink plus a waterproof!*

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

## Croeso i Troeon Trên

*Mae croeso arbennig i Gymry Cymraeg a dysgwyr.*

*"Pa wlad, wedi'r siarad sydd mor lân â Chymru lonydd?"*

*Dewch i weld (a chlywed) drostoch eich hun!*

**Am ffynion pellach**, ffoniwch Alan (01743 359249).

### Rail Rambles - Troeon Tren

#### Programme 29 May - 25 September

##### Saturday 29 May

(1) Bromyard to Leominster NEW via Hegdon Hill and Risbury. (12 miles energetic) Leaders Niall and Susan.

(2) Docklow to Leominster NEW via Buckland and Stoke Prior. (nine miles moderate) Leader Derek (Coach from Leominster to start of walks, fare extra) For both walks depart Shrewsbury 0940, return from Leominster 1701.

##### Saturday 5 June

(1) Prestatyn circular NEW via Offa's Dyke Path.

(11 miles energetic) Leaders Malcolm and David.

Depart Shrewsbury 0917, return from Prestatyn 1701.

(2) Wrenbury to Whitchurch via South Cheshire Way, Wichstead and Lower House Farm. (eight miles moderate) Leaders Doug and Stewart. Book to Wrenbury. Depart Shrewsbury 0934, return from Whitchurch 1708.

##### Saturday 12 June

(1) Pontypool to Abergavenny NEW a ridge walk via the Folly, Mynydd garn Wen, Mynydd Garn Clochdy, Mynydd Garn Fawr and Blorenge. (12 miles strenuous) Leaders David, Joyce and Peter. Book to Pontypool. Depart Shrewsbury 1016, return from Abergavenny 1926. Arrive Shrewsbury 2047.

(2) Town Tour of Hereford. Explore this cathedral city with an experienced guide. Leaders Alan and Maggie. Depart Shrewsbury 0940, return from Hereford 1548.

##### Wednesday 16 June

Llandrindod circular NEW via Three Wells, Carregwiber, Castle Bank, Glynryafon and Noyadd (10 miles energetic) Leaders Phil and Cheryl. Depart Shrewsbury 0854, return from Llandrindod 1542.

##### Saturday 19 June

Craven Arms circular NEW Three Woods Walk. (eight miles moderate) Leaders Marion and Derek. For both walks depart Shrewsbury 0940, return from Craven Arms 1721.

##### Saturday 26 June

(1) Aberdyfi to Tywyn via Dyffryn-gwyn, Rhyd-yr-Onen and Ynysymaengwyn. 10.5 miles energetic) Leaders Mike and Kate. Book to Tywyn, alight at Aberdyfi.

(2) Tywyn circular via Dysynni Broadwater, Bryn-crug, Rhyd-yr-Onen and Hen-dy. (eight miles moderate) Leaders Grahame and Patricia. For both walks depart Shrewsbury 0935, return from Tywyn 1629. Depart Machynlleth 1807. Arrive Shrewsbury 1923.



### **Saturday 3 July**

Llanbister Road to Llandrindod Wells NEW via Llanfihangel Rhydithon, Rhonilwyn and Trelowgoed (12 miles energetic). Leaders David and Kevin. Book to Llandrindod, alight at Llanbister Road. Depart Shrewsbury 0854, return from Llandrindod 1542.

### **Saturday 10 July**

Ludlow Circular via Gallows Bank and Caynham (seven miles moderate). Leaders Ray and Pearl. Depart Shrewsbury 0940, return from Ludlow 1612 (northbound), 1615 (southbound).

### **Wednesday 14 July**

Wrenbury circular NEW via South Cheshire Way, Marbury Mere and Shropshire Union Canal. (eight miles moderately easy) Leader Ray. Depart Shrewsbury 0934, return from Wrenbury (request stop) 1702.

### **Saturday 17 July**

(1) Dovey Junction to Machynlleth via Glandyfi, Coed Llechwedd Einion and Glaspwll. (11 miles strenuous) Leaders Chris and Stewart.

(2) Machynlleth circular NEW via Gallt-y-Gog and Bryn Melyn. (seven miles moderately easy) Leaders Grahame and Patricia.

For both walks depart Shrewsbury 0935, return from Machynlleth 1807.

### **Saturday 24 July**

Dolau circular via Water-break-its-Neck, Radnor Forest and Old Hall. (14 miles very strenuous) Leaders Mike and Kate. Depart Shrewsbury 0854, return from Dolau 1554.

### **Saturday 31 July**

(1) Newtown circular via Lower Wig, Kerry Ridgeway, and Kerry Pole. (12 miles energetic) Leaders Ian and Doug.

(2) Newtown circular NEW via Llanieithon and Pontyperchill. (eight miles moderate) Leaders Niall and Susan. For both walks depart Shrewsbury 0935, return from Newtown 1645.

### **Saturday 14 August**

(1) Telford to Wellington NEW via Paradise, Rope Walk, Much Wenlock and Willow Moor. (10 miles energetic) Leaders David and Sue. Depart Shrewsbury 0854. Depart Wolverhampton 0853. Return from Wellington 1614 (westbound), 1614 (eastbound).

(2) 'Round The Wrekin' via golf course, Wrekin and Ercall Wood. (eight miles moderate) Leaders Bernard and Barbara. Book to and alight at Wellington. Depart Shrewsbury 0854, return from Wellington 1614 (westbound), 1614 (eastbound).

### **Wednesday 18 August**

Aberdyfi to Penhelyg via sea shore, Dyffryn-glyn-cul, Pant-yr-Owen, Ffridd-yr-Ychen and Trefrifawr. (11 miles strenuous) Leaders Phil and Cheryl. Book to and alight at Aberdyfi. Depart Shrewsbury 0935, return from Penhelyg (request stop) 1635. Depart Machynlleth 1807 Arrive Shrewsbury 1923

### **Saturday 21 August**

(1) Llandrindod Wells to Dolau via Pawl Hir, Llandegley and Coed-swydd (10 miles energetic). Leaders Patrick and Doug.

(2) Llandrindod Wells to Dolau via Alpine Bridge, Penybont and Rhos-swydd. (seven miles moderate) Leaders Rex and Mary. Book to and alight at Llandrindod Wells. For both walks depart Shrewsbury 0854, return from Dolau 1554.

### **Saturday 28 August**

(1) Craven Arms to Ludlow via Clapping Wicket, Brandhill, Fiddler's Elbow, Burrington and Mary Knoll. Book to Ludlow, alight at Craven Arms. (16 miles strenuous) Leaders Mike and Kate. Depart Shrewsbury 0940, return from Ludlow 1812.

(2) Whitchurch circular via Sandstone Trail and Wirswall. (eight miles moderate) Leader Doug. Depart Shrewsbury 0934, return from Whitchurch 1708.

### **Saturday 4 September**

(1) Church Stretton to Craven Arms via Long Mynd, Portway, Plowden, Hopesay Hill and Sibdon Carwood. Leaders Stewart and Malcolm. (13 miles energetic) Depart Shrewsbury 1016, return from Craven Arms 1821.

(2) Church Stretton circular via Snatchfield Farm, Hope Bowdler and Cwms Cottage. (seven miles moderate) Leaders Clare and Jan. Depart Shrewsbury 1016, return from Church Stretton 1652.

### **Saturday 11 September**

Llangynllo to Knighton via Glyndwr's Way, Wernyeufron Hill, Upper Trebert and Offa's Dyke Path. Book to Llangynllo. (12 miles moderately strenuous) Leaders Brian and Jenny. Depart Shrewsbury 0854, return from Knighton 1619.

### **Wednesday 15 September**

Dolau circular via Cowlod and Llandegley. (7.5 miles moderate) Leader Marion. Depart Shrewsbury 0854, return from Dolau 1555.

### **Saturday 18 September**

(1) Caersws to Newtown via Llanwnnog, Bwlch-y-Ffridd, Plas Gregynog and Garth Hill. (14 miles strenuous) Leaders Chris and Kevin. Book to Caersws. Depart Shrewsbury 0935, return from Newtown 1645.

(2) Craven Arms circular via Callow Hill, Bach and Whettleton. (10 miles moderate) Leaders John and Derek. Depart Shrewsbury 0940, return from Craven Arms 1641.

### **Saturday 25 September**

Chirk circular NEW via Chirk Castle, Cerriog Valley and Dee Valley (10 miles energetic) Leaders Lorna and Barbara. Depart Shrewsbury 0917, return from Chirk 1602.

### **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 29 May - 25 September**

*The Rail Rambles programme is organised by Richard and Barbara Addyman with the support of Arriva Trains Wales and The Welsh Office of The Ramblers' Association.*

*Walks are led by members of the Ramblers' Association with routes from stations on the Cambrian, Heart of Wales, 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. It should be noted that leaders are empowered to refuse to take anyone who, in their opinion, has unsuitable footwear.*

*All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. In spite of the safety of walkers always being the paramount concern, accidents will occasionally occur. It is important, therefore, that when entering into the activity, each walker appreciates that they have a responsibility to identify the hazards associated with the activity and take all reasonable steps to eliminate or minimise the potential for an accident to arise.*

*The Ramblers' Association and Arriva Trains Wales.*

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

**Ramblers in Wales  
Cardiff Office  
1 Cathedral Road  
Cardiff  
CF11 9HA**

### **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 the number below.*

### **Telephone Enquiries**

Timetable and Fares (24 hrs)	Welsh Language Service
<b>08457 48 49 50</b>	<b>0845 60 40 500</b>
Textphone	Tickets and Reservations
<b>0845 60 50 600</b>	<b>0870 9000 773</b>
Group Travel	Journey Care
<b>0870 9000 767</b>	<b>0845 300 3005</b>
Traveline	Walks Programme
<b>0870 608 2 608</b>	<b>01568 612 571</b>

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