

Arriva Trains Wales/Trenau Arriva Cymru

Rail Rambles
Troeon Trên

MAEKO JP
COPY

Valid from 2 October 2004 to 28 May 2005
Yn ddilys o 2 Hydref 2004 i 28 Mai 2005



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


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Welcome to Rail Rambles!

Rail Rambles started in 1989, and since then have enabled thousands of people to enjoy walking in Mid Wales & 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 fanylion pellach, ffoniwch Alan (01743 359249).

Rail Rambles - Troeon Tren Programme 2 October 2004 - 28 May 2005

Saturday 2 October 2004

- (1) Knighton circular NEW via Knucklas, Lloyney, Jack Mytton Way, Offa's Dyke Path, New House and Panpunton Hill. (12 miles strenuous). Leaders Jack and David.
- (2) Knucklas to Knighton via Upper Trebert, Llandinshop and Offa's Dyke Path. (Eight miles moderate). Leaders Ray and Bernard. For both walks depart Shrewsbury 08.54, return from Knighton 16.19.
- (3) Llandrindod Wells guided tour. Elegant streets and parks where Victorians once flocked to 'take the waters'. (Try them for yourself if you dare). Book to Llandrindod Wells. Depart Shrewsbury 08.54, depart Llandrindod 15.42.

Saturday 9 October 2004

Ludlow circular NEW via Brick House and Mary Knoll House. (12 miles strenuous). Leaders Peter and Patrick. Depart Shrewsbury 09.41, return from Ludlow 17.12.

+ SHORT WALK LUDLOW

Wednesday 13 October 2004

Llandrindod Wells circular via Upper Llanoley, Castle Hill and Carregwiber. (Seven miles moderate). Leader Bill. Depart Shrewsbury 08.54, return from Llandrindod Wells 15.42.

Saturday 16 October 2004

Wrexham circular NEW via Syddalt, Bryn Alyn and Rhosddu. (Nine miles moderate). Leader Stewart. Depart Shrewsbury 09.25, return from Wrexham 15.47.

Saturday 23 October 2004

- (1) Machynlleth circular NEW via Dôl Caradog, Glyndwr's Way, Talbontdrain and Allt-cae-Melyn. (12 miles very strenuous). Leaders Phil and Cheryl.
 - (2) Machynlleth circular via Glyndwr's Way and Glanmeryn. (Seven miles moderate). Leaders Niall and Susan.
- For both walks depart Shrewsbury 09.32, return from Machynlleth 16.06.

Saturday 30 October 2004

Church Stretton circular NEW via Port Way, Minton and Chelmick. (12 miles strenuous). Leader David and Sue. Depart Shrewsbury 10.16, return from Church Stretton 16.52.

TRAIN?
LEAVEN ARMS

Saturday 6 November 2004

Welshpool circular NEW via Glyndwr's Way, Blacksmith's Wood, Y Figyn, Hengwm and Y Golfa. (12 miles strenuous). Leaders Kevin and Chris. Depart Shrewsbury 09.32, return from Welshpool 17.00.

+ SHORT WALK WELSHPOOL

Saturday 13 November 2004

- (1) Craven Arms circular NEW via Marches Way, Upper Westhope, Hillend Farm, Callow Hill and Lower Dinchope. (11 miles energetic). Leaders Peter and Jack.
- (2) Craven Arms circular via Clapping Wicket, Aldon and Stokesay Castle. (Eight miles moderate). Leaders Bill and Doug. For both walks depart Shrewsbury 09.41, return from Craven Arms 17.21.

Wednesday 17 November 2004

Ruabon circular NEW via Stryt-Issa, Trefechan and Frozen Clock. (Nine miles moderate). Leader Lorna. Depart Shrewsbury 09.23, return from Ruabon 15.54.

Saturday 20 November 2004

Wrenbury to Whitchurch NEW via Brickbank Wood, Grindley Green, Martin's Ash and The Moss. (Eight miles moderate). Leader Doug. Book to Wrenbury (request stop). Depart Shrewsbury 09.34, return from Whitchurch 17.27.

Saturday 27 November 2004

- (1) Llanbister Road to Knucklas NEW via Pool Hill and Wernyegeufron Hill. (10 miles energetic). Leaders Chris and Stewart.
- (2) Llanbister Road to Knucklas NEW via Gravel, Ferley and Fountain Head. (Eight miles moderate). Leaders Derek and Marion. Book to Llanbister Road depart (request stop). For both walks depart Shrewsbury 08.54, return from Knucklas (request stop) 16.11.

Saturday 4 December 2004

Church Stretton circular NEW via Townbrook Valley, Bridges, Adstone and Motts Road. (11 1/2 energetic). Leaders Mike and Kate. Depart Shrewsbury 10.16, return from Church Stretton 17.30.

+ SHORT WALK CH. ST.

Saturday 11 December 2004

- (1) Newtown circular via Lluest, Rhydygroes, Plas Gregynog and Garth Hill. (12 miles energetic). Leaders Ian and Malcolm.
- (2) Newtown circular via Thimble Hall and Aberhafesp. (Seven miles moderate). Leaders Rex and Mary. For both walks depart Shrewsbury 09.35, return from Newtown 16.44.

Wednesday 15 December 2004

Welshpool circular via Hope, Cwmdingle and Leighton. (Seven miles moderate). Leader Ray. Depart Shrewsbury 09.31, return from Welshpool 14.58 or 17.00.

Saturday 18 December 2004

Church Stretton. A short walk in the Church Stretton area followed by lunch at the Long Mynd Hotel. If you wish to eat phone Doug on 01584 841637 before 20 November 2004. Leaders Doug and Derek. Depart Shrewsbury 10.16. Return from Church Stretton 16.27 (northbound), 17.00 (southbound).

Saturday 8 January 2005

- (1) Church Stretton circular via Little Caradoc and Lawley. (12 miles strenuous). Leaders David and Anne.
- (2) Church Stretton circular via All Stretton and Caer Caradoc. (Six miles moderate). Leaders Rex and Mary. For both walks depart Shrewsbury 10.16, return from Church Stretton 16.27 (northbound), 17.00 (southbound).

Saturday 15 January 2005

- (1) Caersws to Newtown via Llanwnnog, Bwlch-y-ffridd and Fachwen Pool. (10 miles energetic). Leader Jack.
- (2) Caersws to Newtown via Llwyn-y-Brain, Fachwen Pool and Waen-y-bricks. (Seven miles moderate). Leader Stewart. For both walks depart Shrewsbury 09.32, book to Caersws. Return from Newtown 16.44.

R A I L R A M B L E S

Additional short/moderate walks for
programme starting October 2004

Saturday
9th October

LUDLOW
Leader - Paddy

Saturday
30th October

CRAVEN ARMS
Leader Bob

Saturday
6th November

WELSHPOOL
Leader - Bernard

Saturday
4th December

CHURCH STRETTON
Leader Doug H

Queries - Bob 0121351 7547

Paddy 01584 874 447

Co-ordinate outbound train times with
relevant long walks.

Wednesday 19 January 2005

Bucknell to Knighton via Stowe Hill and Offa's Dyke Path. (Nine miles moderate). Leader Marion. Book to Knighton, alight at Bucknell (request stop). Depart Shrewsbury 08.54, return from Knighton 16.19.

Saturday 22 January 2005

(1) Chirk circular via Shropshire Union Canal, Wern, Selattyn and Offa's Dyke Path. (12 miles strenuous). Leaders Brian and Jenny.
(2) Gobowen to Chirk NEW via Halton. (Eight miles moderate). Leaders Lorna and Barbara. Book to Chirk, alight at Gobowen. For both walks depart Shrewsbury 09.25, return from Chirk 15.59.

Saturday 29 January 2005

(1) Machynlleth circular via Pont-ar-Ddyfi, Foel-y-Geifr and Twllnadwydd. (10 miles strenuous). Leader Chris.
(2) Machynlleth circular via Pont-ar-Ddyfi, Brynturnol and Brynglas. (Six miles moderate). Leaders Graham and Patricia. For both walks depart Shrewsbury 09.32, return from Machynlleth 16.06.

Saturday 5 February 2005

(1) Welshpool circular via Frochas, Lower Trefnant, Boncliau and Castle Caereinion. (13 miles strenuous). Leader Kevin.
(2) Welshpool circular via Gungrog Fawr and Cwm Caeathro. (Eight miles moderate). Leaders Derek and Clare. For both walks depart Shrewsbury 09.32, return from Welshpool 17.00.

Saturday 12 February 2005

(1) Dolau to Llandrindod NEW via Rhos-swydd, Mithil Bridge and Pawl Hir. (11½ strenuous). Leader Jack.
(2) Dolau to Llandrindod NEW via Penlan, The Rabber, Llwyn and Alpine Bridge. (Eight miles moderate). Leader Bill. For both walks depart Shrewsbury 08.54. Book to Llandrindod Wells, alight at Dolau (request stop). Return from Llandrindod 15.42.

Wednesday 16 February 2005

Craven Arms circular via Watling Street, Onny Trail, Upper Carwood, Hopesay Hill and Sibdon Castle. (Eight miles moderate). Leader Doug. Depart Shrewsbury 09.42, return from Craven Arms 17.21 (northbound), 17.09 (southbound).

Saturday 19 February 2005

(1) Welshpool circular via Llanerch Brochwel, Y Figgyn and Wern Wood. (13 miles strenuous). Leader Chris.
(2) Welshpool circular via Nant-y-caws, Talyrmau, Barn Farm and Y Golfa. (Eight miles moderate). Leader Patrick. For both walks depart Shrewsbury 09.35, return from Welshpool 17.00.

Saturday 26 February 2005

(1) Dolau circular NEW via Water-Break-Its-Neck, Llandegley, Rhonllwyn and Brook House. (13 miles strenuous). Leaders Phil and Cheryl.
(2) Dolau circular via Llanfihangel Rhydithon, Llysin Hill, Dunn's Rhos and Cwy Morwys. (Eight miles moderate). Leader Barbara. For both walks depart Shrewsbury 08.54, return from Dolau (request stop) 15.54.

Saturday 5 March 2005

(1) Gobowen circular NEW via Old Race Course, Oswestry. (11 miles energetic). Leader Lorna.
Depart Shrewsbury 09.25, return from Gobowen 16.04.
(2) Chester circular NEW via River Dee and Blacon. (Eight miles easy). Leader Stewart. Depart Shrewsbury ~~09.25~~, return from Chester 17.35. 9.18

Saturday 12 March 2005

(1) Abergavenny NEW via Brynmawr, Llangattock Mountain, Brecon and Newport Canal and River Usk. Bus to Brynmawr, fare extra. (11 miles strenuous). Leader David.
(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, Maggie and Anne. For both walks depart Shrewsbury 09.41, return from Abergavenny 17.22.

Wednesday 16 March 2005

Craven Arms circular via Paddock, Weo Edge, Gorst Barn, Stokesay Castle and Riverside. (Eight miles moderate). Leader John. Depart Shrewsbury 09.42, return from Craven Arms 17.21 (northbound) 17.09 (southbound).

Saturday 19 March 2005

(1) Church Stretton circular via Lawley and All Stretton. (12 miles strenuous). Leaders Malcolm and David.
(2) Church Stretton circular via Cwm Dale, Johnathon's Rock and Golf Course. (Seven miles moderate). Leaders Barbara and Ray. For both walks depart Shrewsbury 09.42, return from Church Stretton 16.27 (northbound) and 17.00 (southbound).

Saturday 26 March 2005

(1) Knucklas to Knighton NEW via Lower Hall Farm, Upper Heath, Fountain Head and Racecourse. (12 miles energetic). Leaders Brian and Jenny.
(2) Knucklas to Knighton via Pentrusco, Cwm Jenkin and Bailey Hill. (Six miles moderate). Leader Bill and Bernard. For both walks depart Shrewsbury 08.54. Book to and alight at Knucklas (request stop). Return from Knighton 16.19.

Saturday 2 April 2005

(1) Dyfi Junction to Machynlleth via Glandyfi, Mynydd Cae-du, Pont Gelligoch and Bry-glas. (12 miles strenuous). Leader Jack.

(2) Dyfi Junction to Machynlleth via Glandyfi, Caerhedyn, Llyfnant Valley and Glaspwll. (Eight miles moderate). Leader Derek. For both walks depart Shrewsbury 09.32. Book to and alight at Dyfi Junction. Return from Machynlleth 18.06.

Saturday 9 April 2005

(1) Ludlow circular via Mortimers Trail, Hanway Common and Starvecrow. (10 miles energetic). Leader Patrick. Depart Shrewsbury 09.42, return from Ludlow 17.21.

(2) Leominster circular via Eyton and Mousenatch. (Six miles easy). Leader Stewart. Depart Shrewsbury 09.42, return from Leominster 17.01.

Wednesday 13 April 2005

Broome to Craven Arms via Hopesay Hill and Sibdon Castle. (Eight miles moderate). Leader Bill.

Depart Shrewsbury 08.54. Book to and alight at Broome (request stop). Return from Craven Arms 17.21 (northbound) and 17.08 (southbound).

Saturday 16 April 2005

(1) Llangynllo to Knighton via Cefn Craig, Llanfair Waterdine, Selly Cross and Offa's Dyke Path. (12 miles strenuous). Leader Chris.

(2) Llangynllo to Knighton via Fountain Head, Green Hollow and Little Cwm Gilla. (Eight miles moderate). Leaders Niall and Susan. For both walks depart Shrewsbury 08.54. Book to and alight at Llangynllo (request stop). Return from Knighton 16.19.

Saturday 23 April 2005

(1) Llandrindod Wells circular via Llandrindod Hall and Pawl Hir. (12 miles energetic). Leader Ian and Doug.

(2) Llandrindod Wells circular via Neudd, Cefnllys Church and Happy Valley. (Six miles moderate). Leaders Barbara and Ray. For both walks depart Shrewsbury 08.54, return from Llandrindod Wells 15.42.

Saturday 30 April 2005

(1) Llanbister Road to Knighton via St. Michaels Pool and Cefn Suran. (10 miles energetic). Leaders Marion and Anne. Depart Shrewsbury 08.54. Book to and alight at Llanbister Road (request stop). Return from Knighton 16.19.

(2) Llanbister Road to Llangynllo via St. Michaels Pool and Bleddfa. (Seven miles moderate). Leaders Ray and Doug. Depart Shrewsbury 08.54. Book to and alight at Llanbister Road (request stop), return Llangynllo (request stop) 16.05.

Saturday 7 May 2005

(1) Craven Arms to Church Stretton via Hopesay Hill, Plowden and Long Mynd. (13 miles strenuous). Leader Chris. Depart Shrewsbury 09.42, return from Church Stretton 16.27 (northbound) and 17.00 (southbound).

(2) Church Stretton circular via Ragleth Hill, Little Stretton, Ashes Hollow and Cardingmill Valley. (Eight miles energetic). Leaders John and Derek. Depart Shrewsbury 10.17, return Church Stretton 16.27 (northbound) and 17.00 (southbound).

Saturday 14 May 2005

(1) Llwyngwriol circular NEW via Craig Cwm Llwyn and Tal'rmynydd. (12 miles strenuous). Leader Kevin. Depart Shrewsbury 09.32, book to Llwyngwriol (request stop). Return from Llwyngwriol (request stop) 19.01 (arrive Shrewsbury 21.27).

(2) Morfa Mawddach to Llwyngwriol NEW via Cyfannedd Fawr, Rhydcriw and Hut Circle. (Seven miles moderate). Leaders Graham and Patricia. Depart Shrewsbury 09.32, book to Morfa Mawddach (request stop). Return from Llwyngwriol (request stop) 16.18, (arrive Shrewsbury 19.22).

Saturday 21 May 2005

(1) Abergavenny circular via Llangevny, Llanbedr and Sugarloaf. (12 miles strenuous). Leader David.

(2) Abergavenny circular via Little Skirrid and Llanellen. (Eight miles moderate). Leaders Stewart and Bernard. For both walks depart Shrewsbury 09.42, return from Abergavenny 17.21.

Saturday 28 May 2005

(1) Machynlleth circular NEW via Penegoes, Melinbryhedyn and Coed Cae Poeth. (12 miles energetic). Leaders Phil and Cheryl. Depart Shrewsbury 09.32, return from Machynlleth 18.06.

(2) Machynlleth Town Tour. Explore the town where Owain Glyndwr held his Parliament as 'Prince of Wales'. Leaders Alan, Maggie and Anne. Depart Shrewsbury 09.32, return from Machynlleth 18.06.

Chirk circular NEW via Chirk Castle, Cerrig Valley and Dee Valley. (10 miles energetic). Leaders Lorna and Barbara. Depart Shrewsbury ~~09.25~~, return from Chirk 15.59.

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 2 October 2004 - 28 May 2005

The Rail Rambles programme is organised by Richard and Barbara Addyman, Cheryl Johnston and Pat Willday 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)

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

Traveline

0870 608 2 608

Walks Programme

01568 612 571

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