

Arriva Trains Wales/Trenau Arriva Cymru

Rail Rambles

Troeon Trên

Valid from 4 June to 24 September 2005

Yn ddilys 4 Mehefin i 24 Medi 2005



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

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

 **ARRIVA**

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 Gymru 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 359 249.

Rail Rambles Troeon Trên
4 June 2005 - 24 September 2005

Saturday 4 June 2005

- (1) Ludlow circular via Overton and Mary Knoll House (12 miles energetic) Leader Gill and Anne.
- (2) Ludlow circular NEW via Hucksbarn, Overton and Mortimer Trail (6 miles easy) Leader Paddy.
For both walks depart Shrewsbury 0942, return from Ludlow 1712 (northbound) and 1716 (southbound).

Saturday 11 June 2005

- (1) Cilmeri to Llandrindod via Wye Valley Walk, Newbridge-on-Wye and Diserth (11 miles energetic) Leaders Kevin and Chris. Depart Shrewsbury 0854, book to and alight at Cilmeri (request stop). Return from Llandrindod 1542.

- (2) Cilmeri circular via Dolyrrew, Wye Valley Walk, Builth Wells and Rhosferig-fach (7 miles moderate) Leaders Niall and Clare. Depart Shrewsbury 0854, book to and alight at Cilmeri (request stop). Return from Cilmeri (request stop) 1525.

Wednesday 15 June 2005

Pen-y-Bont to Llandrindod via Dolau Jenkin, New Lodge, Gwystre Bridge and Glan Dulas (10 miles energetic). Leaders Phil and Cheryl.
Depart Shrewsbury 0854. Book to Llandrindod, alight at Pen-y-Bont (request stop). Return Llandrindod 1542.

Saturday 18 June 2005

- (1) Newtown circular via Severn Way, Aberbechan Hall, Dolforwyn Castle and Gwestydd (10 miles energetic) Leaders David and Malcolm.
- (2) Newtown circular NEW via Severn Way, Lower Gwestydd, Cefn Mawr and Frydd Farm (6 miles moderate) Leaders Ray and Barbara. For both walks depart Shrewsbury 0932, return from Newtown 1644.

Saturday 25 June 2005

- (1) Morfa Mawddach to Barmouth NEW via Gest Ddu, Fford Ddu, Llynnau Gregennen and Bridge (12 miles energetic) Leader Ian. Depart Shrewsbury 0932, book to Barmouth and alight at Morfa Mawddach (request stop). Return from Barmouth 1845 (arrive Shrewsbury 2127).
- (2) Llwyngwriol to Barmouth NEW via Bryn Seward, Morfa Mawddach and Bridge (6 miles moderate). Leaders Rex and Mary. Depart Shrewsbury 0932, book to Barmouth and alight at Llwyngwriol (request stop). Return from Barmouth 1558 (arrive Shrewsbury 1922).

Saturday 2 July 2005

- (1) Stiperstones to Church Stretton NEW via Bridges, Prolley Moor, Pole Bank (12 miles strenuous). Leaders David and Sue. Bus from Shrewsbury 0935 approx £1.70. Return from Church Stretton 1730.

- (2) Church Stretton circular via Cwms Cottage, Caer Caradoc (7 miles moderate). Leader Bernard. Depart Shrewsbury 1017, return from Church Stretton 1627.

Saturday 9 July 2005

- (1) Aberdyfi to Tywyn via Ffridd yr Ychain, Pant yr On, Rhyd yr Onnen. (12 miles energetic) Leaders Patrick and Ian. Depart Shrewsbury 0932, return from Tywyn 1911. Book to Tywyn, alight Aberdyfi
- (2) Aberdyfi to Penhelig via Trefeddian, Dyffryn-Glyn-Cul, Gwyddgwion, Llechwedd, Trefrifawr, Bryneithyn, Penhelig. Book to Aberdyfi, (6 miles moderate) Leaders Ray and Jean. Depart Shrewsbury 0932, return from Penhelig (request stop) 1632.

Wednesday 13 July 2005

Newtown to Caersws via Fachwen Pool, Bwlch-y-Ffridd, Llanwnog. Book to Caersws, alight Newtown (10 miles energetic) Leader Marion. Depart Shrewsbury 0931. Return from Caersws 1637

Saturday 16 July 2005

Wrexham to Ruabon NEW via Minera, Clywedog Valley and Wat's Dyke. Book to Wrexham. Bus to Minera - fare extra. (10 miles moderate) Leaders Lorna and Barbara. Depart Shrewsbury 0917, return from Ruabon 1553.

Saturday 23 July 2005

- (1) Dyfi Junction circular via Llyfnant Valley, Coed Llechwedd Einion, Nant Dynyn, Glandyfi (12 miles). Leaders Doug and Chris. Depart Shrewsbury 0932, return Dyfi Junction 1757. Arrive Shrewsbury 1922.
- (2) Machynlleth circular via Pont-ar-Ddyfi, Hafodty, Dolgelynen, Tywyllnodwydd, Cwm Gila (8 miles). Leaders Graham and Pat. Depart Shrewsbury 0932, return from Machynlleth 1806.

Saturday 30 July 2005

- (1) Broome to Hopton Heath via Clunbury, Purslow, Obley, Hopton Castle (12 miles strenuous). Leaders

David and Anne. Depart Shrewsbury 0854. Book to and alight at Broome (request stop). Return from Hopton Heath (request stop) 1629.

- (2) Broome to Craven Arms via Hopesay Hill, Longville Common, Onny Trail (8 miles moderate). Leaders Bernard and Bob. Depart Shrewsbury 0854. Book to and alight at Broome. Return from Craven Arms 1519.

Saturday 6 August 2005

- (1) Machynlleth circular via Tywyllnodwydd, Tarrenhendre, Foel Y Geifr, Cwm Gila (12 miles strenuous). Leaders Phil and Cheryl.
- (2) Machynlleth circular NEW via Glyndwr's Way, Glan Meryn (7 miles moderate). Leaders Niall and Susan. For both walks depart Shrewsbury 0932, return from Machynlleth 1806.

Saturday 13 August 2005

- (1) Morfa Mawddach to Barmouth via Penmaenpool, Cwm-mynach Isaf, Hendreforion, and Sylfaen. (14 miles strenuous) Leaders Mike and Kate. Depart Shrewsbury 0932, book to Barmouth, alight at Morfa Mawddach (request stop). Return from Barmouth 1845. Arrive Shrewsbury 2127.
- (2) Penhelig circular via Ffridd-yr-Ychen, Erw-Gwenllian and seashore (8 miles moderate). Leader Marion. Depart Shrewsbury 0932, book to and alight at Penhelig (request stop). Return from Penhelig (request stop) 1632.

Wednesday 17 August 2005

Fairbourne to Barmouth via Morfa Mawddach and Fegla Fawr (5 miles easy) Leaders Alan and Maggie. Depart Shrewsbury 0931, book to Barmouth, alight at Fairbourne. Return from Barmouth 1602.

Saturday 20 August 2005

- (1) Llanwrtyd Wells circular via Penybont Uchaf, St. Davids Church, Nant-y-Craf, Cefn Blaencwmhenog (14 miles strenuous) Leaders Peter and Anne. Depart Shrewsbury 0854, return from Llanwrtyd Wells 1933.

- (2) Llanwrtyd Wells circular via Victoria Wells, Dinas, Alltwen (6 miles easy). Leaders Barbara and Clare. Depart Shrewsbury 0854, return from Llanwrtyd Wells 1511.

Saturday 27 August 2005

- (1) Llangollen circular via Horseshoe Falls, Valle Crucis, Eglwysg Mountain and Dinas Bran (13½ miles strenuous) Leaders Ian and Chris. Bus from Ruabon to Llangollen (Book a through train/bus ticket) Depart Shrewsbury 0917, return from Ruabon 1753.
- (2) Chirk circular via Pontcysyllte and Offa's Dyke Path. (7 miles easy). Leaders Doug and Bernard. Depart Shrewsbury 0917, return from Chirk 1559.

Saturday 3 September 2005

- (1) Ludlow Circular via Titterstone Clee (13 miles energetic). Leaders Malcolm and David. Depart Shrewsbury 0942, return from Ludlow 1712.
- (2) Ludlow circular via Mary Knoll House, High Vinnals and Climbing Jack Common (8 miles moderate). Leaders Paddy and John. Depart Shrewsbury 0942, return from Ludlow 1510.

Saturday 10 September 2005

- (1) Llangynllo to Newtown via Felindre and Kerry Hill (15 miles strenuous) Leaders Phil and Anne. Depart Shrewsbury 0854, return from Newtown 1843. Buy single ticket to Llangynllo (request stop) and single ticket from Newtown.
- (2) Llangynllo to Dolau via Glwyndwr's Way, Gravel, Coxhead Bank Common, Lower Pentre, Castle Pren, Far Hall (7 miles moderate). Leaders Rex and Mary. Depart Shrewsbury 0854, return from Dolau 1554. Book to Dolau (request stop), alight at Llangynllo (request stop)

Wednesday 14 September 2005

Dyfi Junction to Borth (11 miles energetic) Leaders Phil and Cheryl. Depart Shrewsbury 0931, return from Borth 1747. Arrive Shrewsbury 1922.

Saturday 17 September 2005

Pontypool circular NEW. Hills around Cwmbran and Cwmcarn taking in Mynydd Henllys, Twm Barlwm, Cwmcarn Visitor Centre and Mynydd Twyn Glas (15 miles strenuous). Leaders Cheryl, Phil and Clive. Depart Shrewsbury 0828. Return from Pontypool 1814.

Wednesday 21 September 2005

Nantwich Town Tour. Every day thousands of people whizz non-stop through this little market town. Here is a rare chance to stop and enjoy a guided tour of its historic charms. Leaders Alan, Maggie and Anne. Depart Shrewsbury 0934, return from Nantwich 1655.

Saturday 24 September 2005

- (1) Chirk circular via Caeaugwynion, Offa's Dyke Path, Pen-y-Graig, Croes Yr Esgob, Llangollen (14 miles energetic) Leaders Chris and David. Depart Shrewsbury 0917, return from Chirk 1759.
- (2) Ruabon circular via Stryt-Issa, Trefechan and Frozen Clock (9 miles moderate) Leaders Lorna and Barbara. Depart Shrewsbury 0917, return from Ruabon 1553.

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' means rolling countryside; 'moderately easy' means 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 walks.

Programme 4 June 2005 to 24 September 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
3 Coopers Yard
Curran Road
Cardiff
CF10 5NB

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 details 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 phone the Group Travel number shown opposite.

National Rail Enquiries

The gateway to Britain's National Rail Network

www.nationalrail.co.uk

Timetables and Fares

24 hr

08457 48 49 50

Welsh Language Service

0845 60 40 500

Text Phone

0845 60 50 600

Other Useful Numbers

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

www.arrivatrainswales.co.uk