

Arriva Trains Wales/Trenau Arriva Cymru

Rail Ramblers

Troeon Trên

Valid from 1 July to 30 December 2006

Yn ddilys 1 Gorffennaf i 30 Rhagfyr 2006

MARKED COPY

Guided Walks from Railway Stations
in Mid Wales & the Marches

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



ARRIVA

Trains Wales
Trenau Arriva Cymru

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 & 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.

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 1 July to 30 December 2006

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.

Saturday 1 July 2006

- (1) **Llanbister Road to Llangynllo** via Beacon Hill (11 miles moderate) Leaders Ian Hill and Doug Hill. Book to Llanbister Road (request stop). Depart Shrewsbury 0905, return from Llangynllo 1600.
- (2) **Llandrindod Wells** circular via Bongam Bank, Alpine Bridge, Cefn Coed (7 miles moderate) Leaders Paddy Willis and Bob Perry. Depart Shrewsbury 0905, return from Llandrindod Wells 1538.

Saturday 8 July 2006

- (1) **Aberdyfi to Penhelig** via Happy Valley and Bearded Lake (11 miles moderately strenuous) Leaders Chris Jenkins and David Downes. Book to Aberdyfi. Depart Shrewsbury 0930, return from Penhelig 1635. Arrive Shrewsbury 1721.
- (2) **Borth to Aberystwyth** via cliff path (6 miles moderate) Leaders Pat Willday and Jan Bonnett. Book to Aberystwyth, alight at Borth. Depart Shrewsbury 0930, return from Aberystwyth 1533 or 1732. Arrive Shrewsbury 1721 or 1921.

Saturday 15 July 2006

- (1) **Join the Ludlow Challenge Walk** - 25 miles or 14 miles circular walk from Ludlow organised by Cheryl Johnston and Peter Purslow. Route maps are given on this self-led walk. Refreshments are available on route and a meal provided at the end of the walk. £10.00 fee. Trains depart Shrewsbury at 0715, 0802 or 0849 and there is an hourly service for return trains from Ludlow. To join the walk apply on 01584 878731 by July 1st 2006.
- (2) **Craven Arms** circular via Stokesay, Onisbury and Norton. (8 miles easy). Leaders Louise Power and John Newnham. Depart Shrewsbury 0949, return from Craven Arms 1629.

Wednesday 19 July 2006

Morfa Mawddach to Barmouth via Gest Ddu, Ffordd Ddu, Llynnau Gregennen and Bridge (12 miles energetic) Leaders Phil and Cheryl Johnston. Book to Barmouth alight Morfa Mawddach. Depart Shrewsbury 0930, return from Barmouth 1749. Arrive Shrewsbury 2121.

Saturday 22 July 2006

- (1) **Craven Arms** circular via Whettleton Hill, Norton, Callow Hill, Flounder's Folly and Lower Dinchope (11 miles moderate) Leaders David Downes and Ian Hill.
- (2) **Craven Arms** circular via Flounder's Folly (7 miles moderate) Leaders Paddy Willis and Bob Perry. For both walks depart Shrewsbury 0905, return from Craven Arms 1636. The Folly will be open giving the opportunity to view the restoration work. No charge will be made but donations would be appreciated.

Saturday 29 July 2006

- (1) **NEW Llanrhystud to Aberystwyth** via coast path. (11 miles energetic) Leaders Phil Roberts and Michael Guest. Book to Aberystwyth, bus to Llanrhystud (fare extra) Depart Shrewsbury 0931, return from Aberystwyth 1732 or 1932. Arrive Shrewsbury 1921 2121.
- (2) **Machynlleth** circular via Roman Steps, Coed Llynloedd, Brynglas (7 miles easy pace) Leaders Alan Howard and Richard Addyman. Depart Shrewsbury 0930, return from Machynlleth 1607 or 1807.

Saturday 5 August 2006

- (1) **Llangollen** circular via Valle Crucis, Ty Newydd, Eglwyseg Mountain and Gaufron (14 miles strenuous) Leaders Chris Jenkins and Stewart Davies. Depart Shrewsbury 0826, return from Ruabon 1751.

- (2) **NEW Llangollen** circular via Bryn Hyfyd, Britannia Inn, Llantysilio. (9 miles moderate) Leaders Doug Hill and Lorna Lewis. Book through tickets. Depart Shrewsbury 0930, return from Ruabon 1751.
For both walks train to Ruabon, bus to Llangollen.

Saturday 12 August 2006

- (1) **NEW Llandecwyn to Harlech** via Bryn Cader Faner, Moel Ysgafarnogod, Moel Goedog with 2,500ft of ascent. (12 miles strenuous) Leaders Michael Guest and Phil Roberts. Book to Llandecwyn – request stop. Depart Shrewsbury 0731. Note early departure. Return from Harlech 1819. Arrive Shrewsbury 2121.
- (2) **Aberdovey** circular via Dyffryn Gwyn, Llyn Barfog, March Arthur, Llechwedd (9 miles moderate) Leaders Marion Law and Louise Power. Depart Shrewsbury 0931, return from Aberdovey 1638.
Arrive Shrewsbury 1721.

Wednesday 16 August 2006

Machynlleth circular via Pont ar Ddyfi, Foel y Geifr, Twllnodwydd (10 miles energetic) Leaders Peter James and Mike Downward. Depart Shrewsbury 0931 return from Machynlleth 1607.

Saturday 19 August 2006

- (1) **Newtown** circular via Lluest, Rhydygroes, Plas Gregynog, Garth Hill (12 miles moderate) Leaders Anne and Bernard Williams.
- (2) **Newtown** circular via Llanelithon, Pontyperchill (8 miles moderate) Leaders Rex and Mary Simpson.
For both walks depart Shrewsbury 0930, return from Newtown 1642.

Saturday 26 August 2006

- (1) **Llandrindod Wells** circular via Llandrindod Hall and Pawl Hir (12 miles energetic) Leaders Ian Hill and Doug Hill. Depart Shrewsbury 0905, return from Llandrindod Wells 1538.
- (2) **Garth to Llangammarch Wells** via Lleithr Ddu (7 miles moderate) Leaders Doug Billingsley and Barbara Addyman. Book to Llangammarch, alight Garth (request stop). Depart Shrewsbury 0905, return from Llangammarch Wells (request stop) 1508.

Saturday 2 September 2006

- (1) **Llwyngwrl to Barmouth** via Bryn Siward and Pont y Bermo (12 miles moderate) Leaders Mike and Kate Owen. Book to Barmouth, alight Llwyngwrl (request stop). Depart Shrewsbury 0930, return from Barmouth 1846. Arrive Shrewsbury 2121.
- (2) **Tywyn to Aberdyfi** – a gentle stroll along the seashore (6 miles easy) Leaders Alan Howard and Maggie Uphill and Anne Farquhar. Book to Tywyn. Depart Shrewsbury 0930, return from Aberdyfi 1632. Arrive Shrewsbury 1721.

Saturday 9 September 2006

- (1) **NEW Llangollen** circular. From the Dee to the Ceiriog following George Burrow's route via Llansantffraid, Glyn Ceiriog and Y Foel (14 miles strenuous) Leaders David Downes and Chris Jenkins. Book through tickets, train to Ruabon, bus to Llangollen. Depart Shrewsbury 0826, return from Ruabon 1751.
- (2) **NEW Ruabon** circular via Pen-y-Bryn and Tai Nant (9 miles moderate) Leaders Paddy Willis and Lorna Lewis. Depart Shrewsbury 0930. Return from Ruabon 1643.

Wednesday 13 September 2006

Wellington circular via Little Wenlock and the Wrekin (11 miles energetic) Leader Marion Law. Depart Shrewsbury 0924, return from Wellington 1612.

Saturday 16 September 2006 to

Sunday 17 September 2006

- (1) **NEW – Two day walk.** A four way traverse taking in the Wye Valley Way, Owain Glyndwr's Way, the Severn Way and a long way!

Day 1 – Cilmeri to Rhayader, overnight in Rhayader (15 miles energetic).

Day 2 – Rhayader to Caersws (20 miles strenuous). Leaders Phil Johnson and Phil Roberts. Book a single to Climeri (request stop). Book a single from Caersws. Depart Shrewsbury 0905, return from Caersws 1835. To book onto this walk telephone P Johnston, 01584 861487 or P Roberts, 01743 821276, who will advise on accommodation and book an evening meal.

- ✓ (2) **Llandrindod Wells** circular via Brynhir, Carregwiber Bank, Dan-y-Graig (7 miles moderate) Leaders Clare Gathercole and John Newnham. Depart Shrewsbury 0905, return from Llandrindod Wells 1538.

Saturday 23 September 2006

- (1) **Church Stretton** circular via Townbrook Hollow, Darnford Valley, Bridges and Jonathon's Rock (13 miles strenuous) Leaders Stewart Davies and Chris Jenkins. Depart Shrewsbury 0905, return from Church Stretton 1650.
- (2) **NEW Wrenbury** circular via South Cheshire Way and Marbury (7 miles moderate) Leaders Bob Perry and Barbara Addyman. Depart Shrewsbury 1026, return from Wrenbury 1641.

Saturday 30 September 2006

- (1) **NEW Crickhowell to Abergavenny** via Table Mountain, Llanbedr and Sugar Loaf (12 miles strenuous) Leaders David Grant and Patrick Riley. Book to Abergavenny, bus to Crickhowell (fare approx £1.00). Depart Shrewsbury 0849, return from Abergavenny 1728.
- (2) **Welshpool** circular via Powis Castle deer park (6 miles easy pace) Leaders Alan Howard, Maggie Uphill and Anne Farquhar. Depart Shrewsbury 0930, return from Welshpool 1658.

Saturday 7 October 2006

- (1) **Llangynllo to Dolau** via Glyndwr's Way, Stanky Hill, Maelienydd, Dolau (12 miles strenuous) Leaders Phil & Cheryl Johnston. Book to Dolau alight at Llangynllo (request stop). Depart Shrewsbury 0905, return from Dolau 1550.
- ✓ (2) **Llangynllo to Knighton** via Gravel, Fountain Head, Bailey Hill, Downs' Dingle (8 miles moderate) Leaders Paddy Willis and Bob Perry. Book to Llangynllo (request stop). Depart Shrewsbury 0905, return from Knighton 1614.

Saturday 14 October 2006

- (1) **NEW Colwyn Bay** circular. Hills, woodlands and part along coast. Summits of Bryn Euryn and Cilgwyn Mawr (11 miles strenuous) Leaders Malcolm Kimber and David Stearne. Depart Shrewsbury 0826, return from Colwyn Bay 1628.
- (2) **Ruabon to Wrexham** via Wat's Dyke, Erddig Park and St Giles's churchyard (6? miles easy) Leaders Alan Howard, Maggie Uphill and Anne Farquhar. Book to Wrexham, alight at Ruabon. Depart Shrewsbury 0930, return from Wrexham 1544.

Wednesday 18 October 2006

NEW Hopton Heath to Bucknell via Bedstone, Darky Dale, Honeypot, Great Hagley, Brineddin Wood, Chapel Lawn (13 miles energetic) Leaders Andrew Davies and Cheryl Johnston. Book to Bucknell, alight at Hopton Heath (request stop). Depart Shrewsbury 0905, return from Bucknell 1620.

Saturday 21 October 2006

- (1) **Llangynllo to Newtown** via Felindre and Kerry Hill (15 miles strenuous) Leaders Anne Williams and Phil Roberts. Buy single ticket to Llangynllo (request stop) and single ticket from Newtown. Depart Shrewsbury 0905, return from Newtown 1843.
- (2) **Llangynllo to Knighton** via Glyndwr's Way (8 miles moderate) Leaders Ray and Jean Trend. Book to Llangynllo (request stop). Depart Shrewsbury 0905, return from Knighton 1614.

Saturday 28 October 2006

- (1) **Machynlleth** circular via Forge, Ty Gwyn, Rhiw Goch, Hafodwnog, Cwmrhaeadr (13 miles strenuous) Leaders Brian and Jenny Jones. Depart Shrewsbury 0930, return from Machynlleth 1807.
- (2) **Machynlleth** circular via Gallt-y-gog, Garth, Pont-ar-Ddyfi, Brynglas (7 miles moderate) Leaders Graham Cox and Clare Gathercole. Depart Shrewsbury 0930, return from Machynlleth 1607.

Saturday 4 November 2006

- (1) **Ludlow** circular via Titterstone Clee (13 miles strenuous) Leaders Mike and Kate Owen.
- (2) **Ludlow** circular via Mary Knoll House, High Vinnals and Climbing Jack Common (8 miles moderate)

Leaders Derek Shuker and Bill Hodges. For both walks depart Shrewsbury 0849, return from Ludlow 1620.

Saturday 11 November 2006

- (1) **Knighton** circular via Offa's Dyke Path, Llanfair Hill, Upper Treverward, Cwm-sanahan Hill (13 miles strenuous) Leaders Chris Jenkins and David Grant. Depart Shrewsbury 0905, return from Knighton 1614.
- (2) **Llanwrtwd Wells** circular via Victoria Wells and Alltwineu (6 miles moderate) Leaders Niall and Susan McCormack. Depart Shrewsbury 0905, return from Llanwrtwd Wells 1502.
- (3) **NEW Llanwyrtd Wells Soup and a Stroll Walk**. (4 miles easy). Leaders Richard and Barbara Addyman. A short walk around Llanwrtyd. This walk includes a bowl of soup at the Neuadd Arms. **Purchase a Soup & Stroll ticket £5.50** (includes rail fare) from anywhere on the Heart of Wales line. Depart Shrewsbury 0905, return from Llanwrtwd Wells 1502.

Wednesday 15 November 2006

NEW Codsall circular. Staffordshire Way via Brewood, The Lights, the Hawkshutts, Chillington Hall (13 miles energetic) Leader Andrew Davies. Depart Shrewsbury 0924, return from Codsall 1624.

Saturday 18 November 2006

- (1) **Craven Arms** circular via Wart Hill (10 miles energetic) Leaders Bernard Williams and Pat Riley.
- (2) **Craven Arms** circular via Winstanstow and Lower Dinchope (6 miles) Leaders Rex and Mary Simpson. For both walks depart Shrewsbury 0905, return from Craven Arms 1636.

Saturday 25 November 2006

- (1) **Bucknell** circular via Bucknell Wood, Vron, Caer Caradoc, Chapel Lawn, Meeroak, Bucknell Hill (12 miles strenuous) Leaders Andrew Davies and Gill Leary. Depart Shrewsbury 0905, return from Bucknell 1620.
- (2) **Hopton Heath** circular via Jay Bridge, Shelderton and Clungunford (7 miles moderate) Leaders Clare Gathercole and Marion Law. Depart Shrewsbury 0905, return from Hopton Heath (request stop) 1624.

Saturday 2 December 2006

- (1) **Caersws to Newtown** via Moat Lane, Giant's Grave, Hafod, Mochdre, River Severn (11 miles energetic) Leaders Brian and Jenny Jones. Book to and alight at Caersws.
- (2) **Newtown** circular via Gilfach Bridge, Penarron, Lower Wig, Blackhill Wood (7 miles energetic) Leaders Ray and Jean Trend. For both walks depart Shrewsbury 0930, return from Newtown 1642.

Saturday 9 December 2006

- (1) **Knighton** circular via Llanwen Hill, Hawthorne Hill, Pilleth, Black Hill, Rhos Hill, Rhos-y-Meirch (12 miles strenuous) Leaders Peter James and David Downes. Depart Shrewsbury 0905, return from Knighton 1614.
- (2) **Knighton to Bucknell** via Llanwen Hill, Offa's Dyke Path (6 miles moderate) Leaders Bob Perry and Jim Redshaw. Book to Knighton. Depart Shrewsbury 0905, return from Bucknell (request stop) 1620.

Wednesday 13 December 2006

Hopton Heath circular via Hopton Castle, Cwm Barn, Clunton Coppice, Black Hill, the Larches (13 1/2 miles

energetic) Leaders Andrew Davies and Cheryl Johnston. Depart Shrewsbury 0930, return from Hopton Heath (request stop) 1624.

Saturday 16 December 2006

Two walks in the **Church Stretton** area (8 miles moderate) Leaders Doug Billingsley & Derek Shuker and (4/5 miles moderate) Leaders Marion Law & Barbara Addyman. Followed by lunch at The Long Mynd Hotel at 1pm. Depart Shrewsbury 0946, return from Church Stretton 1629 (north) and 1704 (south). Barbara Beresford is organising this. Forms/menu will be available in September or telephone Barbara on 01952 461418.

Names and payment required by 18 November 2006.

Saturday 23 December 2006

- (1) **Knighton** circular via Offa's Dyke Path, Knucklas, Bailey Hill, Little Cwm Gilla (11 miles energetic) Leaders Michael Guest and Anne Williams.
- (2) **Knighton** circular via Meeting House Lane, Norton, Offa's Dyke Path (8 miles moderate) Leaders Paddy Willis and Bernard Williams. For both walks depart Shrewsbury 0905, return from Knighton 1614.

Wednesday 27 December 2006

NEW Church Stretton circular via Blethcott Hill, Sheppen Fields, Smethcott and Woolstaston (15 miles strenuous) Leaders Phil Roberts and Mike Downard. Depart Shrewsbury 0849, return from Church Stretton 1638 (north), 1604 (south).

Saturday 30 December 2006

Bucknell to Ludlow via Leintwardine, Downton-on-the-Rock, Mary Knoll House (12 miles energetic)

Leaders Gill Leary and Kevin Jones. Buy single ticket to Bucknell (request stop) and single ticket from Ludlow. Depart Shrewsbury 0905, return from Ludlow 1620.

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.

Cover picture: View over Stowe and the Teme Valley courtesy of Clare Gathercole

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Registered Office St. Mary's House, 47 Penarth Road, Cardiff, CF10 5DJ

Trenau Arriva Cymru Cyfyngedig Cofrestrwyd yn Lloegr a Chymru Rhif 04337645
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AW3713 Display until 30 December 2006