

MARKED COPY

Rail Rambles

Troeon Trên

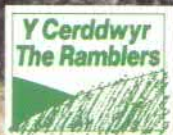
Guided walks from Railway Stations
in Mid Wales and the Marches

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



ARRIVA

Trains Wales
Trenau Arriva Cymru



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:

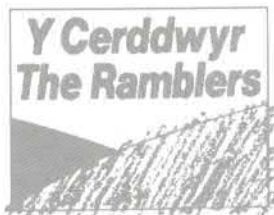
Richard or Barbara on 01568 612 571

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.

Rail Rambles Programme

6 January 2007 to 14 July 2007

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 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 the 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

**New two day walk 28/29 April. Book by January 28th.
See programme for details.**

Saturday 6 January

- 1 NEW Llandrindod Wells to Llanbister Road via a bus to Ffronddyrys (fare extra) Penny Well and the Riggles. Leaders Phil Roberts and Anne Williams. (11 miles energetic). Depart Shrewsbury 0905, return from Llanbister Road 1556. Book to Llandrindod Wells
- 2 Llandrindod Wells circular via Shaky Bridge, Castle Bank and the Lake. Leaders Rex and Mary Simpson. (7 miles moderate). Depart Shrewsbury 0905, return from Llandrindod Wells 1539

Saturday 13 January

- 1 'Two Wenlocks to Wellington' Leaders David Downes and Stewart Davies. (12 miles moderate). Depart Shrewsbury bus station 0840 (fare extra), return from Wellington (by train) 1650
- 2 Yorton to Wem via the Shropshire Way. Leaders Richard and Barbara Addyman. (8 miles moderate). Depart Shrewsbury 1026, return from Wem 1601. Book to Wem, alight at Yorton. (request stop)

Wednesday 17 January

Hopton Heath to Knighton via Hopton Castle, Stowe Hill and Offa's Dyke Path. Leaders David Grant and Kevin Jones. (12 miles energetic). Depart Shrewsbury 0905, return from Knighton 1615. Book to Knighton, alight at Hopton Heath (request stop)

Saturday 20 January

- 1 Llanbister Road to Llangynllo via Beacon Hill. Leaders Ian and Doug Hill. (11 miles moderate). Depart Shrewsbury 0905, return from Llangynllo 1601. Book to and alight at Llanbister Road (request stop)
- 2 Llandrindod Wells circular via Bongam Bank, Alpine Bridge and Cefn Coed. Leaders Paddy Willis and Bob Perry. (7 miles moderate). Depart Shrewsbury 0905, return from Llandrindod Wells 1539

Saturday 27 January

- 1 Bucknell to Craven Arms via Leintwardine and Stokesay Castle. Leaders Peter James and Gill Leary. (12 miles energetic). Depart Shrewsbury 0905, return Craven Arms 1636. Book to and alight at Bucknell (request stop)
- 2 Bucknell to Knighton via Bucknell Wood and Five Turnings. Leaders Clare Gathercole and John Newnham. (8 miles moderate). Depart Shrewsbury 0905, return Knighton 1615. Book to Knighton, alight at Bucknell (request stop)

Saturday 3 February

- 1 Newtown circular via Lower Wig, Kerry Ridgeway and Kerry Pole. Leaders Brian and Jenny Jones. (13 miles energetic). Depart Shrewsbury 0928, return Newtown 1640
- 2 Newtown circular via Garth Cottage, Bryn-du, Ty'n-y-Pales and Fachwen Pool. Leaders Richard and Barbara Addyman. (8 miles moderate). Depart Shrewsbury 0928, return from Newtown 1440

Saturday 10 February

- 1 Chirk circular via Shropshire Union Canal, Wern, Selattyn and Offa's Dyke Path. Leaders Chris Jenkins and Stewart Davies. Depart Shrewsbury 0828, return from Chirk 1557. (12 miles strenuous)
- 2 Chirk to Gobowen via 'Maelor Way' and Wat's Dyke. Leaders Bill Hodges and Bob Perry. (7 miles moderately easy). Depart Shrewsbury 1026, return from Gobowen 1602. Book to Chirk

Wednesday 14 February

Shifnal circular NEW via Monarch's Way, Ryton and Lodge Hill. Leader Andrew Davies. (12 miles energetic). Depart Shrewsbury 0842, return from Shifnal 1637

Saturday 17 February

- 1 Dolau circular via Riggles, Davy Morgan Dingle and Warren Wood. Leaders Mike and Kate Owen. (13 miles strenuous)
- 2 Dolau circular via Llanfihangel Rhydithon, Llysin Hill, Dunn's Rhos and Cwm Merwys. Leaders Barbara Gray-Addyman and Marion Law. (8 miles moderate). For both walks depart Shrewsbury 0905, return from Dolau 1551

Saturday 24 February

- 1 Craven Arms circular via Onny Trail, Middle Carwood, Edgton, Kempton and Sibdon Castle. Leaders Michael Guest and Anne Williams. (14 miles strenuous). Depart Shrewsbury 0849, return from Craven Arms 1627
- 2 Craven Arms to Church Stretton via Strefford, Marshbrook and Ragdon. Leaders Derek Shuker and Jim Redshaw. (9 miles moderately energetic). Depart Shrewsbury 0849, return from Church Stretton 1538. Book to Craven Arms

Saturday 3 March

- 1 Machynlleth circular NEW via Wynford Vaughan Thomas Memorial, Glaslyn and Glyndwr's Way. Bus to Aberhosan (fare approx £2.) Leaders Phil and Cheryl Johnston. (14 miles strenuous). Depart Shrewsbury 0928, return from Machynlleth 1802
- 2 Machynlleth circular via Watermill, Felin-y-Coed and Glyndwr's Way. Leaders Graham Cox and Bill Hodges. (8 miles moderate). Depart Shrewsbury 0928, return from Machynlleth 1602

Saturday 10 March

- 1 Abergavenny circular via Bloreng and the Brecon Canal. Leaders David Stearne and Malcolm Kimber. (13 miles strenuous). Depart Shrewsbury 0849, return from Abergavenny 1728
- 2 Ludlow circular via Hucksbarn, Overton and the Mortimer Trail. Leaders Bob Perry and Clare Gathercole. (6 miles moderately easy). Depart Shrewsbury 0949, return from Ludlow 1618

Wednesday 14 March

Garth circular via Ty-coch, Penbank, Penrhiwmoch and Comin Coch. Leaders Richard and Barbara Addyman. (7 miles energetic). Depart Shrewsbury 0905, return from Garth 1511. Book to Garth (request stop)

Saturday 17 March

- 1 Broome circular via Bury Ditches, Burrow Fort and Aston-on-Clun. Leaders Kevin Jones and Peter James. (12 miles energetic). Depart Shrewsbury 0905, return from Broome (request stop) 1629
- 2 Bucknell to Knighton via Stowe Hill, Stowe Church and Lee Cottage. Leaders Rex and Mary Simpson. (7 miles moderate). Depart Shrewsbury 0905, return from Knighton 1615. Book to Knighton, alight at Bucknell (request stop)

Saturday 24 March

- 1 Church Stretton circular via Townbrook Hollow, Bridges, Adstone and Motts Road. Leaders Gill Leary and Marion Law. (11 miles energetic). Depart Shrewsbury 0905, return from Church Stretton 1650
- 2 Church Stretton circular via Cwm Dale, Jonathon's Rock and Golf course. Leaders Graham Baker and John Newnham. (7 miles moderate). Depart Shrewsbury 0905, return from Church Stretton 1438

Saturday 31 March

- 1 NEW Whitegrit to Welshpool via Stapeley Hill, Flying Dingle and Beacon Ring. Leaders David Downes and Phil Roberts. (14 miles energetic). Depart Shrewsbury bus station 1015, return from Welshpool 1855
- 2 Welshpool circular via Raven Square, Wern Wood and Y Golfa. Leaders Bob Perry and Bill Hodges. (7 miles moderate). Depart Shrewsbury 0928, return Welshpool 1655

Saturday 7 April

- 1 Llanbister Road to Llandrindod via Dolau and Llanbadarn Bridge. Leaders Mike Downward and Stewart Davies. (12 miles energetic). Depart Shrewsbury 0905, return Llandrindod 1539. Book to Llandrindod, alight Llanbister Road (request stop)
- 2 Llanwrytd Wells circular - A stroll around the town and a chance to visit the Food and Drink Festival. Leaders Alan Howard and Maggie Uphill. (4 miles easy). Depart Shrewsbury 0905, return Llanwrytd Wells 1502

Saturday 14 April

- 1 Llanbister Road to Knighton via Pitch Hill, Monaughty, the Warren and Offa's Dyke Path. Leaders Mike and Kate Owen. (12 miles energetic). Depart Shrewsbury 0905, return Knighton 1615. Book to and alight Llanbister Road (request stop)
- 2 Llandrindod Wells to Dolau (bus to Fronddrys, fare extra) via Penny Well. Leaders Ray and Jean Trend. (7 miles energetic). Depart Shrewsbury 0905, return from Dolau 1551. Book to Llandrindod Wells

Wednesday 18 April

- 1 Ruabon circular via Wynnstay Park, Erbistock, Overton Bridge and Wat's Dyke. Leaders Jim Redshaw and John Newnham. (11 miles moderate). Depart Shrewsbury 0930, return from Ruabon 1751
- 2 NEW Chirk circular via Mount Wood and Vron. Leaders Lorna Lewis and Barbara Gray Addyman (6 miles moderate). Depart Shrewsbury 0930, return from Chirk 1557

Saturday 21 April

- 1 NEW Llandecwyn to Talsarnau via Llyn Tecwyn Uchaf, Llyn Trawsfynydd, Bryn Cader Fawr. Leaders Michael Guest and Ian Hill. (13 miles strenuous). Depart Shrewsbury 0728, return from Talsarnau 1808. Book to Talsarnau, alight Llandecwyn. (request stop)
- 2 NEW Canals of the Black Country including the 3000 yard Netherton Tunnel. Bring a torch. Leaders Bernard Williams and Anne Williams. (8 miles moderate). Depart Shrewsbury 0922, book to Dudley Port, change at Wolverhampton. Return to Wolverhampton by tram (fare £2.20). Depart Wolverhampton 1615. Ring 01902 753201 if more details are required

Saturday 28 April 2007 to Sunday 29 April

- 1 NEW Two day walk in the Pumlumon foothills.
- Day 1** - Machynlleth to Staylitttle (near Clwedog Lake) via Pen y Darren and Mynydd Bychan. (17 miles strenuous)
- Day 2** - Staylitttle to Caersws via Trannon and Waun Garne. (14 miles energetic). Leaders Phil Roberts and Phil Johnston. Depart Shrewsbury 0928 (on Saturday), return from Caersws 1637 or 1826 (on Sunday). To take part please ring Phil Roberts on 01743 821276 or Phil Johnston on 015684 861487 for further details and to book accommodation. Ten participants needed by 28th January 2007 for the walk to go ahead
- 2 Craven Arms circular via Clapping Wicket, Brandhill Gutter, Onibury and Whettleton. Leaders Marion Law and Graham Baker. (10 miles moderate) Depart Shrewsbury 0905, return from Craven Arms 1629
- 3 Tywyn to Aberdyfi along the seashore. Leaders Paddy Willis and Alan Howard. (5 miles easy). Book to Tywyn. Depart Shrewsbury 0928, return Aberdyfi 1529

Saturday 5 May

- 1 Caersws to Newtown via Llanwnnog, Bwlch-y-Ffridd, Plas Gregynog and Lluest. Leaders Peter James and David Downes. (11 miles energetic). Depart Shrewsbury 0928, return Newtown 1640. Book to Caersws
- 2 Caersws to Newtown via Severn Way, Llwyn-y-Brain, Gareglwyd and Fachwen Pool. Leaders Derek Shuker and Richard Addyman. (7 miles moderate). Depart Shrewsbury 0928, return Newtown 1440. Book to Caersws

Saturday 12 May

- 1 NEW Llangollen to Ruabon via World's End, Mountain Lodge and Newtown Mountain. Leaders Phil Roberts and Chris Jenkins. (13 miles energetic). Depart Shrewsbury 0930 (book through ticket via bus to Llangollen). Return Ruabon 1751
- 2 NEW South Staffs circular via Great Moor, Norton Hill, Kingswood and Oaken. Leaders Bob Pery and Bernard Williams. (8 miles moderate). Book to and alight at Codsall. Depart Shrewsbury 0940, return from Codsall 1624

Wednesday 16 May

Broome to Craven Arms via Clapping Wicket, Weo Edge, Brandhill Gutter, Stokesay Castle and 'Secret Hills' Centre. Leaders Barbara Gray-Addyman and Alan Howard. (6 miles moderately easy). Depart Shrewsbury 0905, return Craven Arms 1429. Book to Broome (request stop)

Saturday 19 May

- 1 Tywyn to Aberdyfi via Rhyd-yr-Onen, Pant-yr-On and Ffridd-y-Chain. Leaders Malcolm Kimber and David Stearne. (12 miles energetic). Depart Shrewsbury 0928, return from Aberdyfi 1926. Book to Tywyn
- 2 Penhelig to Aberdyfi via Bryneithin, Ffridd-yr-Ychen and Cwm Safn-ast. Leaders Bob Perry and Paddy Willis. (8 miles moderate). Depart Shrewsbury 0928, return from Aberdyfi 1727. Book to Aberdyfi, alight at Penhelig

Saturday 26 May

- 1 Machynlleth circular via Pont ar Ddyfi, Foel y Geifr and Tywyllnodwydd. Leaders David Grant and Mike Downward. (11 miles energetic). Depart Shrewsbury 0928, return from Machynlleth 1802
- 2 Machynlleth circular via Gallt-y-Gog and Bryn Melyn. Leaders Niall and Susan McCormack. (7 miles moderate). Depart Shrewsbury 0928, return from Machynlleth 1602

Saturday 2 June

- 1 Hopton Heath to Knighton via Hopton Titterhill, Great Hagley, Caer Caradoc and Coed Detton. Leaders Brian and Jenny Jones. (12 miles strenuous). Depart Shrewsbury 0905, return from Knighton 1613. Book to Knighton, alight at Hopton Heath (request stop)
- 2 Knighton circular via Coed Detton, Lurkenhope Hill and Stowe Hill. Leaders Doug Billingsley and Paddy Willis. (8 miles moderate)

Saturday 9 June

- 1 NEW Barmouth circular via Cerrig Arthur and Bwlch y Llan. Leaders Phil and Cheryl Johnston. (12 miles energetic). Depart Shrewsbury 0928, return from Barmouth 1828
- 2 Fairbourne to Llwyngwrl via Siward. Leaders Derek Shuker and Grahame Cox. (6 miles moderate). Depart Shrewsbury 0928, return Llwyngwrl 1506. Book to Fairbourne

Wednesday 13 June

NEW Llandrindod Wells to Dolau via The Rhos. Leaders Marion Law and Richard Addyman. (7 miles moderate). Depart Shrewsbury 0902, return from Dolau 1550. Book to Llandrindod Wells

Saturday 16 June

- 1 NEW Llandudno Junction to Llanfairfechan via Conway, North Wales Path and Druid's Circle. Leaders Michael Guest and Stewart Davies. (12 miles strenuous). Depart Shrewsbury 0828, change at Chester. Return Llanfairfechan 1712 or 1822. Book to Llanfairfechan, alight Llandudno Junction
- 2 NEW 'Three Castles Walk' coach from Craven Arms rail station to Sun Inn at Corfton for a walk through Corvedale. Leaders Doug Billingsley and Derek Shuker (11 miles moderate). Depart Shrewsbury 0905, return from Craven Arms 1729. (Coach to start of walk, fare extra)

Saturday 23 June

- 1 Yorton to Shrewsbury via Myddle, Old Wood, Bomere Heath and Hencott Pool. Leaders David Downes and Chris Jenkins. Depart Shrewsbury 1026. Book to and alight Yorton. (request stop) (12 miles energetic)
- 2 Wrenbury to Whitchurch via Marbury, South Cheshire Way, Bishop Bennet Way and Llangollen Canal. Leaders Alan Howard and Maggie Uphill. (7 miles easy). Depart Shrewsbury 1026, return Whitchurch 1749. Book to and alight at Wrenbury. (request stop)

Saturday 30 June

- 1 NEW Dinmore to Hereford on the Marches Way via Bodenham, Marden and Sutton St Nicholas. Leaders Chris Jenkins and David Grant. (11 miles moderate). Depart Shrewsbury 0949, return from Hereford 1756. Book to Hereford, alight at Leominster for bus to Queenswood Country Park Visitor Centre (fare extra)
- 2 Hereford Town Trail. Explore this beautiful cathedral city on the banks of the River Wye. Leaders Alan Howard and Maggie Uphill. Depart Shrewsbury 0949, return from Hereford 1656
- 3 Craven Arms circular via Sibdon Carwood and Onny Trail. Leaders Clare Gathercole and Bob Perry. (7 miles moderate). Depart Shrewsbury 0905, return from Craven Arms 1529

Saturday 7 July

- 1 NEW Dolau to Knighton via Cross Dyke, Black Mixen to the summit of Llan-fawr then Offa's Dyke Path to Knighton. Leaders Mike Downward and Michael Guest. (16 miles strenuous). Depart Shrewsbury 0905, return Knighton 2116. Book to and alight Dolau
- 2 Llandrindod Wells to Dolau via Alpine Bridge, Penybont and Rhos-Swydd. Leaders Ray and Jean Trend. (7 miles moderate). Depart Shrewsbury 0905, return Dolau 1550. Book to Llandrindod Wells

For further copies of the 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 on the next page.

Times details may be subject to minor change. Customers are strongly advised to check 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 on the next page.

National Rail Enquiries

The gateway to Britain's National Rail Network
www.nationalrail.co.uk

Timetables and Fares

24 hours
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

Feedback Form

We would be grateful if you could supply us with the following information

Is this your first walk with the Rail Ramblers?

Yes No

How did you first hear about the Rail Ramblers?

Would you like to be kept up to date and be sent the latest Rail Rambles programmes when they are published?

Yes No

Please provide your address details so that we can supply you with a programme in the future

Title _____ Initials _____

Surname _____

Address _____

Town _____

Postcode _____

Email Address _____

All feedback forms received will automatically be entered into our Prize Draw for two North & Mid Wales Flexi Rover tickets offering 3 days rail and 7 days bus travel

Prize Draw will take place July 2007. The winner will be notified by post

Please return this form to:
Arriva Trains Wales
Marketing Department, Ref: Rail Rambles
St. Mary's House
47 Penarth Road
Cardiff CF10 5DJ

Please tick the box if you would like to receive offers and promotions from Arriva Trains Wales

Email Post

www.arrivatrainswales.co.uk

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