

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

14 July 2007 to 5 January 2008

14 Gorffennaf 2007 i 5 Ionawr 2008

 **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:

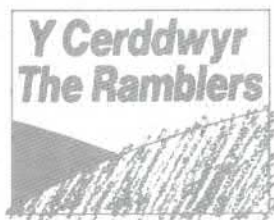
**Richard or Barbara on 01568 612 571**

## 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

**14 July 2007 to 5 January 2008**

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 Wales 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 6/7 October in the Conway Valley. See programme for details.**

### **Saturday 14 July**

- 1 NEW Codsall to Cosford via the Monarch's way, Boscobel House and Chillington Hall. An opportunity to view the newly opened Cold War Exhibition. Leaders Bernard Williams and Bryan Heatley (10 miles moderate). Book to Codsall. Depart Shrewsbury 0941, return from Cosford 1732
- 2 Nantwich circular via Acton and the Shropshire Union Canal. Leaders Clare Gathercole and Alan Howard (6 miles easy). Depart Shrewsbury 1026, return from Nantwich 1734
- 3 Join the Ludlow Challenge Walk – 25 miles or 14 miles circular walk from Ludlow. Route maps are given on this self-led walk. Refreshments available on route and a meal provided at the end of the walk. Entry fee £10.00. Trains depart Shrewsbury 0715, 0802 or 0849 then hourly. Return trains from Ludlow – hourly service. To join the walk contact Joan Birkett (01584 873249)

### **Wednesday 18 July**

NEW Llangollen circular via Vivod, Hafod-y-Maidd and Plas Newydd. Leaders Lorna Lewis and Barbara Gray Addyman (7 miles moderate). Depart Shrewsbury 0930, return from Ruabon 1643. Book to Ruabon, bus to and from Llangollen (fare extra)

### **Saturday 21 July**

- 1 Morfa Mawddach to Barmouth via Penmaenpool, Cwm Mynach Isaf, Hendre-Forion and Sylfaen. Leaders Andrew Pike and Peter James (14 miles strenuous). Depart Shrewsbury 0928, return from Barmouth 1849. Arrive Shrewsbury 2121
- 2 Tywyn circular via Dysynni Broadwater, Brynchrug, Rhyd-yr-Onnen and Hendy. Leaders Paddy Willis and Richard Addyman (8 miles moderate). Depart Shrewsbury 0928, return from Tywyn 1727. Arrive Shrewsbury 1921.

### **Saturday 28 July**

- 1 NEW Wrexham to Llangollen via Clywedog Trail and Clwydian Way. Leaders Stewart Davies and Angela Suegreen (16 miles strenuous). Depart Shrewsbury 0828, return from Ruabon 1643. Book a return to Wrexham, 'bus from Llangollen to Ruabon (fare extra)
- 2 Chirk to Ruabon via Pontcysyllte and Plas Madoc. Leaders Jim Redshaw and Bob Perry. (7 miles easy) Book to Ruabon. Depart Shrewsbury 0930, return from Ruabon 1551

### **Saturday 4 August**

- 1 NEW Talybont to Barmouth - a Rhinog ridge walk via Pont Fadog, Moelyblithcwm, Crib y Rhiw and Diffwys. Leaders Phil Roberts and Michael Guest (16 miles very strenuous). Book to and alight at Talybont. Depart Shrewsbury 0728, return from Barmouth 1849. Arrive Shrewsbury 2121
- 2 Fairbourne circular via Llynau Cregennyn and yfannedd Fawr. Leaders Bob Perry and Paddy Willis (9 miles moderate). Depart Shrewsbury 0928, return from Fairbourne 1657. Arrive Shrewsbury 1921

### **Saturday 11 August**

- 1 Machynlleth circular via Dôl Caradog, Glyndŵr's Way, Talbont Drain and Allt-cae-Melyn. Leaders Chris Jenkins and Mike Downward (12 miles strenuous). Depart Shrewsbury 0928, return from Machynlleth 1802. Arrive Shrewsbury 1921
- 2 Caersws to Newtown via Llanwnnog and Bwlch-y-ffridd. Leaders John Newnham and Brian Gittins (8 miles moderate). Book to Caersws. Depart Shrewsbury 0928, return from Newtown 1640

### **Wednesday 15 August**

Aberdyfi to Penhelyg via Happy Valley and Bearded Lake. Leaders Bryan Heatley and Marion Law (10 miles moderate). Book to and alight at Aberdyfi. Depart Shrewsbury 0928, return from Penhelyg 1733. Arrive Shrewsbury 1921

### Saturday 18 August

- 1 Stiperstones to Church Stretton via Bridges, Prolley Moor and Pole Bank. Leaders Ian and Doug Hill (12 miles strenuous). Depart from Shrewsbury 'bus station 0935, stand P. Return from Church Stretton 1738
- 2 Church Stretton circular via All Stretton and Caer<sup>me!</sup> Caradoc. Leader Graham Baker and ~~Alan Howard~~ (6 miles moderate). Depart Shrewsbury 0949, return from Church Stretton 1538

### Saturday 25 August

- 1 NEW Bangor to Llanfairfechan via North Wales Path, Aber Falls and Bryn. Leaders Stewart Davies and David Downes (12 miles strenuous). Book to Bangor. Depart Shrewsbury 0730, return from Llanfairfechan (request stop) 1810. Arrive Shrewsbury 2015
- 2 NEW Barmouth circular via Dinas Oleu, The Slabs and Cerrig Arthur. Leaders Grahame Cox and Doug Billingsley (7 miles moderate) Depart Shrewsbury 0928, return from Barmouth 1650. Arrive Shrewsbury 1921

### Saturday 1 September

- 1 NEW Chirk to Llangollen via the Ceiriog Valley, Pontfadog, y Foel and the Wilderness. Leaders Phil Roberts and Angela Suegreen (14 miles strenuous). Book to Ruabon, alight at Chirk. Return 'bus from Llangollen to Ruabon (fare extra). Depart Shrewsbury 0930, return from Ruabon 1751
- 2 Gobowen to Chirk via new Marton Lock and Shropshire Union Canal. Leaders Jim Redshaw and Barbara Gray Addyman (7 miles moderate). Book to Chirk, alight at Gobowen. Depart Shrewsbury 0930, return from Chirk 1649

### Saturday 8 September

- 1 NEW Across the Berwyns. Llanarmon D.C. to Llandrillo via Pen Bwlch, Cadair Bronwen, Cadair Berwyn and Cwm Tywgyl. Leaders Michael Guest and Chris Jenkins (13 miles strenuous). Book to Ruabon, alight at Chirk. Bus to Llanarmon. Return 'bus from Llandrillo to Ruabon. Fares extra. Depart Shrewsbury 0826, return from Ruabon 1951. Arrive Shrewsbury 2022
- 2 Machynlleth circular via Pen-yr-allt, Constantinople, Bryn Coch Bach and Roman Steps. Leaders Derek Shuker and John Newnham (7 miles moderate) Depart Shrewsbury 0928, return from Machynlleth 1602

### Wednesday 12 September

Broome circular via Aston-on-Clun, Clunton and Clunbury. Leader Andrew Davies (12.5 miles moderate). Depart Shrewsbury 0905, return from Broome (request stop) 1629

### Saturday 15 September

- 1 Craven Arms to Church Stretton via Hopesay Hill, Plowden and Long Mynd. Leaders Malcolm Kimber and David Stearne (13 miles energetic). Depart Shrewsbury 0949, return from Church Stretton 1738
- 2 Craven Arms circular via Halford, Strefford and Wistanstow. Leaders Clare Gathercole and Paddy Willis. (7 miles moderate). Depart Shrewsbury 0949, return from Craven Arms 1529

### Saturday 22 September

- 1 NEW Chester to Wrexham via Ecclestone, Aldford and Farndon. Leaders Stewart Davies and David Grant (16 miles energetic). Book to Chester. Depart Shrewsbury 0930, return from Wrexham 1636
- 2 Chester Town Tour. Enjoy the sights of this wonderful city (including, we hope, a brand new riverside path), and still have time for shopping. Leader Alan Howard. Depart Shrewsbury 0930, return from Chester 1620

## Saturday 29 September

- 1 Llanrhystud to Aberystwyth via coast path. Leaders Ian and Doug Hill. (11 miles energetic). Book to Aberystwyth, bus to Llanrhystud (fare extra). Depart Shrewsbury 0928, return from Aberystwyth 1927. Arrive Shrewsbury 2121
- 2 Borth to Aberystwyth via Craig y Delyn and cliff path. Leaders Richard Addyman and Grahame Cox (7 miles easy). Depart Shrewsbury 0928, return from Aberystwyth 1727

## Saturday 6 October to Sunday 7 October

- 1 NEW Two day walk in the Conway Valley.

**Day 1** - Llandudno walk to Betws-y-Coed via Conway Mountain, Drure and Carnedd Uchaf. (17 miles strenuous – from sea level to 925 metres). There is a return train from Betws-y-Coed for anyone interested in this as a one day walk. For details ring Stewart on 0790 5998613.

**Day 2** - Betws-y-Coed to Llandudno via Llanrhychwyn, Cefn Maen Amor and Cefn Llechen. (17 miles strenuous). Leaders Stewart Davies and Martin Luvier. Depart Shrewsbury 0730 (on Saturday), return from Llandudno Junction 1811 (on Sunday). Arrive Shrewsbury 1956. To join the weekend and for further details please ring Stewart on 0790 5998613. To book B&B accommodation contact Betws-y-Coed Tourist Information Centre (01690 7104236)

- 2 Llangynllo to Newtown via Felindre and Kerry Hill. Leaders David Downes and Anne Williams (15 miles strenuous). Book single to Llangynllo (request stop) and single ticket from Newtown. Depart Shrewsbury 0928, return from Newtown 1840
- 3 Llangynllo to Knighton via Glyndŵr's Way (8 miles undulating). Leaders Rex and Mary Simpson. Book to Llangynllo (request stop). Depart Shrewsbury 0905, return from Knighton 1615

## Saturday 13 October

- 1 NEW Bishop's Castle to Knighton via Offa's Dyke Path. Leaders Phil Roberts and Angela Suegreen (17 miles strenuous). Depart from Shrewsbury bus station 0735, stand P. Return from Knighton 1615
- 2 Ruabon circular via Wynnstay Park, Sodylt Ford and Park Eyton. Leaders Bill Hodges and John Mattocks. (8 miles moderate). Depart Shrewsbury 0930, return from Ruabon 1551

## Wednesday 17 October

Hopton Heath to Knighton via Hopton Castle, Hopton Titterhill, and Stowe Church. Leaders Marion Law and Jim Redshaw (10 miles energetic). Book to Knighton, alight at Hopton Heath (request stop). Depart Shrewsbury 0905, return from Knighton 1615

## Saturday 20 October

- 1 NEW Fairbourne to Barmouth via Gest Ddu, Llynnau Gregennen, Pared-y-cefn-Hir and Arthog. Leaders Phil and Cheryl Johnston (12 miles energetic). Book to Barmouth, alight at Fairbourne. Depart Shrewsbury 0928, return from Barmouth 1846. Arrive Shrewsbury 2121
- 2 Barmouth to Llwyngwrl via Morfa Mawddach, Bryn Siwar and Rhiw Corniau. Leaders Graham Baker and Clare Gathercole (7 miles moderate). Book to Barmouth. Depart Shrewsbury 0928, return from Llwyngwrl 1704. Arrive Shrewsbury 1921

## Saturday 27 October

- 1 Abergavenny circular via Llangenny, Llanbedr and Sugar Loaf. Leaders Chris Jenkins and Kevin Jones (12 miles strenuous). Depart Shrewsbury 0918, return from Abergavenny 1728
- 2 Abergavenny circular via Ysgyryd Fach and Llanddewi Rhydderch. Leaders Bob Perry and Paddy Willis (7 miles moderate). Depart Shrewsbury 0946, return from Abergavenny 1628

### **Saturday 3 November**

- 1 Knucklas to Knighton via Lower Hall farm, Upper Heath, Fountain Head and racecourse. Leaders Peter James and Anne Williams (12 miles energetic). Book to and alight at Knucklas (request stop). Depart Shrewsbury 0905, return from Knighton 1615
- 2 Llanbister Road to Dolau via St. Michael's Pool and Llanfihangel Rhydithon. Leaders Derek Shuker and Bernard Williams (7 miles moderate). Book to Dolau, alight at Llanbister Road (request stop). Depart Shrewsbury 0905, return from Dolau, (request stop) 1551

### **Saturday 10 November**

- 1 NEW Church Stretton circular via Wilstone Hill, Cardington, Lawley and All Stretton. Leaders Phil and Cheryl Johnston (14 miles strenuous). Depart Shrewsbury 0905, return from Church Stretton 1650
- 2 Church Stretton circular via Ragleth Hill, Banisters Plain, Portway, Townbrook Hollow and Rectory Wood. Leaders Jim Redshaw and Bill Hodges (8 miles moderate). Depart Shrewsbury 0946, return from Church Stretton 1538 (northbound), 1604 (southbound)

### **Wednesday 14 November**

NEW Albrighton circular via Tong, Boscobel House, Brick Kiln Lane, Codsall Wood and Wood Hall Farm. Leaders Andrew Davies and Cheryl Johnston (14 miles energetic). Depart Shrewsbury 0842, return from Albrighton 1729

### **Saturday 17 November**

- 1 Welshpool circular via Powis Castle, estate paths, Pen-y-Bryn, Castle Caereinion, Henrhyd, Ashton, and Penllwyn. Leaders Mike and Kate Owen (12 miles energetic)
- 2 NEW Welshpool circular via Cil-Cewydd Bridge, The Gro and Belan Lock. Leaders Clare Gathercole and Bob Perry (8 miles moderate). For both walks depart Shrewsbury 0928, return from Welshpool 1655

### **Saturday 24 November**

- 1 NEW Wem circular via Lee Brockhurst, Weston Heath, Nook Lane Farm, Soultton Hall and Treacle Mine. Leaders Brian Gittins and Mike Downward (12 miles moderate). Depart Shrewsbury 1026, return from Wem 1801
- 2 NEW Prees to Wem via Coton, Edstaston and Treacle Mine. Leaders Barbara and Richard Addyman (7 miles moderately easy). Book to and alight at Prees (request stop). Depart Shrewsbury 1026, return from Wem 1601

### **Saturday 1 December**

- 1 Knighton to Bucknell via Offa's Dyke Path, Llanwen Hill and Brampton Bryan Park. Leaders Brian and Jenny Jones (11 miles moderate). Depart Shrewsbury 0905, return from Bucknell 1621
- 2 Knighton circular via Stowe Hill, Five Turnings and Offa's Dyke Path. Leaders David Downes and Doug Billingsley (8 miles moderate). Depart Shrewsbury 0905, return from Knighton 1615

### **Saturday 8 December**

- 1 Llangollen to Chirk via Valle Crucis, Bryn-Hyfyrd, Dinâs Bran and Offa's Dyke Path. Leaders David Stearne and Malcolm Kimber (13 miles energetic). Book to Ruabon, 'bus to Llangollen (fare extra). Depart Shrewsbury 0826, return from Chirk 1557
- 2 Llangollen circular via Bryn Hyfyrd, Britannia Inn, Llantysilio. Leaders Paddy Willis and Bernard Williams (9 miles moderate). Book to Ruabon, 'bus to and from Llangollen (fare extra). Depart Shrewsbury 0930, return from Ruabon 1551

### **Wednesday 12 December**

Caersws circular via Roman Road, Walk Mill, Crossgates and Llanwnnog. Leaders Jim Redshaw and Brian Heatley (8 miles moderate). Depart Shrewsbury 0928, return from Caersws 1633

## **Saturday 15 December**

Two walks in the Church Stretton area (8 miles moderate) Leaders Derek Shuker and Bob Perry and (4/5 miles moderate) Leaders Marion Law and Richard Addyman. Followed by lunch at the Long Mynd Hotel at 1pm. Depart Shrewsbury 0949, return from Church Stretton 1650 (north) and 1708 (south). Barbara Beresford is organising this and forms/menu will be available on 10 October. Contact Barbara on 01952 461418 after this date. Names and payment required by 17 November 2007

## **Saturday 22 December**

- 1 Knighton to Craven Arms via Holloway Rocks, Hopton Titterhill, Clungunford and Weo Edge. Leaders Michael Guest and Andrew Pike (13 miles strenuous). Depart Shrewsbury 0905, return from Craven Arms 1637
- 2 Knighton circular via meeting House Lane, Norton and Offa's Dyke Path. Leaders David Grant and Doug Hill (8 miles moderate). Depart Shrewsbury 0905, return from Knighton 1615

## **Saturday 29 December**

- 1 NEW Crew Green to Welshpool. Leaders Stewart Davies and David Downes (10 miles moderate). Depart from Shrewsbury by 'bus – 0905, stand N. Return from Welshpool 1655
- 2 Welshpool circular via Leighton, Offa's Dyke Path and Buttington. Leaders John Newnham and Richard Addyman (8 miles moderate). Depart Shrewsbury 0928, return from Welshpool 1455

## **Saturday January 5 2008**

- 1 Craven Arms circular via Marches Way, Upper Westhope, Hillend Farm, Callow Hill and Lower Dinchope. Leaders Anne Williams and Gill Leary (12 miles energetic). Depart Shrewsbury 0905, return from Craven Arms 1627
- 2 Craven Arms circular via Paddock, Weo Edge, Gorst Barn and Stokesay Castle. Leaders Bryan Heatley and Paddy Willis (8 miles moderate). Depart Shrewsbury 0905, return from Craven Arms 1429

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 below

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 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?**

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**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 February 2008. 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](http://www.arrivatrainswales.co.uk)**

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