

MARCH 2009

Rail Rambles Troeon Trên


**Guided walks from Railway Stations in
Wales and the Marches**

**Teithiau Cerdded Tywysedig o Orsafoedd
Rheilffyrdd yng Nghymru a'r Gororau**

3 July 2008 to 3 January 2009

3 Gorffennaf 2008 i 3 Ionawr 2009

 **ARRIVA** Trains Wales
Trenau Arriva Cymru

**Y Cerddwyr
The Ramblers**

Registered Charity No: 1093577

Welcome to Rail Rambles

'Rail Rambles' started in 1989 with walks in Mid-Wales and the Marches and has, over the years, enabled thousands of people to enjoy walking in the countryside without using cars.

The walks themselves are free to join (but of course you have to pay your rail fare!) All walks leaders are insured, booking is not necessary and there is no need to be a member of any organisation.

Each walk is planned to be accessible by a day return rail journey from a number of main line and connecting stations, so there is something for everyone.

The scope of 'Rail Rambles' has developed and now extends across North, Mid and South Wales. Walks are organised by local groups with the original mid Wales 'Rail Rambles' group forming the backbone of the 'All-Wales' programme.

Always remember to wear walking boots and bring food and drink, plus a waterproof!

The programme

The 'Rail Rambles' programme is organised by a number of Ramblers' Groups. The programme is produced with the support of Arriva Trains Wales and Ramblers' Cymru.

Walks 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; '*moderately easy*' means gentle climbs and some level ground; '*easy*' means mostly level ground and a leisurely pace.

General Information

Please make sure that you are fit enough to undertake the walk you intend to join. If you're unsure of your fitness level, try a short and easy walk first: it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted.

Walks are led by members of the Ramblers' Association. 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.

Most Rail Rambles are off-road in rural areas. Please have suitable footwear and clothing for the walk you intend to join, and bring some food and drink, even if the walk includes a pub or café break. Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit. When in doubt, contact the organisers or the walk leader in advance.

For your own and others' safety please abide by any instructions issued by the walk leader. Though walking is inherently one of the safest outdoor activities, no activity is completely without risk and it is your responsibility to behave sensibly and to minimise the potential for accidents to occur.

Dogs

To comply with the wishes of the majority of our customers, we regret that dogs cannot be taken on any Rail Ramble.

For more information please contact:

Mid-Wales region

Richard and Barbara Addyman on 01568 612571

North or South Wales regions

Ramblers Cymru on 029 2064 4308

Rail Rambles in other parts of the country

Heart of Wessex 'Rail Rambles' run from June until the end of September with walks every Wednesday and Saturday. The leaders come from the Avon, Dorset, Somerset and Wiltshire areas of the Ramblers' Association. For further information visit www.heartofwessex.org.uk or send a foolscap SAE to: Sue Blake, Walks Coordinator, 19 Shaston Crescent, Dorchester, Dorset. DT1 2EB. Tel No: 01305 263759.

Croeso i Droeon Trên

Dechreuodd 'Troeon Trên' ym 1989 gyda theithiau yn y Canolbarth a'r Gororau a dros y blynyddoedd mae wedi galluogi miloedd o bobl i fwynhau cerdded yng nghefn gwlad heb ddefnyddio ceir.

Nid oes tâl i ymuno â'r teithiau cerdded eu hunain (ond wrth gwrs mae'n rhaid talu am eich tocyn trên!) Mae yswiriant gan bob arweinydd, nid oes angen archebu lle ac nid oes angen bod yn aelod o unrhyw sefydliad.

Mae pob taith wedi ei chynllunio i fod o fewn cyrraedd taith trên dychwelyd o nifer o orsafoedd prif linell a gorsafoedd cysylltu, felly mae rhywbeth i bawb.

Mae ardal y 'Troeon Trên' wedi datblygu ac erbyn hyn mae'n ymestyn dros Ogledd, Canolbarth a De Cymru. Caiff teithiau eu trefnu gan grwpiau lleol, a grŵp 'Troeon Trên' gwreiddiol y Canolbarth yw asgwrn cefn y rhaglen 'Cymru Gyfan'.

Cofiwch wisgo esgidiau cerdded a dod â bwyd a diod a siaced ddiddos!

Y rhaglen

Trefnir y rhaglen 'Troeon Trên' gan nifer o grwpiau'r Cerddwyr. Cynhyrchir y rhaglen gyda chefnogaeth Trenau Arriva Cymru a Cherddwyr Cymru.

Disgrifiadau o'r Teithiau

Mae'r termau '*anodd*' ac '*egniol*' yn cyfeirio at gyflymder oherwydd pellter a/neu amser dychwelyd y trên; mae '*cymedrol*' yn golygu un neu ddau esgyniad a chyflymder graddol; mae '*cymharol hawdd*' yn golygu esgyniadau graddol a pheth tir gwastad; ac ystyr '*hawdd*' yw tir sydd gan fwyaf yn wastad a chyflymdra hamddenol.

Gwybodaeth Cyffredinol

Sicrhewch eich bod yn ddigon iach i gwblhau'r daith rydych yn bwriadu ymuno â hi. Os ydych yn ansicr ynglŷn â lefel eich ffitrwydd, rhowch gynnig ar daith fer a hawdd i ddechrau: mae'n llawer gwell teimlo bod taith ychydig yn rhy araf a hawdd na blino a theimlo'n ddiflas.

Aelodau o Gymdeithas Y Cerddwyr sy'n arwain y teithiau. Er bod pob gofal yn cael ei gymryd i gadw at y rhaglen a hysbysebwyd, mae arweinwyr teithiau'n cadw'r hawl i wneud newidiadau yn rhinwedd y tywydd, anghenion y parti neu amgylchiadau eraill nad oedd modd eu rhagweld.

Mae'r rhan fwyaf o Deithiau Trên yn digwydd oddi ar y ffyrdd mewn ardaloedd gwledig. Dylech sicrhau fod gennych esgidiau addas a dillad ar gyfer y daith rydych yn bwriadu ymuno â hi, a dod â bwyd a diod, hyd yn oed os yw'r daith yn cynnwys ymweld â thafarn neu gaffi. Gall arweinwyr wrthod derbyn cerddwyr nad ydynt, yn eu tyb nhw, wedi dod â dillad neu gyfarpar addas neu sy'n anffit. Os oes gennych unrhyw amheuaeth, cysylltwch â'r trefnwyr neu ag arweinydd y daith ymlaen llaw.

Er eich lles chi ac eraill, dylech ddilyn unrhyw gyfarwyddiadau a roddir gan arweinydd y daith. Er bod cerdded yn un o'r gweithgareddau awyr agored mwyaf diogel, nid oes unrhyw weithgaredd yn gwbl rydd o risg a'ch cyfrifoldeb chi yw ymddwyn yn gall a lleihau'r posibilrwydd y gall damweiniau ddigwydd.

Cŵn

Er mwyn parchu dymuniadau'r mwyafrif o'n cwsmeriaid, ni chaniateir cŵn ar Droeon Trên.

I gael mwy o wybodaeth, cysylltwch â:

Rhanbarth Canolbarth Cymru

Richard a Barbara Addyman ar 01568 612571

Rhanbarthau'r De a'r Gogledd

Cerddwyr Cymru ar 029 2064 4308

Troeon Trên mewn rhannau eraill o'r wlad

Mae 'Troeon Trên' Heart of Wessex yn rhedeg o ganol Mehefin tan ddiwedd Medi gyda theithiau bob dydd Mercher a Sadwrn. Daw'r arweinwyr o ardaloedd Avon, Dorset, Gwlad yr Haf a Wiltshire Cymdeithas y Cerddwyr. I gael rhagor o wybodaeth, ewch i www.heartofwessex.org.uk neu anfonwch amlen ffwlsgap at: Sue Blake, Walks Coordinator, 19 Shaston Crescent, Dorchester, Dorset. DT1 2EB. Ffôn: 01305 263759.

Discover great walks... in good company

If being close to nature and its breathtaking views, feeling healthy and refreshed after a relaxing walk, meeting new people and sharing their experiences is something you love, then join the Ramblers and let's enjoy these pleasures together.

Join today and get 20% off

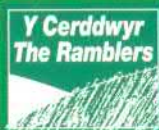
From just £21.60* a year you'll get:

- membership of your local group
- a choice of 500 led walks a week
- quarterly magazine, **walk**
- **walk BRITAIN** guide
- discretionary discounts, including 10% off at Millets, Blacks and Rohan
- and a very warm welcome!

Visit www.ramblers.org.uk/offer

or call **020 7339 8500** quoting **RAM**

* Rate valid until 31 Dec 2008. Discount only valid in first year of membership. Offer is not available to existing Ramblers members.



Registered Charity No: 1093577

www.ramblers.org.uk

Rail Rambles Programme

Thursday 3 July

Blaenau Ffestiniog Rivers and railways using the Ffestiniog railway. Walk from Blaenau Ffestiniog to Tan y Bwlch (8 miles moderate). Leader Dave. Ffestiniog Railway train departs Porthmadog 1015. Return Tan y Bwlch either 1645 or 1805. For information on fares visit www.ffestiniograilway.co.uk

Saturday 5 July

- 1 **Rhoose to Barry Island** coastal linear walk (6 miles leisurely). Leader Gwyn Lewis. Depart Cardiff Central 1041 (book to Rhoose) Return Barry Island 1456
- 2 **Wrenbury to Whitchurch** via South Cheshire Way, Llethr Mill and Wolvesacre Hall. (11 miles moderate). Leaders Jim Redshaw and Bernard Williams. Book to Wrenbury (request stop). Depart Shrewsbury 1026 return from Whitchurch 1749.
- 3 **NEW Chirk** circular via Olivers Wood, Glynmorlas and Pont-y-blew (7 miles moderate). Leaders Lorna Lewis and Barbara Gray Addyman. Depart Shrewsbury 0930, return from Chirk 1649.

Saturday 12 July

- 1 **NEW Wrexham** circular via Gresford and King's Mill (14 miles energetic). Leaders Stewart Davies and David Grant. Depart Shrewsbury 0930, return from Wrexham 1703 with travel by bus.
- 2 **NEW Tywyn to Nant Gwernol**. Little Train Special – Tywyn to Nant Gwernol, walking back to Machynlleth (7.5 miles moderate). Leaders Doug Billingsley and Bob Perry. Book to Tywyn. Depart Shrewsbury 0928, arrive Tywyn Wharf 1140. Return from Machynlleth 1802 (arrive Shrewsbury 1921). Cost of Talyllyn Railway approx. £5. To book a place please contact Bob on 0121 351 7547 before the walk.
- 3 **NEW EBBW VALE LINE**. Linear walk from Newbridge to Crosskeys via Mynydd Islwyn and Sirhowy Valley Country Park (8 miles moderate). Leader Maggie Thomas. Departs Cardiff Central 0835 Returns from Crosskeys 1402 (to Cardiff) or 1406 (to Ebbw Vale Parkway).

Wednesday 16 July

Tywyn to Aberdyfi via Ynysmaengwyn, Rhed-yr-Onen and Dyffryn-Gwyn (10.5 miles energetic). Leaders Phil and Cheryl Johnston. Book to Tywyn. Depart Shrewsbury 0928, return from Aberdyfi 1736 (arrive Shrewsbury 1921).

Saturday 19 July

- 1 **Llangynllo to Dolau** via Glyndŵr's Way, Stankey Hill, Crossways and Maelienydd (12.5 miles energetic). Leaders David Downes and Chris Jenkins. Book to Dolau, alight at Llangynllo (request stop). Depart Shrewsbury 0905, return from Dolau 1551.
- 2 **Llandrindod Wells** circular via Llanfawr, Bongam Bank, Bailey Einon Wood, Cefnlllys Church and Happy Valley (7 miles moderate). Leaders Richard and Barbara Addyman. Depart Shrewsbury 0905, return from Llandrindod 1539.
- 3 **Caldicot to Chepstow** linear walk (9 miles moderate). Leader Paul Goodenough. Depart Cardiff Central 1012 Return Chepstow 1727.

Wednesday 23 July

NEW EBBW VALE LINE: Circular walk from Crosskeys to Mynydd Islwyn (10 miles moderate). Leader Maggie Thomas. Departs Cardiff Central 0835 Returns Crosskeys 1402 to Cardiff or 1406 to Ebbw Vale Parkway.

Saturday 26 July

- 1 **Machynlleth** circular via Twllnodwydd, Tarrenhendre, Foel y Geifr and Cwm Gilla (12 miles strenuous). Leaders Brian and Jenny Jones. Depart Shrewsbury 0928, return from Machynlleth 1802.
- 2 **Blaenplwyf to Aberystwyth** via Ceredigion Coastal Path (6 miles moderate). Leaders Laurence Main and Jim Redshaw. Book to Aberystwyth. Depart Shrewsbury 0928, return from Aberystwyth 1527 (arrive Shrewsbury 1721). Bus to Blaenplwyf – fare extra.
- 3 **Tenby** via Astridge inland and coast circular walk (8 miles moderate). Leaders Madeleine Bland, Chris Taylor. Depart Carmarthen 0940. Return Tenby 1704.

Saturday 2 August

- 1 **Chirk to Gobowen** via Ceiriog Valley (10 miles strenuous). Leaders Mike Downward and Chris Jenkins. Book to Chirk. Depart Shrewsbury 1005, return from Gobowen 1705.
- 2 **Chirk** circular via Offa's Dyke Path and Stonehenge (7 miles moderate). Leaders Bernard Williams and Barbara Gray Addyman. Depart Shrewsbury 1005, return from Chirk 1557.

Wednesday 6 August

Llandybie to Bonllwyn and back again circular walk (5 miles easy). Leader Dot. Depart Llanelli 0937. Return Llandybie 1702.

Saturday 9 August

- 1 **NEW Welshpool** circular via Gungrog Fawr, Tirmynach and Gaer-fawr Hill (14 miles energetic). Leaders Ian and Doug Hill. Depart Shrewsbury 0928, return from Welshpool 1655.
- 2 **Newtown** circular via Thimble Hall and Aberhafesp (7 miles energetic). Leaders Bob Perry and John Mattocks. Depart Shrewsbury 0928, return from Newtown 1640.
- 3 **NEW EBBW VALE LINE:** Linear walk from Ebbw Vale to Newbridge (10 miles moderate). Leader Terry Wilkins. Depart Cardiff Central 0835 Returns from Newbridge 1454 (southbound) or 1514 (northbound).
- 4 **NEW EBBW VALE LINE:** Linear walk from Ebbw Vale to Cross Keys (16 miles moderate). Leader Maggie Thomas. Departs Cardiff Central 0835 Returns from Crosskeys 1702 (southbound) or 1706 (northbound).

Wednesday 13 August

Morfa Mawddach to Llwyngwrl via Cyfannedd Fawr, Rhydcirw and Hut Circle (7 miles moderate). Leaders Graham Cox and John Newnham. Book to and alight at Morfa Mawddach (request stop). Depart Shrewsbury 0928, return from Llwyngwrl (request stop). 1506 (arrive Shrewsbury 1721).

Saturday 16 August

- 1 **Caersws to Newtown** via Borfa Hafod, Gregynog and Bwlch-y-Ffridd (13 miles energetic). Leaders Andrew Pike and Kevin Jones. Book to Caersws Depart Shrewsbury 0928, return from Newtown 1640.
- 2 **NEW Cressage to Wellington** (8 miles moderate). Leaders David Downes and Marion Law. Depart Shrewsbury bus station 0940 (stand N), return from Wellington 1610.
- 3 **NEWPORT:** Fourteen Locks and Ridgeway circular walk (5 miles easy). Leader Jake Bourne. Depart Cardiff Central 1035 Return Rogerstone 1611.

Saturday 23 August

- 1 **NEW Llandrindod Wells to Knighton** via Whimble, Ednol Hill, Pilleth and Offa's Dyke Path (17 miles strenuous). Leaders Phil and Cheryl Johnston. Bus to New Radnor (fare extra). Depart Shrewsbury 0905, return from Knighton 2116.
- 2 **NEW Llangammarch to Cilmeri** via riverside, Garth and Tysegur (7 miles moderate). Leaders Richard and Barbara Addyman. Book to and alight at Llangammarch. Depart Shrewsbury 0905, return from Cilmeri 1516. Llangammarch and Cilmeri are request stops.
- 3 **NEW EBBW VALE LINE:** Circular walk from Crosskeys, through part of the Sirhowy Valley Country Park, up Hafod Tudor valley onto Mynydd y Lan to Mynydd Islwyn. Descent to Ynysddu and return via Sirhowy Valley Country Park (10 miles moderate one fairly strenuous climb early in the walk). Leader Maggie Thomas. Departs Cardiff Central 0835 Returns from Crosskeys 1402 to Cardiff or 1406 to Ebbw Vale Parkway.
- 4 **Clynderwen** Circular walk (12 miles moderate). Leaders Will and Francis. Depart Llanelli 0919. Return Clynderwen 1738 For further information contact leader on 01554 773810.

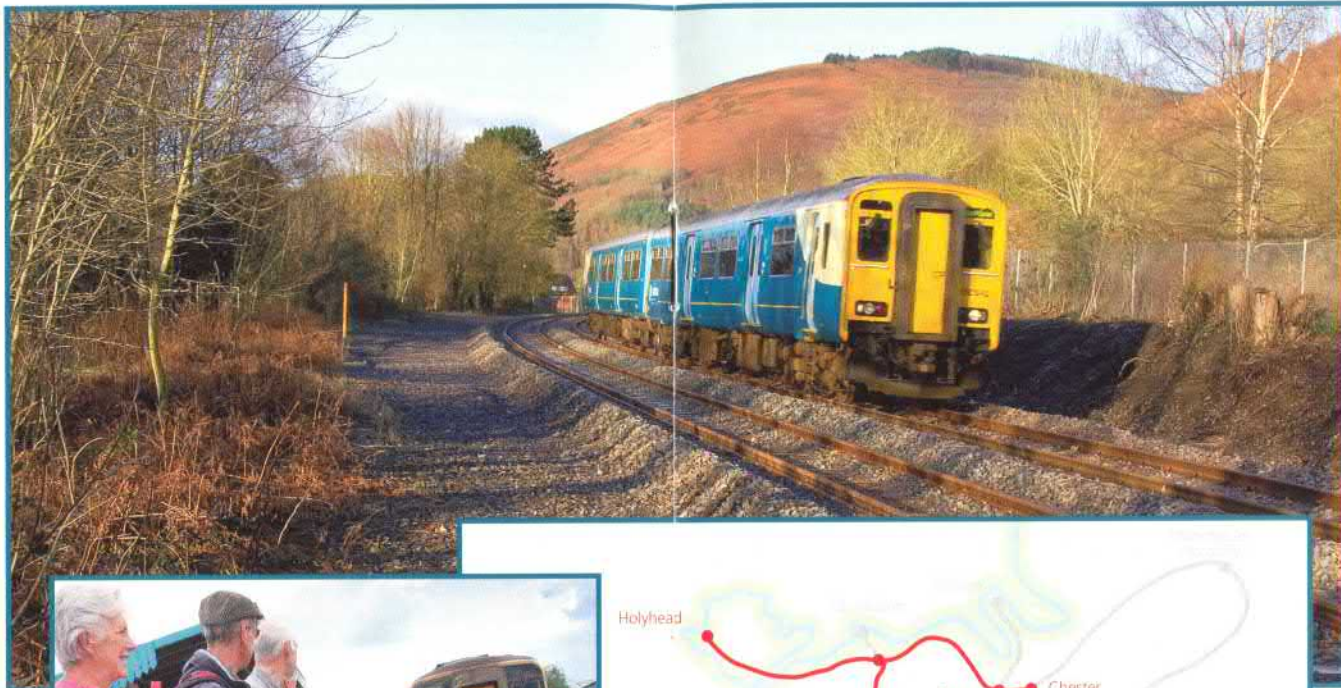


Saturday 30 August

- 1 **Talybont to Barmouth.** A Rhinog ridge walk via Pont Fadog, Moelyblithcwm, Crib y Rhiw and Diffwys (16 miles VERY strenuous on mountainous terrain). Leaders Phil Roberts and Angela Suegreen. Book to Talybont (request stop). Depart Shrewsbury 0728, return from Barmouth 1849. Arrive Shrewsbury 2121.
- 2 **Tywyn to Aberdyfi** via Rhyd-yr-Onnen, Pant-yr-On and Ffridd yr Ychen (12 miles energetic). Leaders Doug Hill and Mike Downward. Book to Tywyn. Depart Shrewsbury 0928, return from Aberdyfi 1736 (arrive Shrewsbury 1921).
- 3 **NEW Aberllefenni to Aberangell** via Dyfi Forest (8 miles moderate). Leader Laurence Main. Book to Machynlleth. Depart Shrewsbury 0928, return from Machynlleth 1802 (arrive Shrewsbury 1921). Bus to Aberllefenni – fare extra.
- 4 **Tir-phil to Ystrad Mynach** linear walk (12 miles moderate). Leader Gwyn Lewis. Depart Cardiff Central 1016 Return Ystrad Mynach 1728.
- 5 **Treherbert to Ton Pentre** via Graig Fach and Graig Fawr (8.5 miles moderate). Leader John Thomas. Depart Cardiff 0836 Returns from Ton Pentre 1653.

Saturday 6 September

- 1 **NEW Ludlow to Mortimer's Cross** via Mortimer Trail (14 miles energetic). Leaders Michael Guest and Stewart Davies. Book to Leominster, alight at Ludlow. Depart Shrewsbury 0949, return from Leominster 1809 (Bus from Mortimer's Cross to Leominster 1647 fare extra).
- 2 **Ludlow** circular via Mary Knoll House, High Vinnals and Climbing Jack Common (8 miles moderate). Leaders Clare Gathercole and Paddy Willis. Depart Shrewsbury 0949, return from Ludlow 1720 (north) 1726 (south).
- 3 **Lamphey to Tenby** linear walk (13 miles moderate). Leaders Will and Frances. Depart Llanelli 1008 Return from Tenby 1947 For further information contact leader on 01554 773810.



North and North - West Wales

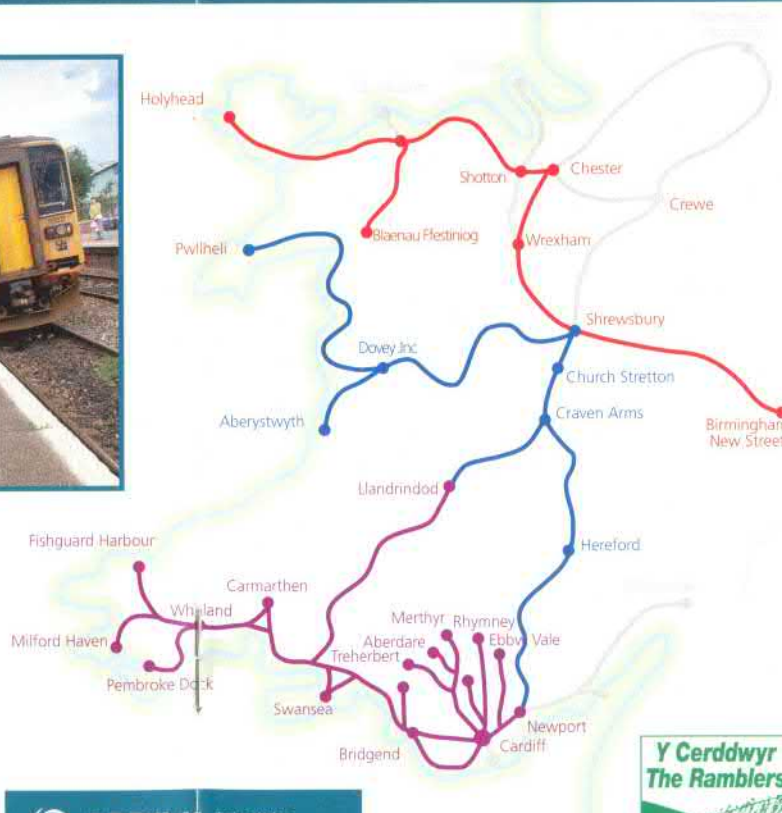
Chester-Shrewsbury line; Conwy line; North Wales Coast main line

Mid-Wales

Cambrian line and Heart of Wales line (north)

South Wales

West Wales line, Vale of Glamorgan line, Valleys and Cardiff local routes; Heart of Wales line (south) and the South Coast main line



ARRIVA Trains Wales
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**Y Cerddwyr
The Ramblers**

Saturday 13 September

- 1 **NEW Holt to Whitchurch**, following The Marches Way via Shocklach and Malpas (16 miles energetic). Leaders David Grant and Stewart Davies. Book to Wrexham, bus to Holt (fare extra), return from Whitchurch. Book a single ticket for each train journey. Depart Shrewsbury 0930, return from Whitchurch 1949 (arrive Shrewsbury 2019).
- 2 **Wrenbury to Whitchurch** via Brickbank Wood, Grindley Green, Martin's Ash and The Moss (8 miles moderate). Leaders Jim Redshaw and Bob Perry. Book to and alight at Wrenbury (request stop). Depart Shrewsbury 1026, return from Whitchurch 1633.
- 3 **Treherbert to Aberdare** linear walk (12 miles moderate). Leader Mike Kohnstamm. Depart Cardiff Central 1006 Return Aberdare 1721.
- 4 **Llantrisant Forest** (6 miles moderate). Leader Jake Bourne. Depart Cardiff Central 1021 Return from Llanharan 1650.

Wednesday 17 September

NEW Dinas Mawddwy - King Arthur's Camlan (6 miles moderate). Leader Laurence Main. Depart Shrewsbury 0928, arrive Machynlleth 1042, for bus to Dinas Mawddwy and site of King Arthur's last battle. Return from Machynlleth 1802 (arrive Shrewsbury 1921).

Saturday 20 September

- 1 **Llanwrtyd Wells** circular via Victoria Wells, Penybont Uchaf, St. David's Church, Nant-y-Craf and Cefn Blaencwmherog (14 miles strenuous). Leaders Chris Jenkins and Andrew Pike. Depart Shrewsbury 0905, return from Llanwrtyd 2008.
- 2 **NEW Llandrindod Wells** circular via bus to Llandegley (fare extra) the Rocks and Pawl Hir (8 miles moderate). Leaders Paddy Willis and David Downes. Depart Shrewsbury 0905, return from Llandrindod 1539.
- 3 **NEW EBBW VALE LINE** Linear walk from Ebbw Vale to Crosskeys (16 miles moderate walk). Leaders Terry Wilkins and Maggie Thomas. Departs Cardiff Central 0835 Returns from Crosskeys 1702 (southbound) 1706 (northbound).

Tuesday 23 September

Llangollen Steam Railway: Carrog to Berwyn
Circular walk (8 miles moderate). Leaders Carol and Colin. Depart Berwyn 11.10. Single only required as walk takes you back to Berwyn. For further information visit <http://llangollenrail.llangollen-railway.co.uk>

Saturday 27 September

- 1 **Craven Arms to Ludlow** via Clapping Wicket, Brandhill, Fiddler's Elbow, Burrington, and Mary Knoll (16 miles energetic). Leaders Mike Downward and Gill Leary. Book to Ludlow, alight at Craven Arms. Depart Shrewsbury 0949, return from Ludlow 1720 (north) 1726 (south).
- 2 **Craven Arms** circular via Watling Street, Clapping Wicket, Whettleton and Norton (8 miles moderate). Leaders Derek Shuker and Richard Addyman. Depart Shrewsbury 0949, return from Craven Arms 1627 (north) 1612 (south).
- 3 **Manorbier** via St Florence coast and inland (circular 7 miles moderate). Leaders Chris Taylor and Madeleine Bland. Depart Carmarthen 0856 Returns Manorbier Railway Station 1724.



Wednesday 1 October

NEW Ebbw Vale Line: Circular walk from Crosskeys, through Medart to Twmbarlwm (Iron Age Hill fort), along Henllys Ridge (10 miles moderate walk – one fairly strenuous climb early in the walk). Leader Maggie Thomas. Departs Cardiff Central 0835 Returns from Crosskeys 1402 (to Cardiff) or 1406 (to Ebbw Vale Parkway).

Thursday 2 October

Abergele: Mystery Coastal Path Linear Railway Walk (13 miles moderate). Leader Gerald Moss. Contact leader for further information 01948 664736.

Saturday 4 October

- 1 **Barmouth** circular via Cerrig Arthur, Bwlch y Rhiwgyr and Bwlch y Llan (12 miles energetic). Leaders Phil and Cheryl Johnston. Depart Shrewsbury 0928, return from Barmouth 1849 (arrive Shrewsbury 2121).
- 2 **Penhelyg** circular via Llechwedd and Dyffyn Glyn-Cul (7 miles moderate, undulating). Leaders Bill Hodges and John Newnham. Depart Shrewsbury 0928, return from Penhelyg (request stop) 1736 (arrive Shrewsbury 1921).
- 3 **Hereford:** A circular Hereford Hike following parts of the Wye, traversing an apple orchard and having an optional pub stop at the end. We will also visit the Cathedral (5 mile). Leader Darren Walker. Departs Cardiff Central 0950 Return Hereford 1609.

Saturday 11 October

- 1 **Llangynllo to Knighton** via Glyndŵr's Way, Cefn Craig, Selley Cross and Offa's Dyke Path (12 miles strenuous). Leaders Anne Williams and David Downes. Book to and alight at Llangynllo (request stop). Depart Shrewsbury 0905, return from Knighton 1615.
- 2 **Knighton** circular via Offa's Dyke Path (south) Lower Penlan, Hengwm Hill, Llanwen Hill and Farringdon Lane (8 miles moderate). Brian Gittins and Bernard Williams. Depart Shrewsbury 0905, return from Knighton 1615.

Wednesday 15 October

- 1 **Church Stretton** circular via Motts road, Wild Moor, Ratlinghope and Betchcott Hill (11 miles energetic). Leaders Gill Leary and David Grant. Depart Shrewsbury 0949, return from Church Stretton 1650 (north) 1603 (south).
- 2 **Merthyr Tydfil:** Quakers Yard to Merthyr Tydfil linear walk (10 miles leisurely). Leader Gwyn Lewis. Depart Cardiff Central 1026 Return Merthyr Tydfil 1638.

Saturday 18 October

- 1 **NEW Corwen to Llangollen** via Cynwyd, Moel Fferna and Vivod Mountain (15 miles strenuous). Leaders Phil Roberts and Angela Suegreen. Book through ticket to Corwen to include bus fare. Depart Shrewsbury 0828, return from Ruabon 1751.
- 2 **NEW Llangollen** circular via Velvet Hill and Vivod (7 miles energetic). Leaders Lorna Lewis and Barbara Gray Addyman. Book through ticket to Llangollen to include bus fare. Depart Shrewsbury 0930, return from Ruabon 1643.
- 3 **Borth to Aberystwyth** via Ceredigion Coastal Path (6 miles moderate). Leader Laurence Main. Book to Aberystwyth, alight at Borth. Depart Shrewsbury 0928, return from Aberystwyth 1527 (arrive Shrewsbury 1721).

Saturday 25 October

- 1 **Knighton** circular via Knucklas, Lloyney, Jack Mytton Way, Offa's Dyke Path and Panponton Hill (12 miles strenuous). Leaders Mike and Kate Owen. Depart Shrewsbury 0905, return from Knighton 1615.
- 2 **Knucklas to Knighton** via Pentrusco, Cwm Jenkin and Bailey Hill (6 miles moderate). Leaders Graham Baker and Clare Gathercole. Book to and alight at Knucklas (request stop). Depart Shrewsbury 0905, return from Knighton 1615.

Saturday 1 November

- 1 **Bucknell to Craven Arms** via Leintwardine, Onibury and Iorton Camp (12 miles energetic). Leaders Peter James and Chris Jenkins. Book to and alight at Bucknell (request stop). Depart Shrewsbury 0905, return from Craven Arms 1637 (north) 1612 (south).
- 2 **Broome to Craven Arms** via Stokesay and Norton (8 miles moderate). Leaders Bob Perry and Bill Hodges. Book to and alight at Broome. Depart Shrewsbury 0905, return from Craven Arms 1529 (north) 1612 (south).

Saturday 8 November

- 1 **Ruabon to Chirk** via Valle Crucis, Bryn-Hyfryd, Dinas-Bran and Offa's Dyke path (13 miles strenuous). Leaders Malcolm Kimber and David Stearne. Book to Ruabon. Depart Shrewsbury 0930, return from Chirk 1649.
- 2 **Llwyngwrlil to Barmouth** via Bryn Siward (7 miles moderate). Leader Laurence Main. Book to Barmouth, alight at Llwyngwrlil (request stop). Depart Shrewsbury 0928, return from Barmouth 1452 (arrive Shrewsbury 1721).

Wednesday 12 November

Welshpool circular via Frochas, Y Figyn, Llwydrallt, Y Gofla and Llanerch-y-Ddol (11 miles energetic). Leaders Marion Law and Brian Gittins. Depart Shrewsbury 0928, return from Welshpool 1655.

Saturday 15 November

- Llanbister Road to Knighton** via Pitch Hill, Monaughty, the Warren and Offa's Dyke Path (12 miles moderate). Leaders Brian and Jenny Jones. Book to and alight at Llanbister Road. Depart Shrewsbury 0905, return from Knighton 1615.
- Knighton** circular via meeting House Lane, Norton and Offa's Dyke Path (8 miles energetic). Leaders Rex and Mary Simpson. Depart Shrewsbury 0905, return from Knighton 1615.
- Taffs Well to Lisvane** linear walk (8 miles moderate). Leader Gwyn Lewis. Depart Cardiff Central 1051 Return from Lisvane 1514.

Saturday 22 November

- NEW Pennerley to Church Stretton** via Linley Hill and Bridges (14 miles strenuous). Leaders Angela Suegreen and Phil Roberts. Depart Shrewsbury bus station 0935 (stand P), return from Church Stretton 1738 (north) 1804 (south).
- Church Stretton** circular via Ragleth Hill, Little Stretton, Ashes Hollow and Cardingmill Valley (8 miles moderate). Leaders Graham Baker and Derek Shuker. Depart Shrewsbury 1049, return from Church Stretton 1650 (north) 1604 (south).

Saturday 29 November

- Newtown** circular via Abermule and Dolforwyn Castle (12 miles energetic). Leaders Mike and Kate Owen. Depart Shrewsbury 0928, return from Newtown 1640.
- Newtown** circular via Lluest, Plas Gregynog and Garth Hill (9 miles energetic). Leaders Bill Hodges and Bryan Heatley. Depart Shrewsbury 0928, return from Newtown 1640.
- Pembroke Dock** inland and river circular walk (7 miles moderate). Leaders Vanessa Halliwell and Madeleine Bland. Depart Carmarthen 0856 Returns Pembroke Dock 1705.

Saturday 6 December

- Church Stretton.** Two walks in the Church Stretton area. Followed by lunch at the Long Mynd Hotel (8 miles moderate), leaders Doug Billingsley and Derek Shuker and (4 miles moderate), leaders Richard Addyman and Marion Law. Depart Shrewsbury 0949, return from Church Stretton 1650 (north) and 1710 (south). Booking forms and menu details will be available from Barbara Beresford (01952 461 418) from 1st October. Names and payment required by 6 November 2008.
- Pennal to Machynlleth** via Foel Gôch (6 miles moderate). Leader Laurence Main. Book to Machynlleth. Depart Shrewsbury 0928. Bus to Pennal, fare extra. Return from Machynlleth 1602 (arrive Shrewsbury 1721).

Saturday 13 December

- Gobowen to Chirk** via Brogyntyn and Offa's Dyke Path (11 miles energetic). Leaders Malcolm Kimber and David Stearne. Book to Chirk, alight at Gobowen. Depart Shrewsbury 0930, return from Chirk 1649.
- Gobowen** circular via Wat's Dyke, Chirk Bank and Rhoswel (7 miles moderate). Leaders John Newnham and Graham Baker. Depart Shrewsbury 0930, return from Gobowen 1602.

Wednesday 17 December

Llandrindod Wells to Llanbister Road via Penny Well and The Riggles. Bus to Fronddyrys, fare extra (11 miles strenuous). Leaders Andrew Davies and Kevin Jones. Book to Llandrindod. Depart Shrewsbury 0905, return from Llanbister Road (request stop) 1556.

Saturday 20 December

- Craven Arms** circular via Glencoed, Onibury, Bache, Callow Hill and Strefford (12 miles energetic). Leaders David Downes and Anne Williams. Depart Shrewsbury 0949 return from Craven Arms 1627 (north) 1612 (south).
- Craven Arms** circular via Watling Street, Onny Trail, Upper Carwood, Hopesay Hill and Sibdon Castle (8 miles energetic). Leaders Bob Perry and Stewart Davies. Depart Shrewsbury 1049, return from Craven Arms 1627 (north) 1612 (south).
- Penarth Marina and Cardiff Barrage** linear walk (6 miles leisurely). Leader Gwyn Lewis Depart Cardiff Central 1041 Return Cogan 1439.

Saturday 27 December

- 1 **Wem to Whitchurch** via the Shropshire Way (12 miles energetic). Leaders Ian and Doug Hill. Book to Whitchurch, alight at Wem. Depart Shrewsbury 1026, return from Whitchurch 1633.
- 2 **Wellington** 'Round the Wrekin' (8 miles energetic). Leaders Bryan Heatley and Bernard Williams. Depart Shrewsbury 0941, return from Wellington 1553 (east) 1550 (west).

Saturday 3 January 2009

- 1 **Leominster to Ludlow** via Orleton and Overton (13 miles energetic). Leaders Michael Guest and Chris Jenkins. Book to Leominster. Depart Shrewsbury 0949, return from Ludlow 1618 (north) 1620 (south).
- 2 **Ludlow** circular via Whitcliffe, Brick House, Lady Halton and Prior's Halton (8 miles). Leaders Paddy Willis and Barbara Gray Addyman. Depart Shrewsbury 1049, return from Ludlow 1649 (north) 1620 (south).



WALK!

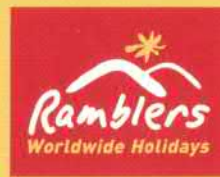
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Yes ☐

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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?

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Train times

Outward and return times from the walks destination stations are indicated in the programme details for each walk. Where appropriate, outbound departure times from main line connecting stations are also included.

For details of departure times from other locations and connecting services, please telephone the enquiry number shown page 22.

Time details may be subject to minor change. Walkers are strongly advised to check times of trains before travelling.

Fares

Where a walk returns from a different location, a ticket to the furthest point should be purchased. Discounted fares are available to holders of Senior, 16-25, Family and Friends and Disabled Railcards, subject to normal railcard conditions. Children aged five to fifteen inclusive travel half price, children under five travel free. With a "GroupWales" ticket, groups of between 3 and 9 adults receive a 25% discount off each ticket.

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Display until 3rd January 2009