

Rail Rambles Troeon Trên

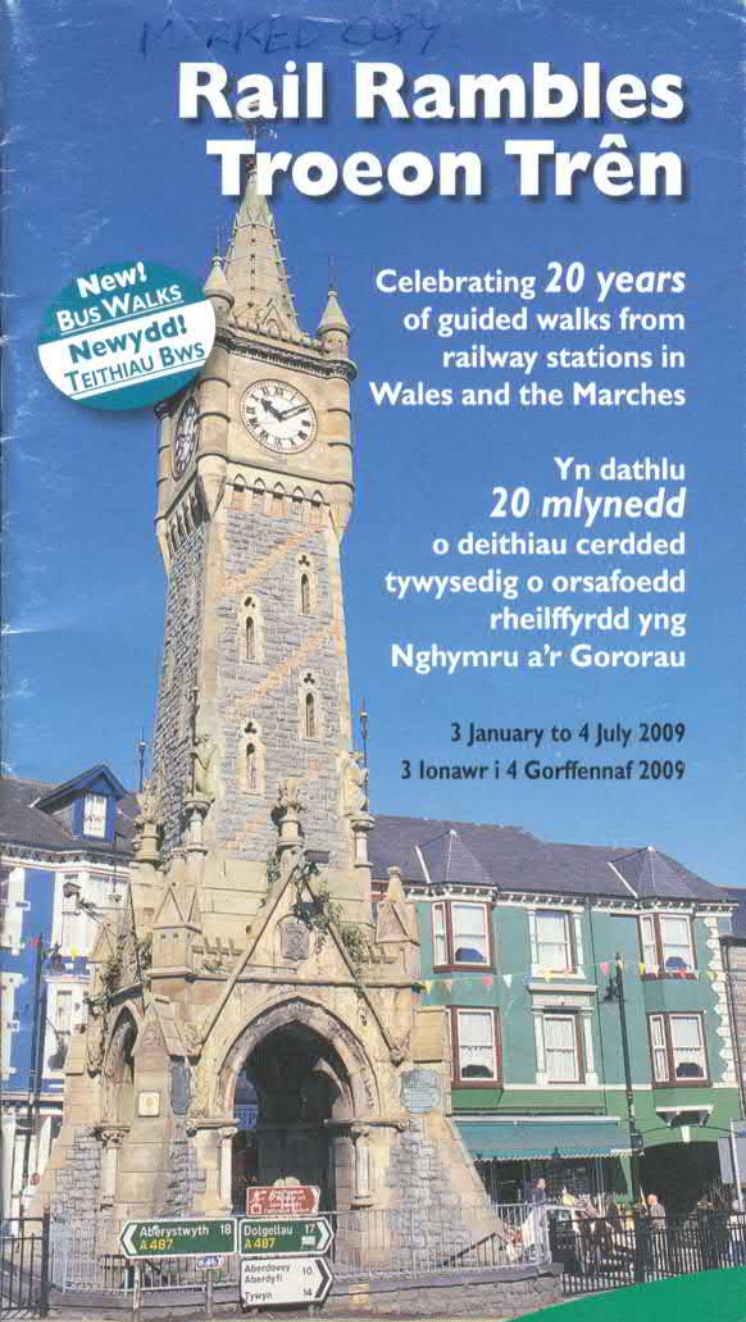
New!
BUS WALKS
Newydd!
TEITHIAU BWS

Celebrating 20 years
of guided walks from
railway stations in
Wales and the Marches

Yn dathlu
20 mlynedd
o deithiau cerdded
tywysedig o orsafoedd
rheilffyrdd yng
Nghymru a'r Gororau

3 January to 4 July 2009

3 Ionawr i 4 Gorffennaf 2009



Y Cerddwyr
The Ramblers

 **ARRIVA** Trains Wales
Trenau Arriva Cymru

Registered Charity No: 1093577

Welcome to Rail Rambles

The Ramblers' Association and Arriva Trains Wales's 'Rail Rambles' programme is this year celebrating 20 years of guided walks from railway stations originally in Mid-Wales and the Marches and now extending across North, Mid and South Wales.

It has, over the years, enabled thousands of people to enjoy walking in the countryside without using cars.

The walks themselves are free to join and there is no need to be a member of any organisation (but of course you have to pay your rail fare!)

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. Rail fares are very reasonable and good value with some discounts available.

Remembering Alan

Many people will know that Alan Howard, the founder of Rail Rambles, died in 2008. He was a firm believer in the use of public transport for walks and helped to establish the Lancashire Rail Rambles programme in 1975, followed in 1989 by Rail Rambles in the Marches and Mid Wales.

Additionally, he was Chairman of the Ramblers' Association from 1993 – 1995 before resigning in disgust when the RA arranged a sponsorship deal with Vauxhall cars. His intelligence, wit, outspokenness, stubborn determination and lovely twinkle enlivened the lives of all who knew him.

A commemorative walk has been arranged for 18th April in one of Alan's favourite places (see page 15 for further details).

The programme

This Rail & Bus Ramble Walks Programme has been possible due to the support of Arriva Trains Wales and Ramblers Cymru and volunteer efforts from the Mid-Wales Rail Ramblers and the following Ramblers Cymru Groups: Aberystwyth, Bangor-Bethesda, Berwyn, Cardiff, Dinefwr, Islwyn, Meirionnydd, Merthyr, Pembrokeshire, Tiger Bay, and Vale of Glamorgan.

For more information please contact:

Chris Jenkins on 01691 654066 (Mid-Wales region) or

Gwyn Lewis on 029 2090 2633 (North or South Wales regions) or Ramblers Cymru on 029 2064 4308.

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

Fitness: 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.

Walk Leaders: Walks are led by members of the Ramblers' Association and are insured. Whilst every care will be taken to keep to the advertised programme, walk leaders reserve the right to make changes to suit weather conditions, the needs of the party or other unforeseen circumstances.

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.

Equipment: Most Rail Rambles are off-road in rural areas. Please have suitable footwear and clothing for the walk you intend to join, and bring 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.

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

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.

Front Cover Photo - Machynlleth Town Clock © Crown copyright (2008) Visit Wales. Other photos Nick Treharne, Terry Evans, Eryl Lloyd-Davies

Croeso i Droeon Trên

Mae rhaglen Troeon Trên a Threnau Arriva Cymru eleni'n dathlu 20 mlynedd o deithiau cerdded tywysedig o orsafoedd rheilffordd. Dechreuodd y rhaglen yn y Canolbarth a'r Gororau ond mae bellach yn ymestyn dros Gymru gyfan.

Dros y blynyddoedd mae wedi galluogi miloedd o bobl i fwynhau cerdded yng nghefn gwlad heb ddefnyddio ceir.

Nid oes tâl am ymuno â'r teithiau ac nid oes rhaid bod yn aelod o unrhyw fudiad (ond mae'n rhaid talu'ch tocyn trên wrth gwrs!)

Cynllunnir pob taith i fod o fewn cyrraedd trwy daith dychwelyd undydd ar y trên o nifer o orsafoedd prif lein a gorsafoedd cysylltu, felly mae rhywbeth i bawb. Mae prisiau trenau'n rhesymol iawn ac yn werth da gyda rhai gostyngiadau ar gael.

Cofio Alan

Bydd rhai pobl yn gwybod bod Alan Howard, sylfaenydd troeon Trên, wedi marw yn 2008. Roedd yn credu'n gryf mewn defnyddio trafndiaeth gyhoeddus ar gyfer teithiau cerdded a helpodd i sefydlu rhaglen Troeon Trên Swydd Gaerhirfryn ym 1975, a ddilynwyd ym 1989 gan Droeon Trên yng Nghanolbarth Cymru a'r Gororau.

Hefyd roedd yn Gadeirydd Cymdeithas y Cerddwyr o 1993 – 1995 cyn ymddiswyddo mewn diflastod pan drefnodd y gymdeithas ddêl nawdd gyda chwmni ceir Vauxhall. Cyfoethogodd fywyd pawb oedd yn ei nabod gyda'i ddeallusrwydd, ffraethineb, ei siarad plaen, ei benderfyniad a'r amrantiad yn ei lygaid.

Mae taith goffa wedi ei threfnu ar gyfer 18 Ebrill yn un o hoff fannau Alan (gweler tudalen 15 am ragor o fanylion).

Y rhaglen

Mae'r Rhaglen Deithiau Troeon Trên a Bws hon yn bosibl diolch i gefnogaeth Trenau Arriva Cymru a'r Cerddwyr ac ymdrechion gwirfoddolwyr Cerddwyr Troeon Trên y Canolbarth a'r Grwpiau Cerddwyr hyn: Aberystwyth, Bangor-Bethesda, Berwyn, Caerdydd, Dinefwr, Islwyn, Meirionnydd, Cwm Merthyr, Sir Benfro, Tiger Bay, a Bro Morgannwg.

I gael rhagor o wybodaeth, cysylltwch â:

Chris Jenkins ar 01691 654066 (rhanbarth y Canolbarth) neu

Gwyn Lewis ar 029 2090 2633 (rhanbarthau'r De a'r Gogledd) neu'r Cerddwyr 029 2064 4308.

Disgrifiadau o'r Teithiau:

Mae'r termau 'ymdrechgar' ac 'egniol' yn cyfeirio at deithiau cyflym oherwydd pellter a/neu'r amser dychwelyd; mae 'cymedrol' yn golygu dringo un neu ddwy o lethrau a chyflymder cyson; mae 'gweddol hawdd' yn golygu dringo graddol a pheth tir gwastad; mae 'hawdd' yn golygu tir gwastad gan fwyaf a chyflymdra hamddenol.

Gwybodaeth Cyffredinol

Ffitrwydd: Dylech sicrhau eich bod yn ddigon heini i wneud y daith rydych yn bwriadu ymuno â hi. Os nad ydych yn siŵr a ydych chi'n ddigon heini, rhowch gynnig ar daith fer a hawdd yn gyntaf: Mae'n well gwneud taith sy'n rhy araf a hawdd i chi nag i gyrraedd adref yn ddiflas ac wedi ymlâdd.

Arweinwyr Teithiau: Mae teithiau'n cael eu harwain gan aelodau o Gymdeithas y Cerddwyr ac maen nhw wedi'u hyswiro. Er y cymerir pob gofal i gadw at y rhaglen a hysbyseb, mae arweinwyr teithiau'n cadw'r hawl i wneud newidiadau yn ôl y tywydd, anghenion y parti neu amgylchiadau eraill nad oedd modd eu rhagweld.

Er mwyn eich diogelwch chi ac eraill, gofynnir i chi ddilyn cyfarwyddiadau arweinydd y daith. Er bod cerdded wrth ei natur yn un o'r gweithgareddau awyr agored mwyaf diogel, mae elfen o risg ynghlwm wrth bob gweithgaredd a'ch cyfrifoldeb chi yw ymddwyn yn gall a lleihau'r potensial i ddamweiniau ddigwydd.

Cyfarpar: Mae'r rhan fwyaf o Droeon Trên yn digwydd oddi ar y ffordd mewn ardaloedd gwledig. Gwisgwch ddillad esgidiau addas ar gyfer y daith rydych yn bwriadu ymuno â hi, a dewch â bwyd a diod, hyd yn oed os yw'r daith yn cynnwys aros mewn tafarn neu gaffi. Gall arweinwyr wrthod derbyn cerddwyr sydd, yn eu barn nhw, heb ddod â chyfarpar addas neu heb fod yn ddigon heini. Os ydych yn amau, cysylltwch â'r trefnwyr neu ag arweinydd y daith ymlaen llaw.

Cŵn: Er mwyn cydymffurfio â dymuniadau'r rhan fwyaf o'n cwsmeriaid, mae'n ddrwg gennym ond ni cheir mynd â chŵn ar Droeon Trên o gwbl.

Troeon Trên mewn rhannau eraill o'r wlad

Mae Troeon Trên Heart of Wessex yn rhedeg o fis Mehefin tan ddiwedd Medi gyda theithiau pob dydd Mercher a dydd 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/A4 barod 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

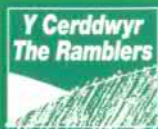
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or call **020 7339 8500** quoting **RAM**

* Rate valid until 30 June 2009. 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

January 2009 – June 2009

Saturday 3rd January

- 1 **Leominster to Ludlow** via Orleton and Overton (13 miles energetic). Leaders Michael Guest and Chris Jenkins. Book to Leominster. Depart Shrewsbury 0944. Return from Ludlow 1619 (north) 1615 (south).
- 2 **Ludlow circular** via Whitcliffe, Brick House, Lady Halton and Prior's Halton (8 miles moderate). Leaders Paddy Willis and Barbara Gray Addyman. Depart Shrewsbury 1044. Return from Ludlow 1649 (north) 1619 (south).
- 3 **Cardiff Heights: The Garth** circular walk (7 miles moderate). Leader Gwyn Lewis. Depart Cardiff Central 1026 for Taffs Well. Return Taffs Well 1504.

Saturday 10th January

- 1 **Broome to Hopton Heath** via Clunbury, Purslow, Obley, Hopton Castle (12 miles strenuous). Leaders Phil Roberts and Chris Jenkins. Depart Shrewsbury 0905. Book to Hopton Heath. Return Hopton Heath 1625.
- 2 **Broome to Craven Arms** via Hopesay Hill and Sibdon Castle (8 miles moderate). Leaders Richard Addyman and Doug Billingsley. Depart Shrewsbury 0905. Book to Broome. Return Craven Arms 1626 or 1656.
- 3 **BUS RAMBLE: Freshwater West to Angle** Pembrokeshire linear walk. Leader Mike. Meet 1030 at West Angle Bay car park.

Wednesday 14th January

- 1 **Welshpool circular** via Offa's Dyke Path, Leighton Farm Buildings, Cilcewydd Bridge, Rosewood, Powis Castle (10 miles moderate). Leaders Marion Law and Andrew Pike. Depart Shrewsbury 0927 Return Welshpool 1701.
- 2 **Caerphilly Mountain Wanderer** circular walk (9 miles moderate). Leader Gwyn Lewis. Depart Cardiff Central 0901 for Lisvane Railway Station. Return Lisvane 1459.

Saturday 17th January

- 1 **Caersws** circular via Llanwnnog, Llyn Mawr, Llyn Du (12 miles energetic). Leaders Brian Gittins and Ian Hill. Depart Shrewsbury 0927 Return Caersws 1637.
- 2 **Caersws to Newtown** via Llwyn-y-Brain, Fachwen Pool, Waen-y-bricks (7 miles moderate). Leaders Ray Trend and Bryan Heatley. Depart Shrewsbury 0927 Book to Caersws Return Newtown 1646.
- 3 **Llanishen to Cardiff** Central linear walk (6 mile leisurely). Leader Rob Jewels. Depart Cardiff Central 1046 for Llanishen Railway station.

Saturday 24th January

- 1 **NEW Church Stretton circular** via Minton, Alderton and Long Bache (15 miles strenuous). Leaders Phil and Cheryl Johnston. Depart Shrewsbury 0905 Return Church Stretton 1650.
- 2 **Church Stretton circular** via Ragleth Hill, Bannisters Plain, Portway, Townbrook Hollow, Rectory Wood (8 miles energetic). Leaders Bob Perry and John Mattocks. Depart Shrewsbury 0905 Return Church Stretton 1650.
- 2 **BUS RAMBLE: Aberdyfi** via Happy Valley, Llyn Bartog and Panorma Walk (9 mile moderate). Leader Nigel Kelly. Meet 0845 at Aberystwyth Bus Station (Bus 28).

Saturday 31st January

- 1 **Newtown circular** via Lower Wig, Kerry Ridgeway, Kerry Pole (12 miles energetic). Leaders Peter James and Anne Williams. Depart Shrewsbury 0927 Return Newtown 1646.
- 2 **Newtown circular** via Lluest, Garth Hill (8 miles energetic). Leaders Derek Shuker and Jim Redshaw. Depart Shrewsbury 0927 Return Newtown 1646.
- 3 **Lisvane (Cardiff) circular** (7 mile leisurely). Leader Gwyn Lewis. Depart Cardiff Central 1031 for Lisvane Railway Station. Return Lisvane 1459.

Tuesday 3rd February

- 1 **Blaenau Ffestiniog circular** walk over the mountain from Roman Bridge (6 miles strenuous). Leader Kevin. Meet 0845 at Blaenau Ffestiniog station.

Wednesday 4th February

- 1 **Rhoose to Barry Island (Vale of Glamorgan)** linear coastal walk (6 miles leisurely). Leader Gwyn Lewis. Depart Cardiff Central 1041 for Rhoose. Return Barry 1500.

Saturday 7th February

- 1 **Welshpool circular** via Glyndwr's Way, Blacksmith's Wood, Y Figyn, Hengwm and Y Golfa (12 miles strenuous). Leaders Chris Jenkins and Michael Guest. Depart Shrewsbury 0928 Return Welshpool 1701.
- 2 **Blaenplwyf to Aberystwyth** via Ceredigion Coastal Path (6 miles moderate). Leaders Laurence Main and John Mattocks. Depart Shrewsbury 0927 Return Aberystwyth 1530 or 1730. Bus fare extra.

Sunday 8th February

- 1 **Cardiff's Castell Coch** circular walk (6 miles leisurely). Leader Gwyn Lewis. Depart Cardiff Central 0941 for Radyr Railway Station. Return Radyr 1337.

Wednesday 11th February

- 1 **Cefn Onn (Cardiff)** circular walk (6 miles moderate). Leader Gwyn Lewis. Depart Cardiff Central for 0901 for Lisvane Railway Station. Return Lisvane 1329.

Saturday 14th February

- 1 **Craven Arms to Church Stretton** via Hopesay Hill, Plowden, Long Mynd, Church Stretton (13 miles strenuous). Leaders Ian Hill and Gill Leary. Depart Shrewsbury 0927 Return Church Stretton 1650.
- 2 **Craven Arms circular** via Sibdon Carwood, Hopesay Hill, Cheyney Longville, Newington (7 miles moderate). Leaders Richard and Barbara Addyman. Depart Shrewsbury 0927 Return Craven Arms 1637.
- 3 **Ystrad Mynach (Rhymney Valley)** circular walk including Mynydd Eglwysilan and Penallta Parc (9 miles moderate). Leader Sue Peirce. Depart Cardiff Central 0946 for Ystrad Mynach. Return Ystrad Mynach 1528.

Wednesday 18th February

- 1 **Knighton circular** via Offa's Dyke Path, Llanfair Hill, Upper Trevorward, Cwm Sanahan (13 miles strenuous). Leaders Andrew Davies and Kevin Jones. Depart Shrewsbury 0905 Return Knighton 1615.

Saturday 21st February

- 1 **Llanbister Road to Knucklas** via Pool Hill, Wernyeufon Hill (10 miles energetic). Leaders Andrew Pike and David Downes. Depart Shrewsbury 0905. Book to Llanbister Road. Return Knucklas 1607.
- 2 **Llandrindod Wells circular** via Llanfawr, Bongam Bank, Alpine Bridge, Cefn Coed (7 miles moderate). Leaders Brian Gittins and Bryan Heatley. Depart Shrewsbury 0905 Return Llandrindod Wells 1539.
- 3 **Risca to Cross Keys (Ebbw Vale Line)** linear walk via Twmbarlwm (9 miles moderate). Leader Maggie Thomas. Depart Cardiff Central 0935 for Risca Railway Station. Return Cross Keys 1502.



Saturday 28th February

- 1 **NEW Wrexham (Minera) to Ruabon (Llangollen)** via Aber Sychnant and Cynr-y-Brain (12.5 miles strenuous). Leaders Michael Guest and Brian Gittins. Depart Shrewsbury 0824. Book to Llangollen. Return bus from Llangollen 1730 Ruabon 1751.
- 2 **Ruabon to Chirk** via Pontcysyllte, Offa's Dyke Path and Chirk (7 miles moderate). Leaders Clare Gathercole and Paddy Willis. Depart Shrewsbury 0925. Book to Ruabon. Return Chirk 1551.
- 3 **Garth Halt (Powys)** circular walk to Llangammarch and back along the Afon Irfon (7 miles moderate). Leaders Hugh & Pam. Depart Swansea Railway Station 0915. Return Garth 1555.

Saturday 7th March

- 1 Abergavenny circular** via Bloreng and the Goose and Cuckoo (15 miles strenuous). Leaders Phil & Cheryl Johnston. Depart Shrewsbury 0853 Return Abergavenny 1728 [Walkers travelling from Cardiff Central should catch 0920 for Abergavenny Railway Station to meet leaders travelling from Shrewsbury at 1010]. Return Abergavenny 1814.
- 2 NEW Abergavenny circular**, bus to Llanfihangel Crucorney, via Patrishow Church – a Welsh gem – return bus to Abergavenny (9 miles moderate). Leaders Doug Billingsley and Brian Gittins. Depart Shrewsbury 0853 Return Abergavenny 1630 or 1728. [Walkers travelling from Cardiff Central should catch 0920 for Abergavenny Railway Station to meet leaders travelling from Shrewsbury at 1010].
- 3 Garth Hill & Upper Boat (Taffs Well, Cardiff)** circular walk (10 miles moderate). Leader Andrew Richards. Catch 0936 at Cardiff Central for Taffs Well Railway Station to meet walk leader for 1000 walk start. Return Taffs Well 1550.
- 4 Aberystwyth** linear walk using the Ceredigion Coastal Path via Llanrhystud. (10 miles moderate). Leader Dave Taylor. Depart Shrewsbury 0724. Bus depart Aberystwyth to Llanrhystud 0935. Depart Aberystwyth 1530 or 1730. Bus fare extra.

Saturday 14th March

- 1 Machynlleth circular** via Forge, Ty-gwyn, Rhiw Goch, Hafodwnog and Cwmrhaeadr (13 miles strenuous). Leaders Brian and Jenny Jones. Depart Shrewsbury 0927 Return Machynlleth 1807.
- 2 NEW Machynlleth to Cemmaes Road** Return by bus from Cemmaes Road (8 miles moderate). Leaders Laurence Main and Jim Redshaw. Depart Shrewsbury 0927 Return Machynlleth 1607.
- 3 NEW BUS RAMBLE Wat's Dyke Way Llanymynech to Gobowen** (11.5 miles moderate). Leader Trevor Allison. Depart Shrewsbury bus station 0845 stand N to Four Crosses where change for Llanymynech Return Gobowen bus 1457 or 1604 or train 1544 or 1604.

Wednesday 18th March

- 1 Builth Road to Llandrindod Wells** via Draen, Dalmore and Dolfawr Farm (10 miles moderate). Leaders Bryan Heatley and Bill Hodges. Depart Shrewsbury 0905 Book to Builth Road Return Llandrindod Wells 1539.
- 2 Barry (Vale of Glamorgan)** circular walk including woodlands and coast (8 miles leisurely). Leader Gwyn Lewis. Depart Cardiff Central 1010 for Barry Railway Station. Return Barry 1445.

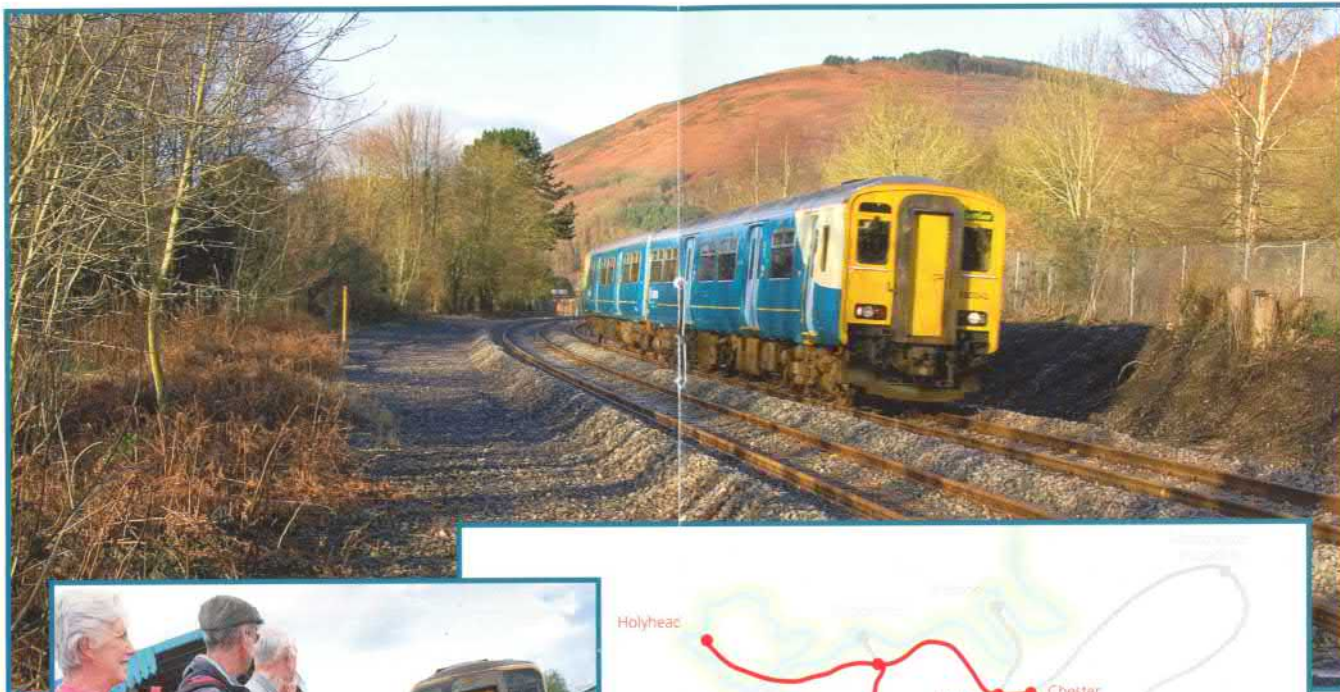
Saturday 21st March

- 1 NEW BUS RAMBLE: Montgomery to Bishops Castle** via Offa's Dyke Path, Shadwell Hall and Reilthtop (14 miles strenuous). Leaders Phil Roberts and Phil Johnston. Depart Shrewsbury bus station 8.45 Return Bishops Castle 15.40.
- 2 NEW BUS RAMBLE: Marton to Welshpool** via Leighton Dingle (9 miles moderate). Leaders David Downes and Claire Gathercole. Depart Shrewsbury bus station 0845 (Montgomery bus) Return Welshpool 1655.
- 3 Llanwrtyd Wells (Powys)** circular walk including Irton Valley and edge of Epynt ranges (9 miles moderate). Leader David. Depart Swansea Railway Station 0915 for Llanwrtyd Railway Station. Return Llanwrtyd 1607.
- 4 Taffs Well Mystery Walk (Cardiff)** circular walk (8 miles moderate). Leader Viv Amos. Catch 0936 at Cardiff Central for Taffs Well Railway Station to meet walk leader for 1000 walk start. Return Taffs Well 1450.
- 5 Rhondda Valley: Porth to Ystrad Rhondda** linear walk (8 miles moderate). Leader Gwyn Lewis. Depart Cardiff Central 1006 for Porth Railway Station. Return Ystrad Rhondda 1458.

Friday 27th March

- 1 Tywyn to Aberdyfi** via Happy Valley (12 miles moderate). Leader Ann. Catch train arriving Aberdyfi 0937 (0859 from Barmouth; 0931 from Tywyn). Return Aberdyfi.





North and North - West Wales

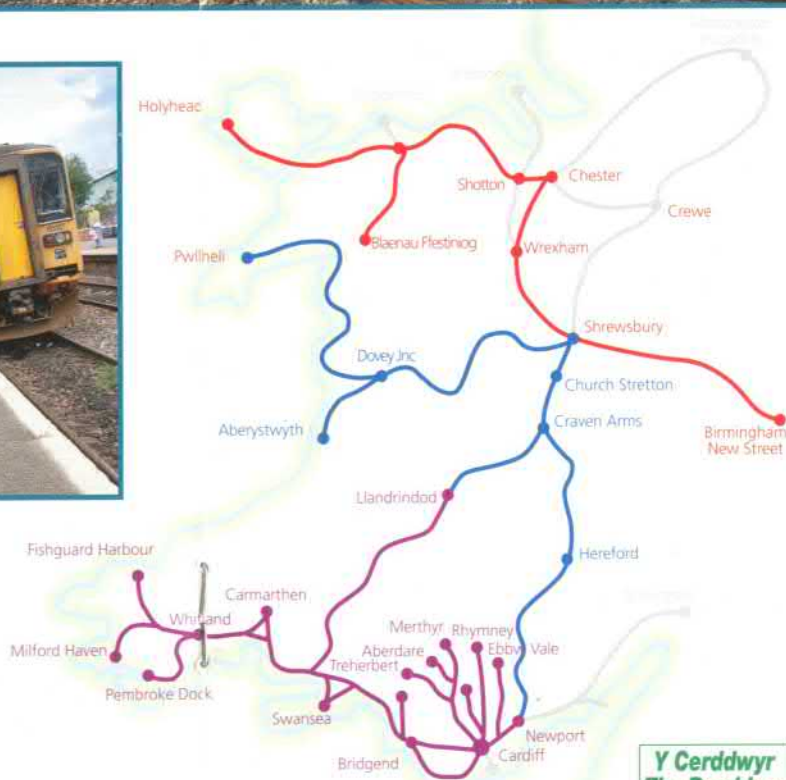
Chester-Shrewsbury line; Conwy line; North Wales Coast main line

Mid-Wales

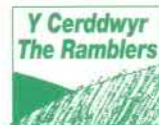
Cambrian line and Heart of Wales line (north)

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
Trenau Arriva Cymru



Saturday 28th March

- 1 **Aberdyfi to Penhelig** via Happy Valley and Bearded Lake (11 miles moderate). Leaders Mike and Kate Owen. Depart Shrewsbury 0927 Return Penhelig 1736 (request stop).
- 2 **Tywyn circular** via Dysynni Broadwater, Brynchrug, Rhyd-yr-Onnen and Hendy (8 miles moderate). Leaders Graham Cox and Richard Addyman. Depart Shrewsbury 0927 Book to Aberdyfi. Return Tywyn 1523 or 1727.

Tuesday 31st March

- 1 **NEW BUS RAMBLE: Menai Bridge to Llanggoed** linear walk (10 miles leisurely). Leader Dennis. Meet at Llanggoed car park for 0945 Bus 58.

Thursday 2nd April

- 1 **NEW BUS RAMBLE Talybont to Llanfairfechan (Conwy)** linear walk (9 miles leisurely). Leader Frank. Meet 1000 at Station Road car park Llanfairfechan.

Saturday 4th April

- 1 **NEW Glasbury to Hay on Wye** (12 miles energetic). Leaders Michael Guest and Chris Jenkins. Bus Hereford to Glasbury, fare extra. Depart Shrewsbury 0719 Return bus to Hereford 1657 Return train Hereford 1828.
- 2 **Leominster circular** via Widgeon Hill, Slaughter Castle, Bache Camp and Brook Farm (8 miles moderate). Leaders Bob Perry and Barbara Addyman. Depart Shrewsbury 0944 Return Leominster 1608.
- 3 **Ebbw Valley & Sirhowy Valley Ridgeway Paths** (Ebbw Vale Line) circular walk (9 miles moderate). Leader Terry Wilkins. Depart Cardiff Central 0935 for Ebbw Vale Parkway. Return Ebbw Vale Parkway 1440.

Saturday 11th April

- 1 **Llangollen circular** via Valle Crucis, Ty Newydd, Eglwyseg Mountain, Geufron (14 miles strenuous). Leaders David Downes and Mike Downard. Depart Shrewsbury 0824 to Ruabon fare to include bus to Llangollen Return Ruabon 1751.
- 2 **Chirk circular** via Chirk Castle and Offa's Dyke Path (7 miles moderate). Leaders Bill Hodges and Lorna Lewis. Depart Shrewsbury 0925 Return Chirk 1557.

Sunday 12th April

- 1 **NEW BUS RAMBLE Ogmore to Llantwit Major** (Vale of Glamorgan) linear walk (11 miles moderate). Leader Margaret Scott. Meet 0930 at Llantwit Major Railway car park to catch bus for Ogmore.

Wednesday 15th April

- 1 **Codsall circular** via Wrottesley Park, Monarch's Way and Staffordshire Way (13 miles energetic). Leader Andrew Davies. Depart Shrewsbury 0947 Return Codsall 1733.

Saturday 18th April

- 1 **Newtown circular** via Shwrrwd, Plassau, Cefn-Caled, Giant's Bank, Dolforwyn Castle (12 miles energetic). Leaders Anne Williams and Kevin Jones. Depart Shrewsbury 0927 Return Newtown 1646.
- 2 **Fairbourne to Barmouth (Alan Howard's commemorative walk)** via Fegla Fawr, Fegla Fach, and Morfa Mawddach (6 miles easy). Leaders Maggie Uphill and Clare Gathercole. Depart Shrewsbury 0927 Book to Barmouth. Return Barmouth 1650.
- 3 **NEW BUS RAMBLE Cadair Idris Range from Mynydd Gwerngraig to Tyrrau Mawr and Arthog** (10 miles strenuous). Leader Wyck Gerson Lohman. Meet 0735 at Hen Ysgol, Park Avenue, Aberystwyth for X32 bus.

Wednesday 22nd April.

- 1 **Llwyngwrl linear walk to Barmouth.** (10 miles moderate). Leader Dave Taylor. Depart Shrewsbury 0727 change at Machynlleth depart at 0905 to Llwyngwrl. Depart Barmouth 1650.

Saturday 25th April

- 1 **NEW Llanbedr to Barmouth** via Moelfre Mine, Llyn Erddyn and Llyn-du-Parc (13 miles strenuous). Leaders Phil Roberts and Ian Hill. Book to and alight at Llanbedr. Depart Shrewsbury 0927 Return Barmouth 1849.
- 2 **Chester City Tour** Leaders Bernard Williams and John Mattocks. Depart Shrewsbury 0925 Return Chester 1522 or 1722.
- 3 **Cardiff Central to Taffs Well** linear walk via Llandaff Cathedral and Castell Coch. (8 miles leisurely). Leader Gwyn Lewis. Meet 1100 at Cardiff Central. Return Taffs Well 1504.

Saturday 2nd May

- 1 **Chirk circular** via Caeaugwynion, Offa's Dyke Path, Pen-y-Graig, Croes yr Esgob, Llangollen, canal towpath (14 miles energetic). Leaders Malcolm Kimber and David Stearne. Depart Shrewsbury 0824 Return Chirk 1757.
- 2 **NEW Chirk circular** via Bronygarth, Starling Castle and Tyn-y-Groes (7 miles moderate). Leaders Lorna Lewis and Barbara Addyman. Depart Shrewsbury 1022 Return Chirk 1557.
- 3 **Taffs Well (Cardiff) to Caerphilly** linear walk (8 miles leisurely). Leader Gwyn Lewis. Depart Cardiff Central 1036 for Taffs Well. Return Caerphilly Railway Station 1510.

Saturday 9th May

- 1 **NEW Knighton to Kington** via Offa's Dyke Path (14 miles energetic). Leaders Chris Jenkins and Andrew Pike. Bus from Kington to Leominster fare extra. Depart Shrewsbury 0905 Return Leominster 1910.
- 2 **Knucklas to Knighton** via Upper Trebert, Llandinshop, Offa's Dyke Path (8 miles energetic). Leaders Paddy Willis and Marion Law. Depart Shrewsbury 0905. Book to Knucklas. Return Knighton 1615.

Wednesday 13th May

- 1 **Fairbourne to Machynlleth** via Trawsfynydd, Craig-y-llyn, Hafodty, Gwastadfryn, Castell-y-Bere, Abergynolwyn, then bus to Machynlleth (12 miles strenuous). Leaders Phil and Cheryl Johnston. Depart Shrewsbury 0927. Book to Fairbourne. Return Machynlleth 1807.

Saturday 16th May

- 1 **NEW Aberystwyth to Machynlleth**, a George Borrow route via Ponterwyd (bus fare extra) Dolrhuddlan, Welsh Potosi, Glaspwll (15 miles strenuous). Leaders Ian Chippendale and Mike Downward. Depart Shrewsbury 0727. Book to Aberystwyth. Return Machynlleth 1807.
- 2 **Welshpool circular** via Nant-y-Caws, Talyrnau, Barn Farm, Y Golfa (8 miles moderate). Leaders John Newnham and Ray Trend. Depart Shrewsbury 0927 Return Welshpool 1701.
- 3 **Ebbw Vale to Newbridge or Cross Keys (Ebbw Vale Line)** linear walks either 11 miles moderate to Newbridge or 16 miles strenuous to Cross Keys. Leader Maggie Thomas. Depart Cardiff Central 0935 for Ebbw Vale Parkway. Return from Newbridge 1554, from Cross Keys 1802.

Saturday 23rd May

- 1 **Church Stretton circular** via Jonathon's Rock, Darnford Valley and Townbrook Hollow (13 miles strenuous). Leaders Anne Williams and David Downes. Depart Shrewsbury 0905 Return Church Stretton 1650.
- 2 **Church Stretton circular** via All Stretton, Little Caradoc, Cwms Cottage, Gaerstones Farm (6 miles moderate). Leaders Rex and Mary Simpson. Depart Shrewsbury 0949 Return Church Stretton 1538.
- 3 **Cefn Onn Circular (Cardiff)** (8 miles moderate). Leader Gwyn Lewis. Depart Cardiff Central 1031 for Lisvane Railway Station. Return Lisvane 1546.

Tuesday 26th May

- 1 **NEW Bus Ramble Roman Road Rowen - Aber (Conwy)** linear walk (9 miles leisurely). Leader Dennis. Meet 0945 at Aber car park.

Saturday 30th May

- 1 **Bucknell to Knighton** via Brampton Bryan, Harley's Mountain, Reeve's Hill. (12 miles energetic). Leaders Mike and Kate Owen. Depart Shrewsbury 0928 Book to Knighton Return Knighton 1615.
- 2 **Cilmeri to Builth Road** via Rhosferic Fach, Wye Valley Walk, Builth Wells, Cefn Dyrys, Club Lane (8 miles moderate). Leaders Richard Addyman and Paddy Willis. Depart Shrewsbury. Book to Cilmeri 0905. Return Builth Road 1519.

Saturday 6th June

- 1 **Around Darren Valley (Rhymney Line)** circular walk (12 miles strenuous). Leader Sue Pierce. Depart Cardiff Central 0916 for Tir-phil Railway Station. Return Tir-phil 1736.

Rail Rambles 20th Anniversary Walking Weekend - Machynlleth 6th - 7th June

To celebrate 20 years of Rail Rambles we have organised a walking weekend and dinner in Machynlleth - which is where it all started.

We hope that many walkers will stay overnight and join us along with special guests for this celebratory 3-course meal in Machynlleth Rugby Club. Please find your own accommodation or book a place (16 spaces only) at the refurbished bunkhouse in the centre of Machynlleth. The cost for the bunkhouse will be £16 a night. For further information on the bunkhouse please call Mick Guest on 01902 756530.

To book please fill-in the form on page 20.

Saturday 6th June

- 1 **Machynlleth circular** via Tarrenhendre, Foel y Geifr, Cwm Gila (12 miles strenuous). Leaders Michael Guest and Mike Downward. Depart Shrewsbury 0928. Return Machynlleth 1802.
- 2 **Machynlleth circular** via Pont-ar-Ddyfi, Foel-y-Geifr, Twlfnodwydd (10 miles energetic). Leaders Peter James and David Downes. Depart Shrewsbury 0928. Return Machynlleth 1602 or 1802.
- 3 **Machynlleth circular** via Gallt-y-gog, Garth, Pont-ar-Ddyfi and Brynglas (7 miles moderate). Leaders Graham Cox and Jim Redshaw. Depart Shrewsbury 0928. Return Machynlleth 1602.

Sunday 7th June

- 1 **Dyfi Junction to Machynlleth** via Glandyfi, Coed Llechwedd Einion and Glaspwll (11 miles strenuous). Leaders Michael Guest and Chris Jenkins. Return Machynlleth 1752.
- 2 **Machynlleth circular** via Watermill, Felin-y-Coed and Glyndwr's Way (8 miles moderately strenuous). Leaders Richard and Barbara Addyman. Return Machynlleth 1606.



Saturday 13th June

- 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 Barmouth 1849.
- 2 **Bwlch to Dinas Mawddwy** via the Cambrian Way (8 miles challenging). Leader Laurence Main. Depart Shrewsbury 0928 then bus, fare extra, to Bwlch. Return Dinas Mawddwy by bus to Machynlleth 1802.
- 3 **Caersws to Newtown** via Llanwnnog, Rhydlydan and Fachwen Pool (8 miles moderate). Leaders Bernard Williams and Paddy Willis. Depart Shrewsbury 0928. Book to Caersws Return Newtown 1640.
- 4 **Rhoose to Llantwit Major** (Vale of Glamorgan) linear walk (9 miles leisurely). Leader Gwyn Lewis. Depart Cardiff Central 1041 for Rhoose. Book to Llantwit Major. Return Llantwit Major 1545.

Wednesday 17th June

- 1 **NEW Llangollen circular** via Berwyn, Pendre and Vivod (7 miles moderate). Leaders Lorna Lewis and John Newnham. Depart Shrewsbury 0930 Book to Llangollen Return Ruabon 1551.

Saturday 20th June

- 1 **Ruabon circular** via Wynnstey Park, Erbistock, Overton Bridge, Crabtree Green and Wat's Dyke (11 miles energetic). Leaders Malcolm Kimber and David Stearne. Depart Shrewsbury 0930 Return Ruabon 1643 or 1751.
- 2 **Aberdyfi circular** via Trefeddian, Dyffryn-glyn-cul, Gwyddgwion and Erw Gwenllian (6 miles moderate). Leaders Graham Baker and Derek Shuker. Depart Shrewsbury 0928 Return Aberdyfi 1529.
- 3 **Cosmeston to Penarth Pier** (Vale of Glamorgan) circular walk (6 miles leisurely) Leader Gwyn Lewis. Depart Cardiff Central 1016 for Penarth Railway Station. Return Penarth 1432.

Saturday 27th June

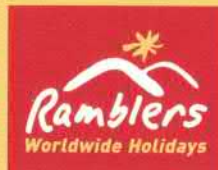
- 1 **NEW Blaenau Ffestiniog** – 4 peaks in the Moelwyns (10 miles very strenuous) Leaders Ian Chippendale and Michael Guest. Depart Shrewsbury 0828 to Llandudno Junction, 1033 to Blaenau Ffestiniog Return Blaenau 1737 to Shrewsbury arrive 2123.
- 2 **Craven Arms circular** via Sibdon Castle, Hopesay Hill and Wistanstow (10 miles moderate). Leaders Gill Leary and Marion Law. Depart Shrewsbury 0905 Return Craven Arms 1637.
- 3 **Ludlow circular** via Overton, Ashford Carbonel and Steventon (7 miles easy). Leaders Rex and Mary Simpson. Depart Shrewsbury 0949 Return Ludlow 1520.
- 4 **Risca to Cross Keys (Ebbw Vale Line)** linear walk via Penrhiw-darren and Ochryth (10 miles moderate). Leader Maggie Thomas. Depart Cardiff Central 0935 for Cross Keys Railway Station. Return Risca 1408.



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Thursday 30th June

- 1 **BUS RAMBLE: Felinheli to Bangor Pier** linear walk (7 miles leisurely). Leader Dennis. Meet 0945 at Beach Road Bangor.

Saturday 4th July

- 1 **Knucklas to Dolau** via Cwm Jenkin, Llangunllo, Bleddfa and Fforest Fach (12 miles energetic). Leaders Peter James and Anne Williams. Depart Shrewsbury 0905. Book to Dolau. Return Dolau 1607.
- 2 **Borth to Aberystwyth** via Craig and cliff path (7 miles moderate). Leaders Graham Cox and Ray Trend. Depart Shrewsbury 0928 Return Aberystwyth 1527.

Rail Rambles 20th Anniversary

- 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 Barmouth 1849.
- 2 **Bwlch to Dinas Mawddwy** via the Cambrian Way (8 miles challenging). Leader Laurence Main. Depart Shrewsbury 0928 then bus, fare extra, to Bwlch. Return Dinas Mawddwy by bus to Machynlleth 1802.
- 3 **Caersws to Newtown** via Llanwnnog, Rhydlydan and Fachwen Pool (8 miles moderate). Leaders Bernard Williams and Paddy Willis. Depart Shrewsbury 0928. Book to Caersws Return Newtown 1640.
- 4 **Rhoose to Llantwit Major** (Vale of Glamorgan) linear walk (9 miles leisurely). Leader Gwyn Lewis. Depart Cardiff Central 1041 for Rhoose. Book to Llantwit Major. Return Llantwit Major 1545.

Wednesday 17th June

- 1 **NEW Llangollen circular** via Berwyn, Pendre and Vivod (7 miles moderate). Leaders Lorna Lewis and John Newnham. Depart Shrewsbury 0930 Return Llangollen Return Ruabon 1551.

Saturday 20th June

- 1 **Ruabon circular** via Wynnstay Park, Erbistock, Overton Bridge, Crabtree Green and Wat's Dyke (11 miles energetic). Leaders Malcolm Kimber and David Stearne. Depart Shrewsbury 0930 Return Ruabon 1643 or 1751.
- 2 **Aberdyfi circular** via Trefedddian, Dyffryn-glyn-cul, Gwyddgwion and Erw Gwennllian (6 miles moderate). Leaders Graham Baker and Derek Shuker. Depart Shrewsbury 0928 Return Aberdyfi 1529.
- 3 **Cosmeston to Penarth Pier** (Vale of Glamorgan) circular walk (6 miles leisurely) Leader Gwyn Lewis. Depart Cardiff Central 1016 for Penarth Railway Station. Return Penarth 1432.

WALK!

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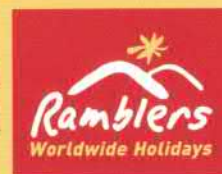


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Useful Telephone Numbers

National Rail Enquiries
(Timetables and Fares)

08457 48 49 50

www.nationalrail.co.uk

www.arrivatrainswales.co.uk

Traveline Cymru

0870 608 2 608

www.traveline-cymru.org.uk

Rail Rambles Walks Programme

029 2064 4308

www.ramblers.org.uk



For further copies of the programme, please send a stamped addressed envelope to:

Ramblers Cymru
3 Coopers Yard, Curran Road
Cardiff. CF10 5NB

Feedback Form

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

Is this your first walk with Rail Rambles?

| | |
|--------------------------|--------------------------|
| Yes | No |
| <input type="checkbox"/> | <input type="checkbox"/> |

How did you first hear about Rail Rambles?

.....

.....

.....

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

| | |
|--------------------------|--------------------------|
| Yes | No |
| <input type="checkbox"/> | <input type="checkbox"/> |

Are you a member of the Ramblers' Association

| | |
|--------------------------|--------------------------|
| Yes | No |
| <input type="checkbox"/> | <input type="checkbox"/> |

Would you like further information on the benefits of joining the Ramblers' Association

| | |
|--------------------------|--------------------------|
| Yes | No |
| <input type="checkbox"/> | <input type="checkbox"/> |

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

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All feedback forms received will be automatically 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 January 2010.

The winner will be notified by post.

Please return this form to:

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

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Waunfawr Park
Parc Waunfawr

Burial Ground
Claddfa

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 on page 22.

Time details may be subject to minor change. Walkers 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.

Twmbarlwm

Twmp

Raven Walk
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Registered Charity in England and Wales number: 1093577

Registered office: 2nd floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW

Mae Cymdeithas y Cerddwyr yn gwmni cyfyngedig trwy warant, wedi ei gofrestru yng Nghymru a Lloegr. Rhif cofrestru'r cwmni 4458492, rhif cofrestru'r elusen 1093577. Swyddfa gofrestredig: Clawr 2, Ty Camelford, 87-90 Glan Albert, Llundain SE1 7TW

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