



**y cerddwyr
ramblers cymru**

CHARE. - Sweet Peas
OUTSIDE

 **ARRIVA** Trains Wales
Trenau Arriva Cymru

Se

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

5 July to 31 December 2009
5 Gorffennaf i 31 Rhagfyr 2009

Welcome to Rail Rambles

The walks themselves are free to join (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. Rail fares are very reasonable and good value with some discounts available.

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.

For more information please contact:

Chris Jenkins on 01691 654066 (Mid-Wales region)

Walks Descriptions

The terms 'strenuous' refer to a fast pace due to mileage and/or the return train time; 'moderate' indicates one or two climbs and a steady pace; 'Leisurely' means gentle climbs and some level ground; "easy" means mostly level ground and a gentle pace.

Walks are led by members of the Ramblers and are insured. 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 walkers, we regret that dogs cannot be taken on any Rail Ramble.

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 08457 48 49 50 or visit www.nationalrail.co.uk, www.arrivatrainswales.co.uk.

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

Fares

The normal range of 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. Discounted fares are available to holders of railcards.

It is always worth enquiring about the availability of group discounts.

Rail Ramble Programme July 2009 – January 2010

Saturday 11th July

- 1 **Craven Arms circular** via Onny Trail, Middle Carwood, Edgton, Kempton, Aston on Clun, Sibdon Castle, Craven Arms (14 miles energetic) Leaders Doug and Ian Hill Depart Shrewsbury 8.55 by replacement bus, return Craven Arms by bus 17.05
- 2 **NEW Builth Road to Llandrindod Wells** via Cors y Llyn, Ysgubor – Uchaf and Dissarth (7 miles moderate) Leaders Richard and Barbara Addyman Depart Shrewsbury 8.55 by replacement bus, return Llandrindod Wells 15.39 Book to Builth Road
- 3 **NEW Wat's Dyke Way Wrexham to Penyffordd** (9 miles moderate) Depart Shrewsbury 9.24 to Wrexham General (buy any-time day return £7.80, or £5.15 with rail-card) return Penyffordd 15.10 to Wrexham (£1.90/£1.25), then 16.20 to Shrewsbury Leader Trevor Allison

Wednesday 15th July

Wellington circular via Little Wenlock and the Wrekin (11 miles energetic) Leaders John Newnham and Marion Law Depart Shrewsbury 9.31, return Wellington 16.21 or 16.45 (east), 16.06 or 16.58 (west)

Saturday 18th July

- 1 **NEW Dolau to Llandrindod Wells** via The Pales and Llandegley Rocks (13 miles strenuous) Leaders Phil and Cheryl Johnston Depart Shrewsbury 9.05, return Llandrindod Wells 20.39
- 2 **Broome to Craven Arms** via Hopesay Hill, Longville Common, and Onny Trail (8 miles moderate) Leaders Paddy Willis and Bob Perry Depart Shrewsbury 9.05, return Craven Arms 16.37

Saturday 25th July

- 1 **Knighton to Craven Arms** via Holloway Rocks, Hopton Titterhill, Clungunford, and Weo Edge (14 miles moderate) leaders David Downes and Anne Williams Depart Shrewsbury 9.05, return Craven Arms 16.37
- 2 **Llandrindod Wells to Dolau** via Alpine Bridge, Penybont and Rhos-Swydd (7 miles moderate) Leaders Doug Billingsley and Ray Trend Depart Shrewsbury 9.05, return Dolau 15.51

Saturday 1st August

- 1 **Prestatyn circular** via Clwydian Way to Moel Maenfa, then Offa's Dyke Path (15 miles strenuous) Leaders Iain Chippendale and Mike Downward Depart Shrewsbury 8.24, return Prestatyn 17.47 or 18.45
- 2 **NEW Conway circular over Conway Mountain** (8 miles moderate) Leaders John Mattocks and Bill Hodges Depart Shrewsbury 8.24 (or Chester 9.26), return Conway 16.20 or 18.18

Saturday 8th August

- 1 **Caersws circular** via Llanwnnog, Gwastadcoed, Goleugoed, Tyn-y-Cwm, Llan y Tarw, Bwlch y Garreg, Ty Marc and Llanwnnog (12 miles energetic) Leaders Peter James and Michael Guest Depart Shrewsbury 9.27, Return Caersws 16.37
- 2 **Caersws circular** via Cefn Carnedd, Llandinam, Cobbler's Gate, Giant's Grave and Little London (8 miles moderate) Leaders Paddy Willis and John Newnham Depart Shrewsbury 9.27, return Caersws 16.37

Saturday 15th August

- 1 **Llanrhystud to Aberystwyth** via coast path Leaders Mike and Kate Owen (11 miles energetic) Depart Shrewsbury 9.27, then bus to Llanrhystud, return Aberystwyth 17.30 or 19.30
- 2 **Llwyngwriol to Barmouth** via Bryn Seward, Morfa Mawddach and bridge (6 miles moderate) Leaders Graham Baker and Richard Addyman Depart Shrewsbury 9.27, return Barmouth 16.50

Wednesday 19th August

NEW Dyfi Junction to Machynlleth via Glan Dyfi, Tyn-y-Garth, Moel y Llyn and Tre'r ddol (10 miles strenuous) leaders Iain Chippendale and Andrew Pike Depart Shrewsbury 9.27, return Machynlleth 18.07 Bus extra

Saturday 22nd August

- 1 **NEW Bucknell to Ludlow** via Leintwardine, Burrington, Castle Bridge and High Vinnals (17 miles strenuous) Leaders Chris Jenkins and Mike Downward Depart Shrewsbury 9.05, return Ludlow 18.19
- 2 **Craven Arms circular** via Halford, Alcaston, Westhope, Lower Dinchope (11 miles moderate) Leaders Bob Perry and Clare Gathercole Depart Shrewsbury 9.05, return Craven Arms 16.37

Saturday 29th August

- 1 **Machynlleth circular** via Wynford Vaughan-Thomas memorial, Glaslyn and Glyndwr's Way (14 miles strenuous) Depart Shrewsbury 9.27, return Machynlleth 18.07. Bus to Aberhosan leaders Phil and Cheryl Johnston
- 2 **NEW Aberdovey circular** via Dyffryn-gwyn and Pant yr Onn (10 miles moderate) Leaders Marion Law and David Downes Depart Shrewsbury 9.27, return Aberdovey 17.33

Saturday 5th September

- 1 **Welshpool circular** via Powis Castle estate paths, Pen-y-Bryn, Castle Caereinion, Henrhyd, Ashton, Penllwyn (14 miles energetic) Leaders Chris Jenkins and Anne Williams Depart Shrewsbury 9.27 Return Welshpool 17.01
- 2 **Fairbourne circular** via Llynnau Gregennen and Cyfannedd Fawr (9 miles moderate) Leaders Graham Cox and Ray Trend Depart Shrewsbury 9.27, return Fairbourne 16.57 or 18.56

Saturday 12th September

- 1 **NEW Hope Valley to Shelve** via Bromlow Callow, Mitchell's Fold stone circle and Corndon Hill (12 miles energetic) Leaders Doug and Ian Hill **BUS RAMBLE** (about £5) Depart 10.15 552-3 from Stand P Shrewsbury bus station, return from Hope Valley 16.00
- 2 **Yorton to Wem** via the Shropshire Way (8 miles moderate) Leaders Paddy Willis and Bernard Williams Depart Shrewsbury 10.26, return Wem 15.58 or 16.39

Wednesday 16th September

NEW Aberangell to Dinas Mawddwy (5 miles moderate) Leader Laurence Main (01650 531354) Depart Shrewsbury 9.27, return Machynlleth 18.07 Bus fare extra

Saturday 19th September

- 1 **Church Stretton to Pontesbury** via Betchcott Hills, Gatten Lodge, Blakemore Gate and Polesgate (15 miles strenuous) Leaders Andrew Pike and Mike Downward Depart Shrewsbury 9.05 Return by bus 18.14
- 2 **NEW Church Stretton circular** via Folly Bank, Cardington, Hope Bowdler Hill, Gaer Stone and Hazler Wood (8 miles moderately strenuous) Leaders Derek Shuker and Jim Redshaw Depart Shrewsbury 9.44, return Church Stretton 17.37

Saturday 26th September

- 1 **NEW Bridgnorth to Telford** (12 miles energetic) Leaders David Downes and Marion Law Depart Shrewsbury bus station 9.40, return from Telford by train 16.59
- 2 **NEW Kington circular BUS Ramble** via Ridgebourne, Whet Stone, Lower Hergest and Ashmoor (7 miles moderate) Leaders Doug Billingsley and Bob Perry Depart Shrewsbury 9.05, book return to Knighton, return Knighton 16.15 (bus fare extra)

REMINDER If you want to book for the Christmas lunch please see details at 12th December.

Saturday 3rd October

- 1 **Machynlleth to Barmouth** via Cadair Idris, Cregennen Lakes, Arthog waterfalls (14 miles strenuous) Leaders Phil and Cheryl Johnston Depart Shrewsbury 9.27 Return Barmouth 18.49
- 2 **Machynlleth circular** via Brynteg, Brynmelyn, and Llyn Glanmeryn (7 miles moderate) Leaders Rex and Mary Simpson Depart Shrewsbury 9.27, return Machynlleth 16.07

Saturday 10th October

- 1 **Newtown circular** via Lluest, Cefn-gwyddfod, Bwlch-y-Ffridd, Hollybush, Thimble Hall and Aberhafesp (12 miles energetic) Leaders Peter James and Kevin Jones Depart Shrewsbury 9.27, return Newtown 16.46
- 2 **Newtown circular** via Severn Way, Lower Gwestydd, Cefn Mawr and Ffrydd Farm (6 miles moderate) Leaders Maggie Uphill and Clare Gathercole
- 3 **NEW Furnace to Machynlleth** via Dyfi Valley Way (8 miles moderate) Leader Laurence Main 01650 531354 Depart Shrewsbury 9.27, return Machynlleth 16.07, bus fare extra

Wednesday 14th October

Church Stretton circular via Little Stretton, Round Hill, Portway and All Stretton (10 miles energetic) Leaders Bill Hodges and Jim Redshaw Depart Shrewsbury 9.05, return Church Stretton 16.50 (north), 17.09 (south)

Saturday 17th October

- 1 **Dolau to Penybont** via Old Hall and "The Riggles" (12 miles energetic) Leaders David Downes and Anne Williams Depart Shrewsbury 9.05, return Penybont 15.46
- 2 **Chirk circular** via Chirk Castle estate, Llangollen, the Panorama and Pontcysyllte (9 miles moderate) Leaders John Mattocks and Bernard Williams Depart Shrewsbury 9.24 or Chester 9.28, return Chirk 16.51 or 16.47 to Chester

Saturday 24th October

- 1 **NEW Ludlow to Kingsland** via Mortimer Trail, Lucton and Lugg Green (16 miles energetic) Leaders Michael Guest and Iain Chippendale Depart Shrewsbury 8.50, return by bus (fare extra) to Leominster depart 18.08
- 2 **NEW Leominster circular** via Monkland, Kingsland and Eyton (10 miles easy) Leaders Graham Baker and Jim Redshaw Depart Shrewsbury 9.44, return Leominster 17.08

Saturday 31st October

- 1 **Llangollen to Chirk** via Valle Crucis, Bryn-Hyfyrd, Dinas Bran, Offa's Dyke Path and Chirk (13 miles strenuous) Leaders David Downes and Phil Johnston Depart Shrewsbury 8.24 Book to Ruabon, bus fare extra, return Chirk 17.57
- 2 **Wrenbury to Whitchurch** via bus to Wrenbury village, then Shropshire Union Canal and Sandstone Trail (9 level miles easy) Leaders Doug Hill and Barbara Addyman Depart Shrewsbury 10.26, return Whitchurch 16.31

Saturday 7th November

- 1 **Hopton Heath to Knighton** via Hopton Castle, Stow Hill and Offa's Dyke Path (12 miles energetic) Leaders Kevin Jones and Peter James Depart Shrewsbury 9.05, return Knighton 16.15
- 2 **NEW Llanbister Road to Dolau** via St Michael's Pool, Old Hall and Glanyrafon (7 miles moderate) Leaders Richard and Barbara Addyman Book to Dolau Depart Shrewsbury 9.05, return Dolau 15.51
- 3 **NEW Blaenplwyf to Aberystwyth** via Ceredigion Coast Path (6 miles moderate) Leader Laurence Main Depart Shrewsbury 9.27, return Aberystwyth 15.30, bus fare extra

Saturday 14th November

- 1 **Church Stretton circular** via Willstone Hill, Cardington, Lawley and All Stretton (14 miles strenuous) Leaders Phil and Cheryl Johnston Depart Shrewsbury 9.05, return Church Stretton 16.50
- 2 **Craven Arms circular** via Clapping Wicket, Aldon and Stokesay Castle (8 miles moderate) Leaders Bill Hodges and Paddy Willis Depart Shrewsbury 9.05, return Craven Arms 16.37

Wednesday 18th November

NEW Minsterley circular via Aston Rogers, Broom Hill and Worthen (15 miles strenuous) Leaders Andrew Davies and Cheryl Johnston Depart Shrewsbury by bus 8.40, return Minsterley 16.10

Saturday 21st November

- 1 **Gobowen to Llanymynech** via Brogynton Park and Offa's Dyke Path (12 miles energetic) Leaders Mike and Kate Owen Depart Shrewsbury 8.24 by train, return from Llanymynech 15.25 or 16.12 **by bus**
- 2 **Gobowen to Chirk** via New Marton Lock, Shropshire Union Canal and Chirk (7 miles moderate) Leaders Derek Shuker and Ray Trend Depart Shrewsbury 9.24 Book to Chirk, alight Gobowen, return Chirk 15.57

Saturday 28th November

- 1 **NEW Ludlow to Cleobury Mortimer** via Titterstone Clee, Cleeton St Mary, Cranmer Gutter and Bank Top Farm (16 miles strenuous) Leaders Michael Guest and Chris Jenkins Depart Shrewsbury 8.50, return bus Cleobury Mortimer to Ludlow, return Ludlow 18.20
- 2 **Ludlow circular** via Mortimer's Trail, Hanway Common and Starvecrow (10 miles moderate) Leaders Marion Law and Brian Gittins Depart Shrewsbury 9.44, return 16.19 (north), 16.15 (south)

Saturday 5th December

- 1 **Knighton circular** via Knucklas, Lloyney, Jack Mytton Way, Offa's Dyke Path, New House and Panpunton Hill (12 miles strenuous) Leaders Anne Williams and Chris Jenkins Depart Shrewsbury 9.05, return Knighton 16.15
- 2 **Knighton circular** via Panpunton Hill, Offa's Dyke Path, Balls Cottage, Skyborry and Monaughty Poeth, Knucklas and Glyndr's Way (8 miles moderate) Leaders Derek Shuker and Clare Gathercole Depart Shrewsbury 9.05, return Knighton 16.15

Saturday 12th December

- 1 **Church Stretton circular** via Cwm Dale, Jonathan's Rock and golf course (7 miles moderate) Leaders Marion Law and John Newnham Depart Shrewsbury 9.05, return Church Stretton 16.50 (north), 17.09 (south)
 - 2 **Church Stretton circular** (5 miles moderate) Leaders Richard and Barbara Addyman. Followed by lunch at the Long Mynd Hotel at 1pm. Depart Shrewsbury 9.44, return Church Stretton 16.50 (north) 17.08 (south)
- Barbara Beresford will organise the lunch and forms/menu will be available from 10th October. She can be contacted on 01952 461418 after this date. Names and payment required by 17th November 2009

Wednesday 16th December

NEW Wem to Shrewsbury via Shropshire Way (15 miles energetic) Leaders Andrew Davies and Andrew Pike Depart Shrewsbury 8.26

Saturday 19th December

- 1 **Bucknell circular** via Bucknell Wood, Vron, Caer Caradoc, Chapel Lawn, Meeroak and Bucknell Hill (12 miles strenuous) Leaders Brian Gittins and Chris Jenkins Depart Shrewsbury 9.05, return Bucknell 16.21
- 2 **Whitchurch circular** via Brown Moss and Tilstock (7 miles easy/moderate) Leaders Doug Hill and Jim Redshaw Depart Shrewsbury 10.26, return Whitchurch 16.31

Saturday 2nd January 2010

- 1 **Craven Arms circular** via Sibdon Carwood, Hopesay, Aston on Clun, Clapping Wicket, Marches Way and Shropshire Way Leaders Brian and Jenny Jones Depart Shrewsbury 9.05, return Craven Arms 16.37
- 2 **Craven Arms circular** via Halford, Strefford and Wistanstow (7 miles easy) Leaders Paddy Willis and Bob Perry Depart Shrewsbury 9.05, return Craven Arms 14.28

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 a local Group
- a choice of 500 led walks a week
- quarterly magazine, **walk**
- **walk BRITAIN** guide
- discretionary discounts, including **10% off at Cotswolds Outdoors**
- and a very warm welcome!

Visit www.ramblers.org.uk/offer or call **020 7339 8500** quoting **RAM**

* Rate valid until 30 December 2009. Discounts only valid in first year of membership. Offer is not available to existing Ramblers members.

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 notified of the latest Rail Rambles programme?

Yes No

Please provide your address details:

Title----- Initials----- Surname-----

Address-----

-----Postcode-----

Email Address-----

All feedback forms received will automatically be entered into our Prize Draw for two North & MidWales Flexi Rover tickets offering 3 days rail and 7 days bus travel. Prize Draw will take place Dec 2009. 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

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