



y cerddwyr
ramblers cymru



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

9th January – 3rd July 2010

9 Ionawr – 3 Gorfennaf

Welcome to Rail Rambles

The walks are free to join. Each walk is planned to be accessible by a day return rail journey from a number of main line and connecting bus and rail stations.

The programme

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

For more information please contact:

Website www.railrambles.com

Chris Jenkins chris.jenkins9@btinternet.com

Marion Law marionlaw@tiscali.co.uk for an email programme

Cheryl Johnston pcjludlow@yahoo.com

Walks Descriptions

The walks categories have been adjusted to conform to the Ramblers descriptions on the Walks Finder. The term '**strenuous**' refers to a fast pace due to mileage and/or the return train time and are for experienced country walkers with an above average fitness level; '**moderate**' indicates some steep paths and a steady pace for people with country walking experience and a good level of fitness; '**Leisurely**' means gentle climbs and some level ground for reasonably fit people; '**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. 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.

2 Newtown circular via Gilfach bridge, Penarron, Lower Wig and Blackhill Wood (7 miles moderate) Leaders Rex and Mary Simpson Depart Shrewsbury 9 27, return Newtown1645

Saturday 5th June

1 NO LEADER AVAILABLE

2 Nantwich circular via Acton and Shropshire Union Canal (6 miles leisurely) Leaders Clare Gathercole and Doug Hill Depart Shrewsbury 10 26, return Nantwich 15 34

Saturday 12th June

1 Colwyn Bay circular via Bryn Euryn and Cilgwyn Mawr (11 miles strenuous) Leaders Phil and Cheryl Johnston Depart Shrewsbury 9 24, return Colwyn Bay 17 31

2 NO LEADER AVAILABLE

Wednesday 16th June

NEW Machynlleth to Talybont via Bwlch, Cwmyrhaidr, Anglers' Retreat, Winllan and Leri Valley (15 miles strenuous) Leaders Iain Chippendale and Andrew Pike Depart Shrewsbury 9 27 book to Machynlleth, return bus 18 12 from Talybont, Machynlleth 20 07

Saturday 19th June

1 Crickhowell to Abergavenny via Table Mountain, Llanbedr and Sugar Loaf (12 miles strenuous) Leaders Mike Downward and Michael Guest Depart Shrewsbury 7 39, bus to Crickhowell, return Abergavenny 17 28, 18 00 or 18 30

2 Ludlow circular via Felton Farm, Race Course, Bromfield and Prior's Halton (7 miles leisurely) Leaders Graham Baker and Doug Hill Depart Shrewsbury 9 44, return Ludlow 16 19

Saturday 26th June

1 Craven Arms circular via Glencoed, Onibury, Bache, Callow Hill and Strefford (12 miles Moderate) Leaders Peter James and John Mattocks Depart Shrewsbury 9 05 return Craven Arms 16 37

2 Craven Arms circular via Stokesay, Glencoed, Onibury and Norton (8 miles leisurely) Leaders Bob Perry and Paddy Willis Depart Shrewsbury 9 39, return Craven Arms 15 28

3 Dolwyddelan to Betws y Coed (8 miles) Leader Maureen 01244 815273 Meet at 10 30 at Betws y Coed station for train to Dolwyddelan

4 Quakers Yard to Troed y Rhiw (via Mynydd Merthyr) (10 miles moderate) Leader Gwyn 07910 595265 Depart Cardiff 9 26, book return to Troed y Rhiw, return Troed y Rhiw 16 15

Saturday 3rd July

1 Church Stretton circular via Betchcott Hill, Sheppen Fields, Smethcott and Woolstaston (15 miles strenuous) Leaders Anne Williams and Chris Jenkins Depart Shrewsbury 9 05, return Church Stretton 16 50

2 Church Stretton circular via Caer Caradoc (6 miles moderate) leaders Clare Gathercole and Bernard Williams Depart Shrewsbury 9 05, return Church Stretton 15 37

- 3 Llandybie circular** (8 miles moderate) Leader Dot 01269 593080 Depart Llanelli 9 35, return Llandybie 17 00

Saturday 24th April

- 1 Caersws to Newtown** via Moat Lane, Giant's Grave, Hafod, Mochdre and River Severn (11 miles moderate) leaders Andrew Pike and Anne Williams Depart Shrewsbury 9 27 book to Caersws, return Newtown 16 45
- 2 Machynlleth circular** via Roman Steps, Glanmeryn and Rhiwlwyfen (8 miles moderate) Leaders Graeme Cox and Bill Hodges Depart Shrewsbury 9 27, return Machynlleth 16 07
- 3 Penarth Marina and Cardiff Barrage** (5 miles leisurely) Leader Gwyn 07901 595265 Depart Cardiff Central 10 54 Book single to Cogan railway station

Saturday 1st May

- 1 Llanwrtyd Wells circular** via Victoria Wells, St David's Church and Cefn Blaencwmhenog (14 miles strenuous) Leaders Brian and Jenny Jones Depart Shrewsbury 9 05, return Llanwrtyd 20 07
- 2 Llangammarch to Garth** via Coed Clunmelyn, Roman Road and Brest-y-garth (8 miles moderate, fast pace) Leaders Richard Addyman and John Newnham Depart Shrewsbury 9 05, book to Llangammarch, return Garth 15 11

Saturday 8th May

- 1 NEW Tal-y-Cafn to Llanfairfechan** (12 miles strenuous) Leaders John Mattocks and Chris Jenkins Depart Shrewsbury 8 24 via Llandudno Junction (off peak day return to Llanfairfechan plus single from Llandudno Junction to Tal-y-Cafn), return Llanfairfechan 18 07
- 2 Shrewsbury town**, two hour walk with experienced guides. Meet at Shrewsbury rail station at 10 am Leaders Jennifer Farlow and Barbara Addyman
- 3 Llwyngwrl to Barmouth** (6.5 miles leisurely) Leader Laurence Main Depart Shrewsbury 9 27 book to Barmouth, return Barmouth 16 53
- 4 Rhoose to Llantwit Major** (9 miles moderate) Leader Gwyn 07910 595265 Depart Cardiff Central 9 41 Book return to Llantwit Major station, return Llantwit Major 15 56

Saturday 15th May

- 1 Llandrindod Wells circular** via Pawl Hir (12 miles energetic) Leaders Anne Williams and Mike Downward Depart Shrewsbury 9 05, return Llandrindod 15 39
NO LEADER AVAILABLE FOR SECOND WALK

Saturday 22nd May

- 1 NEW Llangollen to Lliidiart-y-Parc** (14 miles strenuous) Leaders Mike Guest and Andrew Pike Depart Shrewsbury 9 24 book to Ruabon, then bus to Llangollen, return Ruabon 18 43
- 2 Aberdyfi circular** via Trefeddiann, Dyffryn-glyn-cul, Trefrifawr and Penhelyg (6 miles Moderate) Leaders Graeme Cox and Bob Perry Depart Shrewsbury 9 27, return Aberdyfi 15 30 or 17 34

Saturday 29th May

- 1 Llwyngwrl to Tonfanau** via Craig Cwm-Lloyd, Gwastad Meirionydd and Llanfendigaid (12 miles strenuous) Leaders Mike and Kate Owen Depart Shrewsbury 9 27 book to Llwyngwrl, return Tonfanau 17 14

**PLEASE NOTE REVISED WALKS DESCRIPTIONS
RAIL RAMBLES PROGRAMME January – June 2010**

Saturday 9th January

- 1 Newtown circular** via Lluest, Rhydygro, Plas Gregynog and Garth Hill (12 miles strenuous)
Leaders Doug and Ian Hill Depart Shrewsbury 9 27, return Newtown 16 45
- 2 Caersws to Newtown** via Maesmawr and Stepside (7miles moderate) Leaders Richard Addyman and Clare Gathercole Depart Shrewsbury 9 27, return Newtown 16 45

Wednesday 13th January

- Codsall circular** via Wrottesley Park, Pattingham and Boningale (15 miles strenuous)
Leaders Andrew Davies and Chris Jenkins Depart Shrewsbury 9.47, return Codsall 16.33

Saturday 16th January

- 1 Knighton circular** via Llanwen Hill, Pilleth, Black Hill, Rhos Hill and Rhos-y-Meirch (12/13 miles strenuous) Leaders Brian Gittins and Michael Guest) Depart Shrewsbury 9 05, return Knighton 16 15
- 2 NEW Bishops Castle circular** via Oakley House, Home Farm and Lydbury North (7 miles moderate) Leaders Jim Redshaw and Ray Trend Depart Shrewsbury BUS STATION Stand P 10 15, return Bishops Castle 15 39

Saturday 23rd January

- 1 Bucknell to Craven Arms** via Leintwardine and Stokesay Castle (12 miles strenuous) Leaders Phil and Cheryl Johnston Depart Shrewsbury 9 05, return Craven Arms 16 28
- 2 Bucknell to Knighton** via Vron, Stowe Hill, Stowe Church and Lee Cottage (7 miles moderate)
(Leaders Bob Perry and Paddy Willis) Depart Shrewsbury 9 05 book to Knighton, return Knighton 16 15

Saturday 30th January

- 1 Wellington circular** via the Wrekin, Little Wenlock, Braggers Hill, Leasows Farm, Loamhole Dingle (13 miles strenuous) Leaders Andrew Davies and Cheryl Johnston Depart Shrewsbury 9 31, return Wellington 17 06 west, or 16 45 east
- 2 Church Stretton circular** via The Owlets, Pole Cottage and Light Spout Hollow (8 miles moderate) Leaders Marion Law and John Newnham Depart Shrewsbury 9 05, return Church Stretton 15 37
- 3 Merthyr Vale to Pontypridd** (8 miles leisurely) Leader Gwyn 07910 595265 Depart Cardiff Central 9 56 book to Merthyr Vale, return Pontypridd 15 18

Saturday 6th February

- 1 NEW Borth circular** via Taliesin, Afon Cletwr and Bedd Taliesin (11 miles moderate) Leaders Iain Chippendale and Brian Gittins Depart Shrewsbury 9 27, return Borth 17 43
- 2 Borth to Aberystwyth** via Craig y Delyn and cliff path (7 miles moderate) Leaders Graeme Cox and Laurence Main Depart Shrewsbury 9 27, return Aberystwyth 17 30

Saturday 13th February

- 1 Llandrindod Wells to Llanbister Road**, BUS from Llandrindod to Fronddyrys, then via Penny Well and The Riggles (11 miles strenuous) Leaders Chris Jenkins and Anne Williams Depart Shrewsbury 9 05 book to Llandrindod Wells, return Llanbister Road 15 56
- 2 Llanbister Road to Llangunllo** via St Michael's Pool and Bleddfa (7 miles moderate) Leaders Paddy Willis and Bernard Williams Depart Shrewsbury 9 05 book to Llanbister Road, return Llangunllo 16 01
- 3 Pyle to Port Talbot** (9 miles moderate) Leaders John and Ann 01792 298354 Depart Llanelli 8 45, book to Pyle, return Port Talbot 15 36

Wednesday 17th February NO LEADER AVAILABLE

Saturday 20th February

- 1 Abergavenny circular** via Bryn Arw, Sugar Loaf, The Deri and River Usk (14 miles strenuous) Leaders Phil and Cheryl Johnston Depart Shrewsbury 8 50, return Abergavenny 17 28 or 18 01
- 2 Leominster circular** via Eyton and Mousenatch (7 miles leisurely) Leaders Bill Hodges and Graham Baker Depart Shrewsbury 9 39 Return Leominster 15 08 or 16 08
- 3 Port Talbot to Neath** (8 miles moderate) Leaders John and Ann 01792 298354 Depart Llanelli 8 45 book to Port Talbot, return Neath 14 43
- 4 Porth to Pontypridd** (9 miles moderate) Leader Gwyn 07910 595265 Depart Cardiff Central 10 06, book to Porth, return Pontypridd 16 09

Saturday 27th February

- 1 Machynlleth circular** via Parc Common, Glanmeryn, Bryn Coch Bach and Rhiwlwyfen (12 miles strenuous) Leaders Peter James and Ian Hill Depart Shrewsbury 9 27, return Machynlleth 18 07
- 2 Caersws circular** via Roman Road, Walk Mill, Crossgates and Llanwnog (8.5 miles moderate) Leaders Bob Perry and John Newnham Depart Shrewsbury 9 27, return Caersws 16 35

Saturday 6th March

- 1 Welshpool circular** via Cil-Cewydd, Wernllwyd, Brithdir, Belan and Powis Castle (11 miles moderate) Leaders Marion Law and John Mattocks Depart Shrewsbury 9 27, return Welshpool 17 01
- 2 Dolau circular** via Arran Villa and Old Hall (7 miles moderate) Leaders Barbara Addyman and Ray Trend Depart Shrewsbury 9 05, return Dolau 15 51

Saturday 13th March

- 1 Wem circular** via Lee Brockhurst, Weston Heath Nook Lane Farm, Soulton Hall and Treacle Mine (12 miles moderate) Leaders Doug and Ian Hill Depart Shrewsbury 10 26, return Wem 16 36 or 17 58
- 2 Wem to Yorton** via Shropshire Way and Sansaw (8 miles leisurely) Leaders Rex and Mary Simpson Depart Shrewsbury 10 26 book to Wem, return Yorton 16 06

Wednesday 17th March

- Aberangell to Dinas Mawddwy** via Camlan, preceded by a tour of Machynlleth (5 miles moderate) Depart Shrewsbury 9 27, book to Machynlleth, bus to Aberangell, return Machynlleth 18 07

Saturday 20th March

- 1 Corwen to Llangollen** via Cynwyd, Moel Fferna and Vivod Mountain (15 miles strenuous), Leaders Brian and Jenny Jones Depart Shrewsbury 8 24 book to Ruabon, bus from and to Ruabon, return Ruabon 17 51
- 2 Llangollen circular** via Bryn Hyfryd, Britannia Inn and Llantysilio (9 miles moderate) Leaders John Newnham and Paddy Willis Depart Shrewsbury 9 24, book Ruabon return or "Llangollen Bus", bus to Llangollen, return Ruabon 16 45 or 17 51
- 3 Treherbert to Ton Pentre** (9 miles moderate) Leader Mike 029 2075 7642 Depart Cardiff Central 10 06, return Ton Pentre 16 53

Saturday 27th March

- 1 Dolau circular** via Old Hall, Radnor Forest and Water-Break-its-Neck (14 miles strenuous) Leaders Phil and Cheryl Johnston Depart Shrewsbury 9 05, return Dolau 15 51
- 2 Llandrindod circular** via Brynhir, Carregwiber Bank and Dan-y-Graig (7 miles moderate) Leaders Richard Addyman and Bernard Williams Depart Shrewsbury 9 05, return Llandrindod 15 39

Sunday 28th March

- Ystrad Mynach to Pontlottyn (Rhymney Valley)** (9 miles moderate) Leaders Paul and Bob 01443 829161 Meet 9 30 Ystrad Mynach station, return Pontlottyn 15 25

Saturday 3rd April

- 1 NEW Borth circular** via Llandre, Mynydd Gorddu, Leri Valley and Talybont (12 miles strenuous) Leaders Iain Chippendale and Mike Downward Depart Shrewsbury 9 27 Return Borth 17 43 or 19 43
- 2 Dyfi Junction to Machynlleth** via Glandyfi, Caerhedyn, Llyfnant Valley and Glaspwll (8 miles (moderate) Leaders Bill Hodges and Paddy Willis Depart Shrewsbury 9 27, Return Machynlleth 16 07 or 18 07

Saturday 10th April

- 1 Knucklas to Knighton** via Lower Hall Farm, Upper Heath, Fountain Head and Racecourse (12 miles strenuous) Leaders Peter James and Chris Jenkins Depart Shrewsbury 9 05 book to Knucklas, Return Knighton 16 15
- 2 Knighton circular** via Lee Cottage, Stowe, Five Turnings and Offas Dyke Path (6 miles moderate) Leaders Barbara Addyman and Graham Baker Depart Shrewsbury 9 27, Return Knighton 16 15

Wednesday 14th April

- Penhelig to Tywyn** via Dyffryn Gwyn, Bryn Dinas and Rhyd-yr-onen (9 miles moderate) Leaders Marion Law and Jim Redshaw Depart Shrewsbury 9 27, return Tywyn 17 28

Saturday 17 April

- 1 Church Stretton to Shrewsbury** via Betchcott Hill, Wilderley Hill, Lawn Hill, Earls Hill and Lyth Hill (19 miles strenuous) Leaders Mike and Kate Owen Depart Shrewsbury 9 05
- 2 Welshpool circular** via Belan, Glyn-Mawr Wood and Powis Castle (8 miles moderate) Alan Howard's memorial walk Leaders Clare Gathercole and Maggie Uphill Depart Shrewsbury 9 27, Return Welshpool 17 01