

**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 £23.60\* a year you'll get:

- Membership of a local Group
- a choice of 500 led walks a week
- award winning quarterly magazine, walk (rrp £3.40)
- "Walk Britain's Great Views" guide (rrp £14.99)
- discretionary discounts, including Cotswold Outdoor, Millets, Blacks and Rohan
- and a very warm welcome!

Visit [www.ramblers.org.uk/offer](http://www.ramblers.org.uk/offer) or call **020 7339 8500** quoting **C10GYA**

*\* Rate valid until 30 December 2010. Discounts only valid in first year of membership. Offer is not available to existing Ramblers members.*



**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

**10<sup>th</sup> July – 18<sup>th</sup> December 2010**

**10 Ionawr – 18 Gorfennaf 2010**

**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](http://www.railrambles.com)**

Chris Jenkins [chris.jenkins9@btinternet.com](mailto:chris.jenkins9@btinternet.com)

Marion Law [marionlaw@tiscali.co.uk](mailto:marionlaw@tiscali.co.uk) for an email programme

Cheryl Johnston [pcjludlow@yahoo.com](mailto: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](http://www.nationalrail.co.uk), [www.arrivatrainswales.co.uk](http://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.

## 3 Dinas Powys (8 miles leisurely circular)

Contact Gwyn 07910 595265 Depart Cardiff Central 10:24, return Eastbrook 14:58.

## Wednesday 17<sup>th</sup> November

**Craven Arms circular** via Norton, Onibury and the Shropshire Way (8 miles moderate)

Leader Marion Law and Sue Jones Depart Shrewsbury 09:05, return Craven Arms 15:28.

## Saturday 20<sup>th</sup> November

**1 Newtown circular** via Abermule and Dolforwyn Castle (12 miles moderate)

Leaders Brian and Jenny Jones Depart Shrewsbury 9:27, return Newtown 16:40.

**2 Newtown circular** via Thimble Hall and Aberhafesp (7 miles moderate)

Leaders Pam Swales and Clare Gathercole Depart Shrewsbury 9:27, return Newtown 16:40.

<b>Last date for booking Christmas lunch (Barbara Beresford 01952 461418)</b>
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## Saturday 27<sup>th</sup> November

**1 Abergavenny circular** via Skirrid Fach and Skirrid Fawr (11 miles strenuous)

Leaders Ian Chippendale and Andrew Pike. Depart Shrewsbury 08:50, return Abergavenny 17:28.

**2 Ludlow circular** via Whitcliffe, Brick House, Lady Halton and Prior's Halton (8 miles moderate)

Leaders Alan Goater and Miriam Walton Depart Shrewsbury 09:39 return Ludlow 16:19.

## Saturday 4<sup>th</sup> December

**1 Hopton Heath to Ludlow** via Leintwardine and Fiddler's Elbow (12 miles strenuous)

Leaders Andrew Davies and John Mattocks. Depart Shrewsbury 09:05 return Ludlow 16:19.

**2 Hopton Heath to Craven Arms** via Clungunford and Clapping Wicket (7 miles moderate)

Leaders John Newnham and Bernard Williams. Depart Shrewsbury 09:05, return Craven Arms 15:28.

**Saturday 11<sup>th</sup> December inc Christmas lunch at Long Mynd Hotel** if previously booked

**1 Church Stretton circular** (7 miles moderate). Leaders Marion Law and Bob Perry  
Depart Shrewsbury 9:05, return Church Stretton 15:37.

**2 Church Stretton circular** (5 miles moderate) Leaders Richard Addyman and Doug Hill.  
Depart Shrewsbury 9:39, return Church Stretton 15:37.

**3 Garth Summit** (7 miles moderate circular)

Contact Gwyn 07910 595265. Depart Cardiff Central 10:06, return Taffs Wells 15:20.

## Wednesday 15<sup>th</sup> December

**Bucknell to Craven Arms** via Hopton Castle, Clungunford and Stokesay Castle (12 miles moderate). Leader Andrew Davies. Depart Shrewsbury 09:05, return Craven Arms 16:37.

## Saturday 18<sup>th</sup> December

**1 Gobowen circular** via Old Racecourse and Oswestry (11 miles moderate)

Leaders Mike Downward and Chris Jenkins Depart Shrewsbury 09:24, return Gobowen 16:03 or 16:57

Leaders Brian and Jenny Jones Depart Shrewsbury 9:27, return by bus from Tre'r Ddol, Machynlleth 18:07

**2 Abergwydol to Machynlleth** (6 miles moderate)

Leader Laurence Main Depart Shrewsbury 9:27, bus 12:29 to Abergwydol, fare extra, return Machynlleth 18:07

**Wednesday 13<sup>th</sup> October**

**NEW Bishop's Castle circular** via Oakley House, Home Farm and Lydbury North (7 miles moderate)

Leaders Jim Redshaw and Bill Hodges Depart Shrewsbury by **bus Stand P 553** 10:15, return Bishop's Castle 15:39

**Saturday 16<sup>th</sup> October**

**1 Knucklas to Dolau** via Cwm Jenkin, Llangynllo, Bleddfa and Fforest Fach (12 miles moderate)

Leaders Mike and Kate Owen Depart Shrewsbury 09:05 return Dolau 15:51

**2 Cilmeri to Builth Road** via Rhosferig Fach, Wye Valley Way, Builth Wells, Cefn Dyrys and Club Lane (8 miles moderate)

Leaders Graeme Baker and Bob Perry. Depart Shrewsbury 09:05, return Builth Road 15:19

**3 Cardiff Bay (crossing Pont y Werin)** (7 miles leisurely circular)

Contact Gwyn 07910 595265. Depart Cardiff Central 10:24, return Cogan 14:45

**Saturday 23<sup>rd</sup> October**

**1 Yorton to Shrewsbury** via Myddle, Oldwood, Bomere Heath and Hencott Pool (12 miles moderate)

Leaders Doug and Ian Hill Depart Shrewsbury 10:26.

**2 Wrenbury to Whitchurch** via South Cheshire Way, Wickstead Old Hall and Lower House Farm (7 miles leisurely)

Leaders Richard Addyman and John Newnham Depart Shrewsbury 10:26 return Whitchurch 15:47.

**Saturday 30<sup>th</sup> October**

**1 Abergavenny circular** via Blorenges and the Goose and Cuckoo (15 miles strenuous)

Leaders Michael Guest and Chris Jenkins Depart Shrewsbury 08:50, return Abergavenny 18:00.

**2 Abergavenny circular** via Little Skirrid and Llanellen (8 miles moderate)

Leaders Jim Redshaw and Paddy Willis Depart Shrewsbury 09:39, return Abergavenny 16:00 or 16:30.

**Saturday 6<sup>th</sup> November**

**1 Ludlow circular** via Titterstone Clee (13 miles strenuous)

Leaders Anne Williams and Andrew Pike Depart Shrewsbury 09:37 return Ludlow 17:19.

**2 Welshpool circular** via Leighton Farm Buildings, Beacon Ring, Offa's Dyke Path and Buttington (8 miles moderate)

Leaders Bill Hodges and Patrick Neal Depart Shrewsbury 9:27, return Welshpool 15:01.

**Saturday 13<sup>th</sup> November**

**1 Llangunllo to Dolau** via Glyndwr's Way, Stankey Hill, Crossways and Maelienydd (14 miles strenuous)

Leaders Phil and Cheryl Johnston Depart Shrewsbury 09:05 return Dolau 15:51.

**2 Pennal to Machynlleth** via Foel Goch (6 miles moderate)

Leader Laurence Main. Depart Shrewsbury 9:27, bus to Pennal (fare extra), return Machynlleth 16:07.

**RAIL RAMBLES PROGRAMME July – December 2010**

**Saturday 10<sup>th</sup> July**

**1 Newtown circular** via Kerry, Kerry Ridgeway, Black Gate, Dolfor, Upper Brimmon, Newtown (14 miles strenuous).

Leaders Anne Williams and Chris Jenkins. Depart Shrewsbury 9:27, return Newtown 16:46.

**2 Barmouth circular** via Dinas Oleu, The Slabs and Cerrig Arthur (7 miles moderate)

Leaders Graeme Cox and Richard Addyman Depart Shrewsbury 9:27, return Barmouth or 16:53.

**Wednesday 14<sup>th</sup> July**

**Llandecwyn to Harlech** via Bryn Cader Faner, Moel Ysgafannogod, Moel Goedog, 2500' ascent (12 miles strenuous).

Leaders Ian Chippendale and John Mattocks Depart Shrewsbury 7:27, return Harlech 18:24.

**Saturday 17<sup>th</sup> July**

**1 Broome circular** via Clunbury, Clunton, Bury Ditches, Burrow Fort, Aston on Clun (12 miles moderate).

Leaders Ian Hill and Peter James Depart Shrewsbury 09:05, return Broom 16:29.

**2 Broome to Craven Arms** via Stokesay, Norton and Craven Arms (8 miles moderate)

Leaders Graham Baker and Bernard Williams Depart Shrewsbury 09:05 return Craven Arms 15:28 or 16:28.

**3 Cardiff Bay and Lavernock** (10 miles moderate)

Contact Andrew (Merthyr Ramblers) 01443 833719. Meet 10am Treforest station, book to Dinas Powys.

**Saturday 24<sup>th</sup> July**

**1 Caersws circular** via Severn Way, Cwm Wood, Llyn-y-Tarw and Llanwnog (13 miles strenuous).

Leaders Michael Guest and Mike Downward Depart Shrewsbury 9:27, return Caersws 16:37.

**2 Newtown circular** via Llanieithon, Pont y perchyll, Newtown (8 miles moderate)

Leaders Marion Law and Patrick Neal Depart Shrewsbury 9:27, return Newtown 16:46.

**3 Barry circular** (7 miles leisurely)

Contact Gwyn 07910 595265. Depart Cardiff Central 10:10, book to Barry, return Barry 15:00.

**4 Polyclun – Llantrisant** (10 miles moderate)

Contact Llanelli Ramblers 01554 773597 Depart Llanelli 9:15.

**Saturday 11<sup>th</sup> December: Early notice of Christmas lunch: Barbara Beresford will again be organising the Christmas lunch at the Long Mynd Hotel, Church Stretton, forms and menus available in October. Menus will be sent to those whose email addresses are held.**

**Saturday 31<sup>st</sup> July**

**1 Knighton circular** via Offa's Dyke Path and Pilleth (12 miles strenuous)

Leaders Mike and Kate Owen Depart Shrewsbury 9:05, return Knighton 16:15.

**2 Knighton circular** via Stowe Hill, Five Turnings and Offa's Dyke Path (8 miles moderate)

Leaders Liz and Bob Owen Depart Shrewsbury 9:05, return Knighton 16:15.

**3 Quakers Yard to Troed y Rhiw** (10 miles moderate linear)

Contact Gwyn 07910 595265 Depart Cardiff Central 9:26, return Troed y Rhiw 15:45.

## Saturday 7<sup>th</sup> August

- 1 Llanrhystud to Aberystwyth** via coast path (11 miles moderate)  
Leaders Phil and Cheryl Johnston Depart Shrewsbury 9:27, bus to Llanrhystud, return Aber 19:30.
- 2 Penhelig to Aberdovey** via Bryneithin, Ffridd yr Ychen and Cwm Safn-ast (8 miles moderate).  
Leaders Claire Gathercole and Graeme Cox Depart Shrewsbury 9 27, return Aberdovey 15:30.

## Saturday 14<sup>th</sup> August

- 1 Machynlleth to Aberystwyth** a George Borrow route via Glaspwll, Welsh Potosi, Dolrhyuddian and Ponterwyd (15 miles strenuous)  
Leaders Ian Chippendale and Chris Jenkins Depart Shrewsbury 9:27 , bus 17:07 or taxi back to Aberystwyth, fare extra, return Aberystwyth 19:30 .
- 2 Prees to Whitchurch** via Marches Way (7 miles easy)  
Leaders Alan Goater and Miriam Walton Depart Shrewsbury 10:26 return Whitchurch 15:47 or 16:27.

## Wednesday 18<sup>th</sup> August

- 1 Chirk to Llangollen** via the Ceiriog Valley, Pontfadog, Y Foel and the Wilderness (14 miles strenuous)  
Leader Chris Jenkins Depart Shrewsbury 9:24 (book to Ruabon), Return **bus** from Llangollen, Train Ruabon 17:51.
- 2 Ebbw Vale to Newbridge** (10 miles moderate linear)  
Contact Tony 029 2056 8222 Depart Cardiff Central 9:35, book to Ebbw Vale, return Newbridge 15:54.

## Saturday 21<sup>st</sup> August

- 1 Crew Green to Welshpool** (10 miles moderate)  
Leaders John Mattocks and Patrick Neal Depart **Shrewsbury bus** station Stand P D74 08:45, return Welshpool 17:01.
- 2 Caersws to Newtown** via Severn Way, Llwyn-y-Brain, Garreg-Lwyd and Fachwen Pool. (7 miles moderate) Leaders Richard Addyman and Marion Law. Depart Shrewsbury 9:27, return Newtown 16:46.
- 3 Llanishen to Cardiff Central** (7 miles leisurely, linear)  
Contact Gwyn 07910 595265 Depart Cardiff Central 10:16 Book to Llanishen.
- 4 Rhymney Valley Ridgeway & Taff Trail** (10 miles moderate, linear)  
Contact David (Merthyr Ramblers) 01685 375525 Department Abercynon 9:30.

## Saturday 28<sup>th</sup> August

- 1 Dolau to Llandrindod Wells** via The Pales and Llandegley Rocks (13 miles strenuous)  
Leaders Phil and Cheryl Johnston. Depart Shrewsbury 9:05, return Llandrindod 15:39
- 2 Llandrindod Wells circular** via Dan-y-Graig, Shaky Bridge, Castle Bank, Pantpurlais and The Lake (7 miles moderate).  
Leaders Jim Redshaw and John Newnham Depart Shrewsbury 09:05, return Llandrindod 15:39.

## Saturday 4<sup>th</sup> September

- 1 Whitegrit to Welshpool** via Stapeley Hill, Flying Dingle and Beacon Ring (14 miles strenuous)  
Leaders Mike Downward and Anne Williams Depart Shrewsbury **bus station Stand P 553** 10:15, return Welshpool 19:01.

- 2 Welshpool circular** via Hope, Cwm Dingle and Leighton (7 miles moderate)  
Leaders Rex and Mary Simpson Depart Shrewsbury 9:27, return Welshpool 17:01
- 3 Bagging Caerphilly Mountain Trig Point** (8 miles moderate circular)  
Contact Gwyn 07910 595265 Depart Cardiff Central 9:26, return Taffs Well 14:50

## Saturday 11<sup>th</sup> September

- 1 Church Stretton circular** via Townbrook Valley, Bridges, Adstone and Motts Road (11.5 miles moderate)  
Leader Andrew Pike Depart Shrewsbury 09:05 return Church Stretton 16:50
- 2 Church Stretton circular** via All Stretton Little Caradoc, Cwms Cottage and Gaerstones Farm (6 miles leisurely)  
Leaders Doug Hill and Paddy Willis Depart Shrewsbury 09:05, return Church Stretton 15:37
- 3 Llanwrtyd** (8 miles moderate)  
Leader John (West Glamorgan Ramblers 01792 201171) For further details contact leader

## Wednesday 15<sup>th</sup> September

- Dinas Mawddwy to King Arthur's Camlan** (5 miles moderate)  
Leader Laurence Main Depart Shrewsbury 9:27, bus from and to Machynlleth, return Machynlleth 18 07.

## Saturday 18<sup>th</sup> September

- 1 NEW Flint circular** via Holywell and Halkyn Mountain (15 miles strenuous)  
Leaders Ian Chippendale and Michael Guest Depart Shrewsbury 9 24, return Flint 18:00
- 2 Chirk circular** via Bronygarth, Starling Castle and Tyn-y-Groes (7 miles moderate)  
Leaders Clare Gathercole and Pam Swales Depart Shrewsbury 10:22, return Chirk 16:51

## Saturday 25<sup>th</sup> September

- 1 Fairbourne to Barmouth** via Gest Ddu, Llynnau Gregennen, Pared-y-Cefn-Hir and Arthog (12 miles strenuous)  
Leaders Doug and Ian Hill Depart Shrewsbury 9:27, return Barmouth 18:51 (book to Barmouth)
- 2 Fairbourne to Barmouth** via Fegla Fawr, Fegla Fach and Morfa Mawddach (6 miles moderate)  
Leaders Graeme Cox and John Newnham Depart Shrewsbury 9:27, return Barmouth 16 53 (book to Barmouth).
- 3 Taffs Well to Radyr (via the Wenallt)** (8 miles moderate, linear)  
Contact Gwyn 07910 595265 Depart Cardiff Central 9:56, return Radyr 14:37.

**Saturday 11<sup>th</sup> December Christmas lunch at the Long Mynd Hotel, forms available from Barbara Beresford, return by November 20<sup>th</sup> to Barbara (01952 461418)**

## Saturday 2<sup>nd</sup> October

- 1 Craven Arms to Ludlow** via Stokesay Castle, Cookeridge and Priors Halton (11 miles moderate)  
Leaders Peter James and Anne Williams Depart Shrewsbury 09:05 return Ludlow 16:49 (book to Ludlow).
- 2 Craven Arms circular** via Wistanstow and Lower Dinchope (6 miles moderate)  
Leaders Bill Hodges and Paddy Willis Depart Shrewsbury 09:05 return Craven Arms 15:28.

## Saturday 9<sup>th</sup> October

- 1 Machynlleth to Tre'r Ddol** via Pen-y-barren, New Pool and Moel y Garn (15 miles strenuous).