



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

8th January – 25th June 2011

8 Ionawr – 25 Menefin 2011

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:

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Website www.railrambles.com

Join the Ramblers

And save £10 when you pay by Direct Debit

If you'd like to get out more and enjoy your local area with like-minded people, the Ramblers is for you. Our walks programmes cater for all abilities with many of the walks aimed specifically at beginners.

Single membership is just £31 and comes with a host of fantastic benefits, including a voucher giving you a massive discretionary discount of 20% at Cotswold Outdoor.

Your membership will also help us to protect footpaths and walking spaces for everyone to enjoy.

And you can **save £10 when you pay by Direct Debit!***

To join, visit www.ramblers.org.uk /join quoting **G10GYA** or call 020 7339 8500 and quote G10GYA.

* £10 discount is only valid in first year of membership and does not apply to concessionary rates.

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.

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 Bucknell to Knighton via Bucknell Wood and Five Turnings (8 miles moderate).
Leaders Jim Redshaw and John Newnham. Depart Shrewsbury 9.05, return Knighton 16.15.

Saturday 28th May

- 1 Llwngwrl to Barmouth** via Bryn Siward and Pont y Bermo (12 miles strenuous).
Leaders Mike Downward and Chris Jenkins. Depart Shrewsbury 9.27, return Barmouth 18.51.
- 2 Tywyn circular** via Dysynni, Broadwater, Bryn-crug, Rhyd-yr-Onnen and Hendy (8 miles moderate).
Leaders Graeme Cox and Paddy Willis. Depart Shrewsbury 9.27, return Tywyn 17.28.

Saturday 4th June

- 1 Gobowen to Chirk** via Oswestry and Offa's Dyke Path (12 miles strenuous).
Leaders John Mattocks and Trevor Allison. Depart Shrewsbury 9.24, return Chirk 16.51.
- 2 Chirk to Gobowen** via Maelor Way, St Martin's and Wat's Dyke (7 miles moderate).
Leaders Richard Addyman and John Newnham. Depart Shrewsbury 9.24, return Gobowen 14.57.

Saturday 11th June

- 1 NEW Ruabon to Llangollen** via Penycae, Newtown Mountain, Ruabon Mountain, World's End, the Ponderosa, Horseshoe Falls and the canal (16 miles strenuous).
Leaders Mike Guest and Phil Johnston. Depart Shrewsbury 8.24, book to Llangollen, return Ruabon 17.51.
- 2 Church Stretton circular** via Jack Mytton Way, Roman Villa, Birtley and Hope Bowdler (8 miles moderate).
Leaders Jim Redshaw and Sue Jones. Depart Shrewsbury 9.38, return Church Stretton 15.37.

Wednesday 15th June: No leader available

Saturday 18th June

- 1 Llandrindod to Knighton** via Whimble, Ednol Hill, Pilleth and Offa's Dyke Path (17 miles strenuous).
Leader Chris Jenkins Depart Shrewsbury 9.05, bus to New Radnor, return Knighton 21.17.
- 2 Knighton circular** via Coed Detton, Lurkenhope Hill and Stowe Hill (8 miles moderate)
Leaders Marion Law and Doug Hill. Depart Shrewsbury 9.05, return Knighton 16.15.
- 3 Quakers Yard to Pontypridd** (7 miles leisurely linear).
Leader Gwyn 07910 595265. Depart 9.56 Cardiff Central, return Pontypridd 15.04.

Saturday 25th June

- 1 NEW Kidsgrove circular** on Staffs/Cheshire border via Biddulph Moor and Nick'l'th'Hill (15 miles strenuous).
Leaders Mike Downward and Iain Chippendale. Depart Shrewsbury 8.26 (stopping train) or 8.53 (tight connection), change Crewe for 9.33 to Kidsgrove, return Kidsgrove 17.59.
- 2 Machynlleth circular** via Forge, Coed Talyrnau and Glanmeryn (8 miles moderate).
Leaders Graeme Cox and Paddy Willis. Depart Shrewsbury 9.27, return Machynlleth 16.07.

Wednesday 13th April

Knighton circular via Panponton Hill, Offa's Dyke Path, Balls Cottage, Skyburri, Monaughty Poeth, Knucklas and Glyndwr's Way (8 miles moderate).
Leaders Bill Hodges and Jim Redshaw. Depart Shrewsbury 9.05, return Knighton 16.15.

Saturday 16th April

- Machynlleth to Barmouth** via Cadair Idris, Gregennen Lakes and Arthog waterfalls (14 miles strenuous)
Leaders Phil and Cheryl Johnston. Depart Shrewsbury 9.27, bus to Minffordd, fare extra, return Barmouth 18.50.
- Welshpool circular** via Leighton, Offa's Dyke Path and Buttington (8 miles moderate).
Leaders Graham Baker and Paddy Willis. Depart Shrewsbury 9.27, return Welshpool 15.01 or 17.01

Saturday 23rd April

- Newtown circular** via Kerry Ridgeway, Kerry Pole and Kerry (12 miles strenuous).
Leaders Andrew Pike and Patrick Neal. Depart Shrewsbury 9.27, return Newtown 16.46.

Saturday 30th April

- Yorton circular** via Merrington, Baschurch, Eyton and Myddle (12 miles moderate).
Leaders Doug and Ian Hill. Depart Shrewsbury 10.26, return Yorton 18.05.
- Llwyngwrl to Barmouth** via Cyfannedd Fawr and Morfa Mawddach (7 miles leisurely).
Leaders Graeme Cox and Richard Addyman. Depart Shrewsbury 9.27, return Barmouth 16.53.
- Pantyyfynon to Llandybie** (11 miles strenuous linear)
Leader Dot (Llanelli Ramblers) 01269 593 080. Meet 9.25 at Llanelli railway station.

Saturday 7th May

- NEW Dolwyddelan to Llanrwst** via Capel Curig, Llyn Crafnant and Llyn Geirionydd (13 miles strenuous).
Leaders John Mattocks and Chris Jenkins. Depart Shrewsbury 8.24 (Chester 9.25) for 10.34 from Llandudno Junction, return Llanrwst 18.10, arrive Shrewsbury 21.22.
- Tonfanau to Tywyn** (8 miles easy).
Leader Laurence Main Depart Shrewsbury 9.27, book to Tonfanau, return Tywyn 15.24 or 17.25.
- Lisvane to Caerphilly** (6 miles leisurely linear)
Leader Gwyn 07910 595265. Depart Cardiff Central 10.01, book to Caerphilly, return Caerphilly 14.10.

Saturday 14th May

- Aberdyfi to Machynlleth** via Tarrenhendre (15 miles strenuous).
Leaders Mike and Kate Owen. Depart Shrewsbury 9.27, return Machynlleth 18.07.
- Penhelig to Aberdovey** via Allt Goch, Carn March Arthur, Gwyddgwion and Trefeddian (9 miles moderate).
Leaders Bob and Liz Owen. Depart Shrewsbury 9.27, return Aberdovey 17.34.

Wednesday 18th May

Crickhowell to Abergavenny via Table Mountain, Llandbedr to Sugar Loaf (12 miles strenuous).
Leader Chris Jenkins. Depart Shrewsbury 7.49, bus to Crickhowell, fare extra, return Abergavenny 17.18.

Saturday 21st May

- Builth Road to Llandrindod** via Club Lane, Llanelwedd, The Banks and Rhogo (11 miles strenuous).
Leaders Andrew Pike and Anne Williams. Depart Shrewsbury 9.05, return Llandrindod 15.39.

RAIL RAMBLES January – June 2011

Saturday 8th January

- Church Stretton circular** via Willstone Hill, Cardington, Lawley and All Stretton (12 miles strenuous).
Leaders Phil and Cheryl Johnston Depart Shrewsbury 9.05, return Church Stretton 15.37 or 16.50.
- Llandrindod circular** via Llanfawr, Bongam Bank, Bailey Einon Wood, Cefnlllys Church and Happy Valley (7 miles moderate).
Leaders Ray Trend and Paddy Willis. Depart Shrewsbury 9.05, return Llandrindod 15.39.
- Llanishen to Cardiff Central** (6 miles leisurely linear)
Leader Rob 029 2055 3843. Depart Cardiff Central 10.46, book to Llanishen.

Saturday 15th January

- Chirk circular** via Offa's Dyke Path, Craignant, Wern and Moreton Bridge (12 miles strenuous).
Leaders Ian and Doug Hill. Depart Shrewsbury 9.24, return Chirk 16.51.
- Chirk circular** via Offa's Dyke Path and Stonehenge (6 miles moderate).
Leaders Clare Gathercole and Pam Swales. Depart Shrewsbury 9.24, return Chirk 15.57.

Wednesday 19th January

NEW Bucknell to Craven Arms via Bucknell Hill, Hopton Castle, Clunbury and Hopesay Common (12 miles strenuous).
Leaders Mike Guest and Iain Chippendale. Depart Shrewsbury 9.05, return Craven Arms 16.37

Saturday 22nd January

- Welshpool circular** via Offas Dyke Path, Leighton Farm Buildings, Cilcewydd Bridge, Rosewood and Powis Castle (10 miles moderate).
Leaders Trevor Allison and Andrew Pike Depart Shrewsbury 9.27, return Welshpool 17.01.
- Welshpool circular** via Varchoel Hall and the Rhallt (8 miles moderate).
Leader Marion Law. Depart Shrewsbury 9.27, return Welshpool 15.01 or 17.01.

Saturday 29th January

- Knighton circular** via Offa's Dyke Path, Llanfair Hill, Upper Treverward and Cwm Sanahan (13 miles strenuous).
Leaders Anne Williams and Sue Jones. Depart Shrewsbury 9.05, return Knighton 16.15.
- Furnace to Machynlleth** via Dyfi Valley Way (8 miles moderate).
Leader Laurence Main. Depart Shrewsbury 9.27, bus to Furnace, return Machynlleth 16.07.

Saturday 5th February

- Church Stretton – Craven Arms** via Long Mynd, Portway, Plowden, Hopesay Hill and Sibdon Carwood (13 miles strenuous).
Leaders Mike and Kate Owen Depart Shrewsbury 9.05, return Craven Arms 16.37
- Craven Arms circular** via Paddock, Weo Edge, Gorst Barn and Stokesay Castle. (8 miles moderate).
Leaders Richard Addyman and John Newnham. Depart Shrewsbury 9.39, return Craven Arms 15.28 or 16.28.
- Merthyr Vale to Cyfarthfa Castle** (8 miles leisurely linear)
Leader Gwyn 07910 595265. Depart Cardiff Central 9.56, book to Merthyr, return Merthyr 16.08.
- Ffairfach to Llandybie** (8 miles moderate linear).
Leader John (Llanelli Ramblers) 01792 298354. Depart Llanelli railway station 9.25, book to Ffairfach.

Saturday 12th February

- 1 Borth to Nant yr Arian** on Devil's Bridge route (12 miles strenuous).
Leaders Iain Chippendale and Chris Jenkins. Depart Shrewsbury 9.27, return bus from Nant yr Arian 16.55, depart Aberystwyth 17.30.
- 2 Caersws circular** via Cefn Carnedd, Llandinam, Cobbler's Gate, Giant's Grave and Little London (8 miles moderate).
Leaders Patrick Neal and Jim Redshaw. Depart Shrewsbury 9.27, return Caersws 16.37.

Wednesday 16th February

- NEW Albrighton circular** via Boningale, Pattingham and Wrottesley Old Park (14 miles moderate/flat).
Leaders Andrew Davies and Cheryl Johnston. Depart Shrewsbury 8.47 (LMS) return Albrighton 15.33 or 16.33.

Saturday 19th February

- 1 NEW Crosshouses circular Snowdrop walk** via Berrington, Cound, Langley and Acton Burnell (16 miles strenuous/flat). Depart Shrewsbury **bus station no 436** 8.40, return 16.21.
Leaders Andrew Davies and Sue Jones.
- 2 Ludlow circular** via Mary Knoll House, High Vinnals and Climbing Jack Common (8 miles moderate).
Leaders Paddy Willis and Doug Hill. Depart Shrewsbury 9.39, return Ludlow 15.19 or 16.19.
- 3 Cardiff Central to Taffs Well** (7 miles leisurely linear)
Leader Lynne (Merthyr Ramblers) 01685 388496. Meet 10.00 Taffs Well railway station.

Saturday 26th February

- 1 NEW Church Stretton to Bishop's Castle** via Adstone, Wentnor, Norbury, More and Lydham (13 miles strenuous).
Leaders Andrew Davies and Phil Johnston. Depart Shrewsbury 9.05, return bus from Bishop's Castle 15.40.
- 2 Machynlleth circular** via Roman Steps, Coed Llynloedd and Brynglas (7 miles moderate).
Leaders Graeme Cox and Clare Gathercole. Depart Shrewsbury 9.27, return Machynlleth 16.07.

Saturday 5th March

- 1 Llanbister Road to Knighton** via Pitch Hill, Monaughty, The Warren and Offa's Dyke Path (12 miles strenuous).
Leaders Anne Williams and Andrew Pike Depart Shrewsbury 9.05, return Knighton 16.15.
- 2 Llangunllo to Dolau** via St Michael's Pool, Lower Farm and Lower Pentre (8 miles moderate).
Leaders Bill Hodges and John Newnham. Depart Shrewsbury 9.05, return Dolau 15.51.
- 3 Maesteg circular** (10 miles moderate)
Leader Gwyn 07910 595265. Depart Cardiff Central 9.18, book to Maesteg, return Maesteg 16.15.

Saturday 12th March

- 1 NEW Caersws circular** via Llanwnog, Llyn y Tarw, Llety, Severn Way and Roman Road (13 miles strenuous).
Leaders Mike Guest and Sue Jones Depart Shrewsbury 9.27, return Caersws 16.37.
- 2 Newtown circular** via Gilfach Bridge, Penarron, Lower Wig and Blackhill Wood (7 miles moderate).
Leaders Patrick Neal and Marion Law. Depart Shrewsbury 9.27, return Newtown 14.46.

Wednesday 16th March

- Machynlleth from Dinas Mawddwy** (5.5 miles moderate, with free guidebook)
Leader Laurence Main. Depart Shrewsbury 9.27, bus to Dinas Mawddwy, fare extra, return Machynlleth 18.07.

Saturday 19th March

- 1 Bridgnorth to Telford** via Severn Way and Silkin Way (14 miles moderate).
Leaders Chris Jenkins and Trevor Allison Depart Shrewsbury **bus station** 9.40, return Telford 17.59.
- 2 Church Stretton circular** via Snatchfield Farm, Cwms Cottage and Caer Caradoc (7 miles moderate).
Leaders Graham Baker and Paddy Willis. Depart Shrewsbury 9.39, return Church Stretton 15.37.
- 3 Wenvoe** (9 miles moderate circular)
Leader Andre (Merthyr Ramblers) 01443 833719. Meet 10.00 at Treforest (park & ride) station.

Saturday 26th March

- 1 NEW TWO DAYS Welshpool to Craven Arms** via overnight in Bishop's Castle (60 kms strenuous).
Leaders Phil Johnston and Andrew Davies. Depart Shrewsbury 9.27, return Sunday Craven Arms 17.00 (book own accommodation, for details contact Andrew Davies a19daves@gmail.com).
- 2 Llandrindod to Dolau** via Penlan, The Rabber, Llwyn and Alpine Bridge (8 miles moderate).
Leaders Bill Hodges and Ray Trend. Depart Shrewsbury 9.05, return Dolau 15.51.
- 3 Llangynllo to Knighton** (11 miles strenuous linear)
Leader John (Llanelli Ramblers) 01792 298354. Meet 9.25 at Llanelli railway station.

Saturday 2nd April

- 1 Craven Arms circular** via Onny Trail, Middle Carwood, Edgton, Kempton, Aston on Clun and Sibdon Castle (14 miles strenuous).
Leaders Anne Williams and John Mattock. Depart Shrewsbury 9.05, return Craven Arms 16.37.
- 2 Craven Arms circular** via Watling Street, Onny Trail, Upper Carwood, Hopesay Hill and Sibdon Castle (8 miles moderate).
Leaders Claire Gathercole and Pam Swales. Depart Shrewsbury 9.37, return Craven Arms 16.37.

Saturday 9th April

- 1 Aberystwyth to Nant yr Arian** via Goginan (10 miles strenuous).
Leaders Mike Downward and Iain Chippendale Depart Shrewsbury 9.27, bus 11.30 Aberystwyth to Penrhyn Coch, return bus 16.55 Goginan, depart Aberystwyth 17.30
- 2 Caersws to Newtown** via Llanwnog and Bwlch-y-Ffridd (8 miles moderate)
Leaders Bob and Liz Owen Depart Shrewsbury 9.27, return Newtown 16.46
- 3 Rhoose to Barry** (6 miles leisurely linear)
Leader Gwyn 07910 595265. Depart Cardiff Central 9.41, book to Rhoose, return Barry 14.00.
- 4 Kilgetty to Tenby** (9 miles moderate linear)
Leader Hannah (Llanelli Ramblers) 01554 751777. Meet 10.08 at Llanelli railway station.