



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.

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

2nd July – 28th December 2011

2 Ionawr – 28 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

Website: www.railrambles.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, as well as ascents and descents, 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. **Note that many walks are in hilly country.**

Walks are led by members of the Ramblers 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.

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, for example a North Wales Day Rover tickets is available from Shrewsbury which includes bus travel.

Saturday 19th November

- 1 **Ludlow circular** via Overton and Mary Knoll House (12 miles moderate) Leaders Bob and Liz Owen Depart Shrewsbury 8 46, return Ludlow 16 51
- 2 **Ludlow circular** via Gallows Bank and Caynham (7 miles moderate) Leaders Doug Hill and Paddy Willis Depart Shrewsbury 9 40, return Ludlow 15 42

Last date for booking Christmas lunch, Pat Willday 1 Severn Street, Caersws, SY17 5DZ or Marion Law 01952 462855 or marionlaw@tiscali.co.uk

Saturday 26th November

- 1 **Prees to Whitchurch** via Twemlows Big Wood and Brown Moss (12 miles moderate) Leaders John Mattocks and Trevor Allison Depart Shrewsbury 10 18, return Whitchurch 17 27
- 2 **Yorton to Wem** via Shropshire Way (8 miles moderate) Leaders Richard Addyman and John Newnham Depart Shrewsbury 10 18 (book return to Wem), return Wem 15 54

Saturday 3rd December

- 1 **Caersws to Newtown** via Borfa Hafod, Gregynog and Bwlch-y-Fridd (13 miles moderate) Leaders Andrew Pike and Mike Downward Depart Shrewsbury 9 27, return Newtown 16 46
- 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

Saturday 10th December inc Christmas lunch at Long Mynd Hotel if previously booked

- 1 **Church Stretton circular** (7 miles moderate) Leaders Cheryl Johnston and Marion Law Depart Shrewsbury 9 00, return Church Stretton 16 30
- 2 **Church Stretton circular** (5 miles moderate) Leaders Pam Swales and Clare Gathercole Depart Shrewsbury 9 00, return Church Stretton 16 30
- 3 **Taffs Well to Pontypridd** (7 miles linear, leisurely) Leader Gwyn 07910 595265 Depart Cardiff Central 9 56, book to Pontypridd, return Pontypridd 14 39

Wednesday 14th December

NEW by BUS Lyth Hill to Shrewsbury via Longden, Great Lyth and Shropshire Way (12 miles moderate) Leaders Phil Johnston and Andrew Davies Depart Shrewsbury **bus station no 544** 9 40

Saturday 17th December

- 1 **Hopton Heath to Knighton** via Hopton Castle, Stow Hill and Offa's Dyke Path (12 miles strenuous) Leaders Sue Jones and Chris Jenkins Depart Shrewsbury 9 00 (book to Knighton), return Knighton 16 16
- 2 **Hopton Heath to Craven Arms** via Clungunford, Gorst Barn and Weo Edge (7 miles moderate) Leaders Doug Hill and John Newnham Depart Shrewsbury 9 00, return Craven Arms 14 56

Saturday 28th December

- 1 **Church Stretton circular** via Jonathon's Rock, Darnford Valley and Townbrook Hollow (13 miles strenuous) Leader Andrew Davies Depart Shrewsbury 9 00, return Church Stretton 16 38

Wednesday 12th October

Camlan to Machynlleth (5 miles moderate) (Free guide book) Leader Laurence
Main Depart Shrewsbury 9 27, bus to Camlan, return Machynlleth 18 07

Saturday 15th October

- NEW by BUS Pontesbury to Bishop's Castle** via Poles Coppice, Blakesmoor Gate, Stiperstones and the Shropshire Way (15 miles strenuous) Leaders Bob Braddock and Mick Guest Depart Shrewsbury **bus station** 8 55, return Bishop's Castle 17 38
- Broome to Craven Arms** via Hopesay Hill and Sibdon Castle (8 miles moderate) Leaders Graham Baker and John Newnham Depart Shrewsbury 9 00, return Craven Arms 14 56
- Rhoose to Barry via Penmark** (8 miles linear, leisurely) Leader Gwyn 07910 595265 Depart Cardiff Central 9 41, book to Rhoose, return Barry 14 45

Saturday 22nd October

- Bucknell to Knighton** via Brampton Bryan, Harley's Mountain and Reeve's Hill (12 miles strenuous) Leaders Anne Williams and Sue Jones Depart Shrewsbury 9 00, return Knighton 16 16
- Llanbister Road to Knucklas** via Gravel, Ferley and Fountain Head (7 miles moderate) Leaders Trevor Allison and Bill Hodges Depart Shrewsbury 9 00, return Knucklas 16 08

Saturday 29th October

- Whitchurch to Wem** via Marches Way and Prees (12.5 miles moderate) Leaders Ian and Doug Hill Depart Shrewsbury 8 52 (book to Whitchurch), return Wem 15 54
- Craven Arms circular** via Halford, Strefford and Wistanstow (7 miles easy) Leaders Paddy Willis and Patrick Neal Depart Shrewsbury 9 40, return Craven Arms 14 56

Saturday 5th November

- Knighton circular** via Llanwen Hill, Pilleth, Black Hill, Rhos Hill and Rhos-y-Meirch (13 miles strenuous) Leaders Phil and Cheryl Johnston Depart Shrewsbury 9 00, return Knighton 16 16
- Cemmaes Road to Machynlleth** via Glyndwr's Way (8 miles moderate) Leader Laurence Main Depart Shrewsbury 9 27 (book to Machynlleth), bus to Cemmaes Road, return Machynlleth 18 07

Saturday 12th November

- Dolau to Llandrindod** via Rhos-swydd, Mithil Bridge and Pawl Hir (12 miles strenuous) Leaders Mike and Kate Owen Depart Shrewsbury 9 00, return Llandrindod 15 40
- No leaders available**
- Tondu: Old Industries and New Parks** (6 miles circular, leisurely) Leader Gwyn 07910 595265 Depart Cardiff Central 10 18, book to Tondu, return Tondu 15 31

Wednesday 16th November

Newtown to Caersws via Fachwen Pool, Bwlch-y-Ffridd and Llanwnog (10 miles moderate) Leaders Patrick Neal and Jim Redshaw Depart Shrewsbury 9 27, return Caersws 16 37

RAIL RAMBLES PROGRAMME JULY – DECEMBER 2011

Saturday 2nd July

- Llanwrtyd Wells circular** via Victoria Wells, Penbont Uchaf, St David's Church, Nant-y-Craf and Cefn Blaencwmherog (14 miles strenuous) Leader Chris Jenkins Depart Shrewsbury 9 00 Return Llanwrtyd 20 07 (time for a meal)
- Llanwrtyd Wells circular** via Victoria Wells, Dinas and Alltwen (6 miles moderate) Leaders Doug Billingsley and Richard Addyman Depart Shrewsbury 9 00, return Llanwrtyd 15 01

Saturday 9th July

- 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 00, return Knighton 16 16
- Llanbister Road to Dolau** via St Michael's Pool and Llanfihangel Rhydithon (7 miles moderate) Leaders Pam Swales and Clare Gathercole Depart Shrewsbury 9 00, return Dolau 15 52

Wednesday 13th July

Llandrindod circular via Carregwiber Bank, Pawl Hir and Shaky Bridge (10 miles moderate) Leaders Sue Jones and Jim Redshaw Depart Shrewsbury 9 00, return Llandrindod 15 40

Saturday 16th July

- Chirk circular** via Shropshire Union Canal, Wern, Selattyn, Offa's Dyke Path and Chirk Castle (12 miles strenuous) Leaders Chris Jenkins and John Mattocks Depart Shrewsbury 9 24, return Chirk 16 48 or 17 49
- No leaders available

Saturday 23rd July

- Machynlleth to Llanbrynmair** via Glyndwr's Way (16 miles strenuous) Leaders Andrew Pike and Mick Guest Depart Shrewsbury 7 27, return bus from Llanbrynmair 17 09 to Caersws 18 37
- Morfa Mawddach to Llwyngwriil** via Cyfannedd Fawr, Rhydcriw and hut circle (7 miles moderate) Leaders Paddy Willis and Graeme Cox Depart Shrewsbury 9 27, return Llwyngwriil 17 07
- Cwmparc Horseshoe, Rhondda** (8 miles linear, moderate) Leader Mike 029 2075 7642 Depart Cardiff Central 9 36, book to Treorchy, return Ton Pentre 15 53

Saturday 30th July

- Barmouth circular** via Cerrig Arthur, Bwlch y Rhiwgyr and Bwlch y Llan (12 miles strenuous) Leaders Phil and Cheryl Johnston Depart Shrewsbury 9 27 Return Barmouth 18 51
- Caersws circular** via Llanwnog, Alltwynog, Ddified, Llwyn-gwyn and Tre-gastell (10 miles moderate) Leaders Bill Hodges and Trevor Allison Depart Shrewsbury 9 27, return Caersws 16 27
- Treorchy to Dinas** (8 miles linear, moderate) Leader John (01443 681082) Depart Treorchy railway station 10 00

Saturday 6th August

- 1 **Llangollen circular** via Horseshoe Falls, Maesyrychen Mountain, Horseshoe Pass, Gyrn y Brain and Worlds End (16 miles strenuous) Leaders Mike Downward and Chris Jenkins Depart Shrewsbury 8 21 to Ruabon (book through tickets), bus to Llangollen, return Ruabon 17 42
- 2 No leaders available

Saturday 13th August

- 1 **Craven Arms circular** via Marches Way, Upper Westhope, Hillend Farm, Callow Hill and Lower Dinchope (12 miles moderate) Leaders Anne Williams and John Mattocks Depart Shrewsbury 9 00, return Craven Arms 16 38
- 2 **Craven Arms circular** via Sibdon Castle and Onny Trail (7 miles moderate) Leaders Graham Baker and Richard Addyman Depart Shrewsbury 9 40, return Craven Arms 14 56

Wednesday 17th August

Welshpool circular via Llanerch-y-Ddol, Castle Caereinion and Powis Castle Estate (10 miles moderate) Leaders Marion Law and Bill Hodges Depart Shrewsbury 9 27, return Welshpool 17 01

Saturday 20th August

- 1 **NEW Llanfairfechan to Conwy** via Roman Road, Foel Lwyd, Tal-y-Farn, Sychnant Pass and Conway Mountain (13 miles strenuous, 3000' ascent) Leaders Mick Guest and Phil Johnston Depart Shrewsbury 9 24, return Conwy 18 26
- 2 **Penhelig circular** via Penhelig Uchaf, Erw Gwenllian, Fridd-yr-Ychen and seashore (8 miles moderate) Leaders Patrick Neal and Paddy Willis Depart Shrewsbury 9 27, return Penhelig 15 32 or 17 36
- 3 **Llanwrtyd Wells hill walk** (8 miles circular, moderate) Leader John 01792 201171 Depart Swansea railway station 9 15

Saturday 27th August

- 1 **Gobowen circular** via Oswestry, Trefonen, Offa's Dyke Path and Brogyntyn (14 miles moderate) Leaders Mike and Kate Owen Depart Shrewsbury 9 24, return Gobowen 16 54
- 2 **Ruabon circular** via Pen-y-Bryn and Tai Nant (9 miles moderate) Leaders Bob and Liz Owen Depart Shrewsbury 9 24, return Gobowen 16 42
- 3 **Llantwit Major via Nash Point** (9 miles circular, moderate) Leader Gwyn 07910 595265 Depart Cardiff Central 9 41, book to Llantwit Major, return Llantwit Major 15 56

Saturday 3rd September

- 1 **Welshpool circular** via Gungrof Fawr, Tiryrynach and Gaer-Fawr Hill (13 miles strenuous) Leaders Ian and Doug Hill Depart Shrewsbury 9 27, return Welshpool 17 01
- 2 **Newtown circular** via Garth Cottage, Bryn-du, Ty'n-y-Pales and Fachwen Pool (8 miles moderate) Leaders Marion Law and Clare Gathercole Depart Shrewsbury 9 27, return Newtown 16 47
- 3 **Rhymney Valley Ridgeway & Taff Trail** (9 miles linear, moderate) Leader David (07500 884500) Depart Abercynon railway station 9 30

- 4 **Bargoed to Hengoed** (8 miles linear, leisurely) Leader Mike 029 2075 7642 Depart Cardiff Central 9 46, return Hengoed 15 25

Saturday 10th, Sunday 11th September

NEW ONE OR TWO DAYS

- 1 **Grange-over-Sands circular** via Cartmel, Howbarrow, Bigland Tarn and Hampsfell (15 miles strenuous) Leader Malcolm Kimber (from Grange station) Depart Shrewsbury 8 53
- 2 **Arnside circular** via Arnside Knott, Fairy Steps and Sandside (10 miles moderate) Leader Malcolm Kimber Return Arnside 16 05. Book own accommodation, for details contact Malcolm Kimber on 01539 535317 or kimber@phonecoop.coop. Names to Chris Jenkins, chris.jenkins9@btinternet.com. Look in advance for cheap travel.

Wednesday 14th September

No leader available

Saturday 17th September

- 1 **Llandecwyn to Talsarnau** via Llyn Tecwyn Uchaf, Llyn Trawsfynydd, Bryn Cader Faner and Coed-garth-byr (13 miles strenuous) Leaders Iain Chippendale and Mick Guest Depart Shrewsbury 7 27, return Talsarnau 18 24
- 2 No leader available

Saturday 10th December Christmas lunch at Long Mynd Hotel, forms available from Pat Willday on pawillday@hotmail.com or 01686 688206 Return to Pat Willday, 1 Severn Street, Caersws, SY17 5 DZ by 16th November

Saturday 24th September

- 1 **Wrexham circular** via Gresford and King's Mill (14 miles moderate) Leaders John Mattocks and Chris Jenkins Depart Shrewsbury 9 24, return Wrexham 17 37
- 2 **Llangollen circular** via Velvet Hill and Vivod (7 miles moderate) Leaders Paddy Willis and Patrick Neal Depart Shrewsbury 9 24, (book to include Llangollen bus), return Ruabon 16 42

Saturday 1st October

- 1 **Abergavenny circular** via Bloreng and canal (13 miles strenuous) Leaders Mike Downward and Ian Chippendale Depart Shrewsbury 8 46, return Abergavenny 18 01
- 2 **Abergavenny circular** via Partrishow church (9 miles moderate) Leaders Doug Billingsley and Jim Redshaw Depart Shrewsbury 9 40, return by bus from Llanvihangel Crucorney to Abergavenny for train at 17 32

Saturday 8th October

- 1 **Machynlleth circular** via Mynydd Bach, Bwlch y Groesen and Cefn Modfedd (13 miles strenuous) Leaders Brian and Jenny Jones Depart Shrewsbury 9 27, return Machynlleth 18 07
- 2 **Fairbourne to Barmouth** via Fegla Fawr, Fegla Fach and Morfa Mawddach (6 miles moderate) Leaders Rex and Mary Simpson Depart Shrewsbury 9 27, return Barmouth 16 53