

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 ticket is available from Shrewsbury which includes bus travel.

Join the Ramblers from just £3 a month

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 a year (or £3 a month if paid by monthly Direct Debit) and comes with a host of fantastic benefits, including a 15% discretionary discount at Cotswold Outdoor.

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

To join, visit www.ramblers.org.uk/join quoting **G10GYA** or call 020 7339 8595 and quote G10GYA.



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

7th July – 29th December 2012
7 Gorffnaf - 29 Rhagfyr 2012

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:

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.

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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 24th November

- 1 Wem to Shrewsbury** via Shropshire Way (13 miles moderate). Leader Chris Jenkins. Depart Shrewsbury 10.18.
- 2 Hopton Heath circular** via Jay Bridge, Shelderton and Clungunford (7 miles moderate). Leaders Graham Baker and Richard Addyman. Depart Shrewsbury 9.00 return Hopton Heath 16.26.

Saturday 1st December

- 1 Welshpool circular** via Shropshire Union Canal, Offa's Dyke Path, Rhyd-Esgyn Lane and Gungrog Hill (14 miles moderate). Leaders Bob Braddock and Anne Williams. Depart Shrewsbury 9.27, return Welshpool 17.01.
- 2 Wellington circular** (joint with Coventry Ramblers) via The Ercall, Little Hill, Willowmoor Bank and Steeraway (7.5 miles moderate). Leaders Pat Neal and Marion Law. Depart Shrewsbury 9.47, return Wellington 15.59 or 15.44 to Wolverhampton.

Saturday 8th December (Christmas lunch at Long Mynd Hotel)

Church Stretton circular (5 miles moderate). Leaders Pam Swales and Clare Gathercole. Depart Shrewsbury 9.00, return Church Stretton 16.49.

Wednesday 12th December

NEW Church Stretton circular via Wilstone Hill, Enchmarsh, Causeway Wood, Lawley and the Wilderness (14 miles strenuous) Leaders Phil and Cheryl Johnston. Depart Shrewsbury 9.00, return Church Stretton 16.38.

Saturday 15th December

- 1 Craven Arms circular** via Sibdon Castle, Hopesay, Aston-on-Clun, Clapping Wicket, Marches Way and Shropshire Way (12 miles strenuous). Leaders Brian and Jenny Jones. Depart Shrewsbury 9.00, return Craven Arms 16.30.
- 2 Blaenplwyf to Aberystwyth** (5 miles moderate) Leader Laurence Main. Depart Shrewsbury 9.27, bus to Blaenplwyf, return Aberystwyth 15.30.

Saturday 22nd December

- 1 NEW Llangollen to Acrefair** via Clwydian Way, Cyrn-y-Brain, Offa's Dyke Path and Ruabon Mountain (12.5 miles strenuous). Leaders Mick Guest and Chris Jenkins. Depart Shrewsbury 8.21 to Ruabon, bus to Llangollen, return bus from Acrefair, depart Ruabon 16.42.
- 2 Gobowen to Chirk** via New Marton Lock and Shropshire Union Canal (7 miles leisurely). Leaders John Newnham and Bob Perry. Depart Shrewsbury 9.24, book to Chirk, return Chirk 14.47.

Saturday 29th December

- 1 Knighton circular** via Knucklas, Lloyney, Offa's Dyke Path, New House and Panponton Hill (12 miles strenuous). Leaders Anne Williams and Pat Talbott. Depart Shrewsbury 9.00, return Knighton 16.16.
- 2 Knighton circular** via Meeting House Lane, Norton and Offa's Dyke Path (8 miles moderate). Leaders Jim Redshaw and Doug Hill. Depart Shrewsbury 9.00, return Knighton 16.16.

Wednesday 17th October

NEW Hereford circular (by bus) Little Dewchurch to Peterstow via Hoarwithy and King's Cuple on Herefordshire Trail (7 miles moderate). Leaders Les Lumsdon and Philip Bauer. Depart Shrewsbury 9.14, meet leader at 10.20 outside Hereford station to walk to bus station, return bus from Peterstow 15.45, Hereford 16.54.

Saturday 20th October

- 1 **Tywyn to Aberdyfi** via Ynysmaengwyn, Rhyd-yr-Onen and Dyffryn-Gwyn (11.5 miles moderate). Leaders Bob and Liz Owen. Depart Shrewsbury 9.27, return Aberdyfi 17.34.
- 2 **Machynlleth circular** via Pont-ar-Ddyfi, Brynturnol and Brynglas (6 miles moderate) Leaders Pam Swales and Clare Gathercole. Depart Shrewsbury 9.27, return Machynlleth 16.07.

Saturday 27th October

- 1 **Dolau to Llandrindod Wells** via The Pales and Llandegley Rocks (13 miles strenuous). Leaders Bob Braddock and Andrew Pike. Depart Shrewsbury 9.00, return Llandrindod Wells 15.40.
- 2 **Llandrindod Wells circular** via Cefn Coed, Alpine Bridge, Pentre, Bongam Bank and Llanfawr (7 miles moderate). Leaders Ray Trend and Susan McCormack. Depart Shrewsbury 9.00, return Llandrindod Wells 15.40.

Saturday 3rd November (Hotpot supper, or vegetarian, available at £6 per head at The Bridge End Inn, booking and payment to Mick Guest (01902 756530 or michaelguest@hotmail.com) by 27th October).

- 1 **Corwen to Llangollen** via Cynwyd, Moel Fferna and Vivod Mountain (15 miles strenuous) Leaders Phil and Cheryl Johnston. Depart Shrewsbury 8.21 for bus from Ruabon, return bus to Ruabon. Depart Ruabon 17.51 or later if eating.
- 2 **Ruabon circular** via Wynnstay Park, Sodylt Ford and Park Eyton (8 miles moderate) Leader John Newnham. Depart Shrewsbury 9.24, return Ruabon 16.42 or later if eating.

Saturday 10th November

- 1 **Abergavenny circular** via Blorengge and the Goose and Cuckoo (15 miles strenuous) Leaders Iain Chippendale and Chris Jenkins. Depart Shrewsbury 8.46, return Abergavenny **17.32**.
- 2 **Wrenbury circular** via South Cheshire Way and Marbury (7 miles moderate). Leaders Bob Perry and Trevor Allison. Depart Shrewsbury 10.18, return Wrenbury 15.35.

Wednesday 14th November

NEW Hopton Heath circular via Llan Farm and Woodside (13 miles strenuous) Leaders Andrews Davies and Cheryl Johnston. Depart Shrewsbury 9.00, return Hopton Heath 16.26.

Saturday 17th November

- 1 **Chester circular** via Baker Way and Longster Trail (12 miles moderate). Leaders Iain and Doug Hill. Depart Shrewsbury 8.21, return Chester 16.19.
- 2 **Dyffryn Ardudwy to Talybont** and dowsing leys at burial chambers (4 miles moderate). Leader Laurence Main. Depart Shrewsbury 9.27, return Talybont 14.45.

RAIL RAMBLES PROGRAMME July – December 2012

All train times are correct when the programme is assembled, but please check for short-notice changes due to engineering works before setting off. Also, where bus travel times are given, it is advisable to check times during the week before the walk.

Saturday 7th July

- 1 **Knighton to Craven Arms** (14 miles strenuous) via Holloway Rocks, Hopton Titterhill, Clungunford and Weo Edge. Leaders Pat Talbott and Anne Williams. Depart Shrewsbury 9.00, return Craven Arms 17.27.
- 2 **NEW Abergynolwyn circular** (5 miles moderate) using Talyllyn train from Tywyn (approx. £10), walk to Dolgoch via Caerberllan and Dolgoch Falls. Leaders Bob Perry and Grahame Cox. Depart Shrewsbury 9.27, return on Talyllyn Railway 16.39, return Tywyn 17.28. **Prebook with Bob Perry on mobile, call or text 07971 720095**
- 3 **Rhoose to Llantwit Major** (Linear 9 miles Moderate). Leader Gwyn 07910 595265 Cardiff Ramblers (**check before travelling**). Depart 09.41 Cardiff Central, book to Llantwit Major.

Saturday 14th July

- 1 **Machynlleth to Barmouth** via Cadair Idris, Cregennen Lakes, Arthog Falls (14 miles strenuous). Leaders Phil and Cheryl Johnston. Depart Shrewsbury 9.27, bus to Minffordd, fare extra, return Barmouth 19.00.
- 2 **Machynlleth circular** via Pen-yr-Allt, Constantinople, Bryn Coch Bach and Roman Steps (7 miles moderate). Leaders Doug Billingsley and Ray Trend. Depart Shrewsbury 9.27, return Machynlleth 16.07.

Wednesday 18th July

NEW Hereford circular via Callow, Dinedor Camp and River Wye (8 miles moderate). Leaders Les Lumsdon and John Winterfield. Depart Shrewsbury 11.40, bus from Hereford station 12.50, return Hereford 17.46 or later.

Saturday 21st July

- 1 **NEW St Asaph circular** via Offa's Dyke Path (12 miles strenuous). Leaders Mick Guest and Iain Chippendale. Depart Shrewsbury 8.21, bus from Rhyl, return by bus to Rhyl for 17.41 to Shrewsbury.
- 2 **Prees to Whitchurch** via Marches Way (7 miles easy). Leaders Trevor Allison and Bill Hodges. Depart Shrewsbury 10.18, return Whitchurch 15.43.

Saturday 28th July

- 1 **Newtown circular** via Abermule and Dolforwyn Castle (12 miles moderate). Leaders Brian and Jenny Jones. Depart Shrewsbury 9.27, return Newtown 16.46.
- 2 **NEW Much Wenlock circular** via Olympic Trail and Blakeway Hollow, Wenlock Edge, Jack Mytton and Shropshire Ways (10 miles moderate) Leaders Doug Hill and Marion Law, depart Shrewsbury **by 436 bus** 9.40, Telford bus 88 at 8.50, Wolverhampton bus 890 at 8.45, return 15.04 to Shrewsbury

Saturday 4th August

- 1 **NEW Llanbister Road circular** via Stanky Hill, Tylcau Hill and Lower Cross Cynon (12.5 miles strenuous). Leaders Anne Williams and Chris Jenkins. Depart Shrewsbury 9.00, return Llanbister Road 15.5.7
- 2 **Penhelig to Aberdyfi** via Allt Goch, Llanenechwedd and Gwyddgwion Trefedddian (6 miles moderate). Leaders Graham Baker and Grahame Cox Depart Shrewsbury 9.27, return Aberdyfi 15.32..

3 Rhoose to Barry Dock (Linear 8 miles Leisurely) Depart 09.41 Cardiff Central, book to Rhoose. Leader Gwyn 07910 595265 Cardiff Ramblers (**check before travelling**)

Saturday 11th August

1 Morfa Mawddach to Barmouth via Penmaenpool, Cwm Mynach Isaf, Hendreforion and Sylfaen (14 miles strenuous). Leaders Sue Jones and Iain Chippendale. Depart Shrewsbury 9.27, return Barmouth 19.00.

2 Knighton circular via Stowe, Stowe Hill, Five Turnings and Offa's Dyke Path (7.5 miles moderate). Leaders Richard Addyman and John Newnham. Depart Shrewsbury 9.05, return Knighton 16.15.

3 Pembroke to Penally (Linear 11 miles Moderate). Leader Peter 01639 411194 Llanelli Ramblers. Depart 10.22 Llanelli railway station, book to Pembroke.

Wednesday 15th August

NEW Knightwick to Colwall via Worcestershire Way (14 miles strenuous). Leader Mick Guest. Depart Shrewsbury 8.40 to Hereford and onto Worcester, then bus to Knightwick no 420, stand O, return Colewall 16.50.

Saturday 18th August

1 NEW Dolwyddelan circular via Llyn y Foel and Moel Siabod (9 miles strenuous). Leaders Mike Downward and Iain Chippendale. Depart Shrewsbury 8.21 via Llandudno Junction, return Dolwyddelan 17.51.

2 Caersws to Newtown via Llwyn-y-Brain, Fachwen Pool and Waen-y-bricks (7 miles moderate). Leaders Pat Neal and Susan McCormack. Depart Shrewsbury 9.27, return Newtown 16.46.

3 Rhoose, Porthkerry & Barry Island (Linear 7 miles Moderate) Leader Andrew 01443 833719 Merthyr Ramblers. Depart 10.00 Taffs Well railway station, book to Barry Island.

Saturday 25th August (to coincide with Beer Festival at The Bridge End Inn, Ruabon, CAMRA pub of the year, food available)

1 Llangollen circular via Dinas Bran, Valle Crucis, Cae'r-Hafod, Ponderosa, Moel y Gamelin and Horseshoe Falls (13 miles strenuous). Leaders Phil Johnston and Mike Downward. Depart Shrewsbury 8.21 to Ruabon, bus to Llangollen, return Ruabon 17.42 or later.

2 Chirk to Llangollen (8 miles moderate) Leaders Bob and Liz Owen. Depart Shrewsbury 9.24, return bus to Ruabon 16.42 or later.

Saturday 1st September

1 NEW Montgomery to Newtown via Llandyssil, Fron Fraith and Llanmerewig (13 miles moderate). Leaders Mike Downward and Audrey Menhinick. Depart **by bus 558** Shrewsbury 8.45, return Newtown train 16.46.

2 Welshpool circular via Cilcewydd Bridge, Moat Farm, Rosewood and Powis Castle (7 miles moderate). Leaders Rex and Mary Simpson. Depart Shrewsbury 9.27, return Welshpool 15.01.

Saturday 8th September

1 NEW Bucknell to Knighton via Laws Barn and Meeting House Lane (14 miles strenuous) Leaders Andrew Davies and Andrew Pike. Depart Shrewsbury 9.00, return Knighton 16.16.

2 Craven Arms circular via Stokesay Castle, Brandhill Gutter and Clapping Wicket (8 miles moderate). Leaders Susan McCormack and Marion Law. Depart Shrewsbury 9.40, return Craven Arms 14.55.

Saturday 8th 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

TRAIN TIMETABLES CHANGE – CHECK TIMES

Saturday 15th September

1 NEW Llangunilo to Bucknell via Glyndwr's Way, Knighton, Holloway Rocks and Stowe Hill (14 miles strenuous). Leaders Bob Braddock and Pat Talbott. Depart Shrewsbury 9.00, return Bucknell 16.22.

2 NEW Broome to Craven Arms via Hopesay Hill and Sibdon Castle (8 miles moderate). Leader Jim Redshaw. Depart Shrewsbury 9.00, return Craven Arms 14.55.

Wednesday 19th September

Machynlleth for dowsing leys at King Arthur's Camlan (5 miles moderate). Leader Laurence Main. Depart Shrewsbury 9.27 for 10.46 bus at Machynlleth, return by bus to Machynlleth 18.07.

Saturday 22nd September

1 NEW Aberystwyth to Machynlleth via Plynlimon (15 miles strenuous, 2600' ascent) Leaders Mick Guest and Andrew Pike. Depart Shrewsbury 7.27 (buy Aberystwyth return), bus to Eisteddfa Gurig, fare extra, return Machynlleth 18.07.

2 Barmouth to Llwyngwril via Morfa Mawddach, Bryn Siward and Rhiw Corniau (7 miles moderate). Leaders Clare Gathercole and Pam Swales. Depart Shrewsbury 9.27, return Llwyngwril 17.10.

Saturday 29th September

1 Church Stretton circular via Minton, Asterton and Long Bache (15 miles strenuous) Leader Iain Chippendale and Mike Downward. Depart Shrewsbury 9.00, return Church Stretton 16.38.

2 Newtown circular via Thimble Hall and Aberhafesp (7 miles moderate). Leaders Pat Neal and Trevor Allison. Depart Shrewsbury 9.27, return Newtown 14.46.

Saturday 6th October

1 NEW Kinder Scout from Hayfield via Snake Path, William Clough, Kinder Downfall, Oaken Clough and Mass Trespass Memorial Plaque (11 miles strenuous). Leaders Ian and Doug Hill. Depart Shrewsbury 7.46 (check departure time) for Stockport (arrives 8.58), bus to Hayfield, return bus to Stockport for 18.39.

2 NEW Leominster circular via Bache Camp and Hamnish Clifford (9 miles moderate) Leaders Richard Addyman and Doug Billingsley. Depart Shrewsbury 9.40, return Leominster 16.11.

Saturday 13th October

1 Caersws circular via Severn Way, Cwm Wood, Llyn-y-Tarw and Llanwnog (13 miles strenuous) Leaders Sue Jones and Chris Jenkins. Depart Shrewsbury 9.27, return Caersws 16.37.

2 Dyfi Junction to Machynlleth via Glandyfi, Caerhedy, Llyfnant Valley and Glaspwll (8 miles moderate). Leaders Graham Baker and Grahame Cox. Depart Shrewsbury 9.27, return Machynlleth 16.07.