

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.

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

8th July – 28th December 2013
8 Gorffennaf – 28 Rhagfyr

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.

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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Saturday 30th November

- 1 **Caersws circular** via Llanwynog, Llyn Mawr and Llyn Du (12 miles strenuous) Leaders Doug and Ian Hill Depart Shrewsbury 9.27, return Caersws 16.33.
- 2 **Caersws to Newtown** via Maesmawr and Stepside (7 miles moderate). Leaders Trevor Allison and Susan McCormack Depart Shrewsbury 9.27, return Newtown 16.46.

Saturday 7th December (Christmas lunch at Long Mynd Hotel 1.30 for 2 00pm)

Church Stretton circular (5 miles moderate). Leaders Bob Perry and Marion Law Depart Shrewsbury 9.40, return Church Stretton 16.39.

NEW TIMETABLE FROM 8TH DECEMBER – PLEASE CHECK TIMES

Saturday 14th December (Christmas lunch at the White Horse, Pulverbatch at 15.30)

- 1 **Church Stretton to Pulverbatch** (12 miles strenuous). Leaders Gill and Nigel Pursey. Depart Shrewsbury 9.00, return **by bus** 17.30 or 18.30 Details of meal available from Cheryl Johnston.

Wednesday 18th December

Knighton circular via Offa's Dyke Path, Llanfair Hill, Upper Treverward and Cwm Sanahan (13 miles strenuous) Leaders Andrew Pike and Chris Jenkins Depart Shrewsbury 9.00, return Knighton 16.19.

Saturday 21st December

- 1 **Craven Arms to Ludlow** via Stokesay Castle, Cookeridge and Priors Halton (11 miles strenuous). Leaders Sue Jones and Chris Jenkins Depart Shrewsbury 8.46, return Ludlow 16.22
- 2 **Chirk circular** via Bronygarth, Starling Castle and Tyn-y-Groes (7 miles moderate) Leaders John Farmer and Alan Hill Depart Shrewsbury 9 24, return Chirk 14.47 or 16 .00.

Saturday 28th December

- 1 **Llanbister Road to Llandrindod Wells** via Dolau and Llanbadarn Bridge (12 miles strenuous) Leaders Anne Williams and Iain Chippendale Book to Llandrindod Depart Shrewsbury 9.00, return Llandrindod 15.40.

Saturday 19th October

- 1 **NEW Ironbridge to Wellington** (12 miles strenuous) Leaders Gill and Nigel Pursey
Depart Shrewsbury by bus 8.50, return Wellington 16.05 or 17.00.
- 2 **Wellington circular "Round the Wrekin"** (8 miles moderate). Leaders Marion Law and Trevor Allison. Depart Shrewsbury 9.33, return Wellington 15.06 or 16.05.

Saturday 26th October

- 1 **NEW Welsh Coast Path (Part 3) Colwyn Bay to Conway** (15 miles strenuous). Leaders Phil and Cheryl Johnston. Depart Shrewsbury 8.21, return Conway 18.26.
- 2 **Prees circular** via Whixall Moss (9 miles moderate). Leaders Graham Baker and Bill Hodges. Depart Shrewsbury 10.18, return Prees 16.45.

Saturday 2nd November

- 1 **Shrewsbury to Yorton** via Hencott Pool, Bomere Heath, Oldwood and Myddle (12 miles moderate). Leaders Doug and Iain Hill. Meet on Shrewsbury station forecourt 9.30, return Yorton 15.55.
- 2 **NEW Shifnal circular** via Lodge Hill and Kemberton (7.5 miles moderate). Joint with Coventry Ramblers. Leaders Pat Neal and Marion Law. Depart Shrewsbury 9.47, return Shifnal 15.46 or 16.46, or 15.13 or 16.13 to Wolverhampton.

Saturday 9th November

- 1 **White Grit to Church Stretton** via The Bog, Linley Hill and Bridges (14 miles strenuous). Leaders Mick Guest and Chris Jenkins. Depart Shrewsbury **by bus** 10.05 (stand P), return Church Stretton 18.35.
- 2 **NEW Bishops Castle circular** via Bankstead, Bishop's Moat and Lower Woodbatch Farm (7 miles moderate). Leaders Jim Redshaw and Doug Hill. Depart Shrewsbury by bus 10.05, return Bishops Castle 15.40.

Wednesday 13th November

Church Stretton circular via Minton, Asterton, Bridges and Jonathon's Rock (17 miles strenuous). Leaders Iain Chippendale and Phil Johnston. Depart Shrewsbury 9.00, return Church Stretton 17.05.

Saturday 16th November

- 1 **Newtown circular** via Shwrwd, Plassau, Cefn-Caled, Giant's Bank and Dolforwyn Castle (12 miles strenuous). Leaders Brian and Jenny Jones. Depart Shrewsbury 9.27, return Newtown 16.46.
- 2 **Newtown circular** via Garth Cottage, Bryn-du, Ty'n-y-Pales and Fachwen Pool (8 miles moderate). Leaders Clare Gathercole and Pam Swales. Depart Shrewsbury 9.27, return Newtown 16.46.

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

Saturday 23rd November

- 1 **Crew Green to Welshpool** (10 miles moderate). Leaders Bob and Liz Owen. Depart Shrewsbury **by bus** 8.45, return Welshpool 15.01 or 17.01.
- 2 **Llandrindod Wells circular** via Llanfawr, Bongam Bank, Alpine Bridge and Cefn Coed (7 miles moderate). Leaders Bill Hodges and John Newnham. Depart Shrewsbury 9.00, return Llandrindod 15.40.

Last date for booking Christmas lunch at White Horse, Pulverbatch, £5 deposit asap but by 19th Oct latest to Cheryl Johnston (pcjludlow@yahoo.com), menu available

RAIL RAMBLES July – December 2013

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 6th July

- 1 **NEW Llangunllo to Knighton** via Lloyney, Black Hill and Cwm-Sanahan Hill (14 miles strenuous). Leaders Anne Williams and Andrew Pike. Book to Llangunllo. Depart Shrewsbury 08.55 bus from Rail Station, return Knighton 16.31 then bus from Craven Arms.
- 2 **Llangunllo to Dolau** via Glyndwr's Way, Coxhead Bank Common and Far Hall (7 miles moderate). Leaders Doug Billingsley and Susan McCormack. Book to Dolau. Depart Shrewsbury 08.55 bus from rail station, return Dolau 16.06 then bus from Craven Arms.

Check whether disruption for engineering works will affect train times

Saturday 13th July

- 1 **Machynlleth circular** via W. Vaughan Thomas memorial, Glaslyn and Glyndwr's Way (14 miles strenuous). Leaders Phil and Cheryl Johnston. Depart Shrewsbury 9.27, bus to Aberhosan (fare extra), return Machynlleth 18.07.
- 2 **Fairbourne to Llwyngwriil** via Bryn Siward (6 miles moderate). Leaders Clare Gathercole and Pam Swales. Book to Fairbourne. Depart Shrewsbury 9.27, return Llwyngwriil 15.09.

Wednesday 17th July

NEW Norton to Knighton via Hawthorn Hill and Rhos-y-meirch (8 miles moderate). Leader Les Lumsdon. Depart Shrewsbury 09.00 to Knighton, then 'Offa Hoppa' bus to Norton at 10.12, return Knighton 16.19.

Saturday 20th July

- 1 **Chirk circular** via Shropshire Union Canal, Selattyn, Offa's Dyke Path and Chirk Castle (12 miles moderate). Leaders Ian and Doug Hill. Depart Shrewsbury 8.21, return Chirk 16.00.
- 2 **Llangammarch to Cilmeri** via riverside, Garth and Tysegur (7 miles moderate). Leaders John Newnham and Marion Law. Book to Llangammarch. Depart Shrewsbury 9.00, return Cilmeri 15.16.

Saturday 27th July

- 1 **NEW Llanwrtyd Wells circular** via Cwm y Goetre, Crychan Forest, Tirabadr and Berthddu (15 miles energetic). Leaders Mike Downward and Iain Chippendale. Depart Shrewsbury 9.00, return Llanwrtyd 20.07 (with time for pub meal).
- 2 **NEW Machynlleth to Tywyn** via Nant Gwernol and Talyllyn railway (fare extra) (7.5 miles moderate). Depart Shrewsbury 9.27 (book to Tywyn), return Tywyn 17.28. Leaders Grahame Cox and Bob Perry. (contact Bob on 07971 720095 to book)

Saturday 3rd and Sunday 4th August

- 1 **NEW Welsh Coast Path, part 2, (Sat) Flint to Prestatyn** (18 miles strenuous) **and (Sun) Prestatyn to Colwyn Bay** (14 miles strenuous). Leaders Phil and Cheryl Johnston and Mick Guest. Depart Shrewsbury 8.21, return (Sat) Prestatyn 18.54 or (Sun) Colwyn Bay. 17 31 (overnight in Prestatyn, or possible to do Sat's walk only. (Contact Cheryl pcjludlow@yahoo.com or Mick Guest michaelhguest@hotmail.com) for more details).
- 2 **NEW Craven Arms circular** via Aston on Clun, Hopesay Hill and Onny Trail (10 miles moderate). Leaders Jim Redshaw and John Farmer. Depart Shrewsbury 9.40, return Craven Arms 16.30.

Saturday 10th August

- 1 **Machynlleth to Tre'r Ddol** via Pen-y-barren, New Pool and Moel y Garn (15 miles strenuous). Return Tre'r Ddol by bus. Leaders Chris Jenkins and Andrew Pike. Depart Shrewsbury 9.27, return Machynlleth 20.07.
- 2 **Caersws to Newtown** via Porth Gwibedyn, Stepside and Upper Brimmon (9 miles moderate). Leaders Graham Baker and Alan Hill. Depart Shrewsbury 9.27, return Newtown 16.46.

Wednesday 14th August

Borth to Devil's Bridge via Tal-y-Bont, Bwlch-Nant-yr-Arian and Ystumtwen (17 miles strenuous). Leaders Mick Guest and Mike Downward. Depart Shrewsbury 7.27 (book to Aberystwyth), return Devil's Bridge 17.15 (Vale of Rheidol Railway fare extra), depart Aberystwyth 19.30.

Saturday 17th August

- 1 **NEW Llandrillo to Cynwyd** (10.5 miles strenuous, 2,500' ascent). Leaders Mick Guest and Cheryl Johnston. Depart Shrewsbury 8.21, bus to Llandrillo, return bus to Ruabon for 18.52.
- 2 **Ruabon circular** via Stryt-Issa, Trefechan and Frozen Clock (9 miles moderate). Leaders Pat Neal and Doug Hill. Depart Shrewsbury 9.24, return Ruabon 15.53 or 16.53.

Saturday 24th August

- 1 **Ludlow circular** via Titterstone Clee (13 miles strenuous). Leaders Pat Talbott and Sue Jones. Depart Shrewsbury 8.46, return Ludlow 16.22 or 16.51.
- 2 **Ludlow circular** via Whitcliffe, Brick House, Lady Halton and Prior's Halton (8 miles moderate). Leaders Alan Hill and Bob Perry. Depart Shrewsbury 9.40, return Ludlow 16.22.

Saturday 31st August

- 1 **Bucknell circular via Bucknell Wood**, Vron, Caer Caradoc, Chapel Lawn, Mere oak and Bucknell Hill (12 miles strenuous). Leaders Brian and Jenny Jones. Depart Shrewsbury 9.00, return Bucknell 16.22.
- 2 **Church Stretton circular** via Hope Bowdler Hill, Cardington and The Wilderness. (9 miles moderately hilly). Leaders Jim Redshaw and Doug Billingsley. Depart Shrewsbury 9.40, return Church Stretton 15.04 or 16.39.

Saturday 7th September

- 1 **Llwyngwril to Tonfanau** via Craig Cwm-Llwyd, Gwastad Merionydd and Llanfendigaid (12 miles strenuous). Leaders Mike Downward and Chris Jenkins. Book to Llwyngwril. Depart Shrewsbury 9.27, return Tonfanau 17.17 or 19.14.
- 2 **Fairbourne to Barmouth** via Fegla Fawr, Fegla Fach and Morfa Mawddach (6 miles moderate). Leaders Grahame Cox and Bob Perry. Depart Shrewsbury 9.27, return Barmouth 16.56.

Saturday 7th 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 15th November

Saturday 14th September

- 1 **Dyfi Junction to Borth** via Furnace and Tre Taliesin (11 miles moderate). Leaders Bob and Liz Owen. Book to Borth. Depart Shrewsbury 9.27, return Borth 17.43.

- 2 **Machynlleth circular** via Roman Steps, Coed Llynloedd and Brynglas (7 miles moderate). Leaders Pat Willday and Joan Sturland. Depart Shrewsbury 9.27, return Machynlleth 16.07.

Wednesday 18th September

Bucknell to Ludlow via Leintwardine, Burrington, Castle Bridge and High Vinnals (17 miles strenuous). Leaders Andrew Davies and Pat Talbott. Depart Shrewsbury 9.00, return Ludlow 18.22.

Saturday 21st September

- 1 **Ruabon to Chirk** via Valle Crucis, Bryn-hyfyrd, Dinas Bran, Offa's Dyke Path and Pontcysyllte (13 miles strenuous). Leaders Iain Chippendale and Mike Downward. Book through to Llangollen. Depart Shrewsbury 8.21, bus to Llangollen, return Chirk 16.48.
- 2 **Leominster circular** via Kimbolton (7 miles easy). Leaders John Newnham and Susan McCormack. Depart Shrewsbury 9.40, return Leominster 16.11.

Saturday 28th September

- 1 **Knighton circular** via Offa's Dyke Path and Pilleth (12 miles strenuous). Leaders Andrew Davies and Cheryl Johnston. Depart Shrewsbury 9.00, return Knighton 16.16.
- 2 **Hopton Heath circular** via Clungunford, Stormer Hall and Jay Bridge (7 miles moderate). Leaders Trevor Allison and John Mattocks. Depart Shrewsbury 9.00, return Hopton Heath 16.26.

Friday 4th to Monday 7th October

Elenydd Hostel weekend backpacking through Wild Wales. Leader Mick Guest. Depart Shrewsbury 14.04 to Llandrindod Wells, return Aberystwyth on Monday at 15.30. For more details contact Mick Guest michaelhguest@hotmail.com.

Saturday 14th December Christmas lunch at the White Horse, Pulverbatch: £5 deposit by 19th Oct latest to Cheryl Johnston (pcjludlow@yahoo.com), menu available early Nov, choices and full payment by 23rd Nov, 30 people max

Saturday 5th October

- 1 **NEW Hope Valley to Church Stretton** via Snailbeach and The Portway (14 miles strenuous). Leaders Phil and Cheryl Johnston. Depart Shrewsbury by bus 10.05, return Church Stretton 18.35.
- 2 **Welshpool circular** via Coppice East Farm, Gungrog Fawr and Cwm Caeathro (8 miles moderate). Leaders Bill Hodges and Alan Hill. Depart Shrewsbury 9.27, return Welshpool 17.01.

Saturday 12th October

- 1 **Welshpool circular** via Hope, Offa's Dyke Path, Beacon Ring, Cilcewydd Bridge and Powis Castle (15 miles strenuous). Leaders Anne Williams and Pat Talbott. Depart Shrewsbury 9.27, return Welshpool 19.01.
- 2 **Shifnal circular** via Hatton Grange (9 miles moderate). Leaders John Mattocks and John Farmer. Depart Shrewsbury 9.47, return Shifnal 15.46.

Wednesday 16th October

NEW Shobdon to Kingsland via Mortimer's Cross (6 miles easy). Leader Les Lumsdon. Depart Shrewsbury 09.40 to Leominster, bus at 11.00 for Shobdon, return bus from Kingsland, return Leominster 16.11