

## 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 £3.25 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 £34 a year (or £3.25 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](http://www.ramblers.org.uk/join) quoting **G10GYA** or call 020 7339 8595 and quote G10GYA.

## Leaders' mobile nos:

Graham Baker	07789 643 965	Phil Johnston	07769 607 091
Iain Chippendale	07960 538 774	Pete Lightwood	07947 806 108
Mike Downward	07717 463 068	Bob Perry	07971 720 095
Mick Guest	07780 353 617	Andrew Pike	07826 737 600
Alan Hill	07708 950 509	Pat Talbott	07743 538 840
Cheryl Johnston	07769 264 950		



## 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 – 31st December 2016**  
**2 Gorffennaf – 31 Rhagfyr 2016**

## 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](mailto:chris.jenkins9@btinternet.com)

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

Mike Downward (long walks) [mjdownward@yahoo.co.uk](mailto:mjdownward@yahoo.co.uk)

Bob Owen (short walks) [rcowenandcoltd@yahoo.co.uk](mailto:rcowenandcoltd@yahoo.co.uk)

**Website: [www.railrambles.com](http://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; '**energetic**' means as moderate but with probably over 1000' of ascent; '**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 who 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 times from Shrewsbury 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](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, and to check [www.railrambles.com](http://www.railrambles.com) in case of last minute changes to the programme.

*continued on back page*

## Saturday 19<sup>th</sup> November

- 1 **Knighton circular** via Knucklas, Lloyney, Jack Mytton Way, Offa's Dyke Path, New House, Panponton Hill (12 miles strenuous). Leaders Brian and Jenny Jones. Depart Shrewsbury 9.00. Return Knighton 16.21
- 2 **NEW Llangollen to Chirk** via Croes yr Esgob, Ceiriog Trail and Maelor Way (7 miles moderate). Leaders Alan Hill and John Newnham. Depart Shrewsbury 9.25 (book to Ruabon), **BUS** to Llangollen (fare extra), return Chirk 16.00.

## Saturday 26<sup>th</sup> November

- 1 **Pontesbury to Church Stretton** via Shepherds Rock and Birchhope Coates farm (14 miles). Leaders Mick Guest and Alan Davies. Depart Shrewsbury **bus** station 552 8.50. Return Church Stretton 16.39.
- 2 **Aberdovey circular** via Trefeddian, Dyffryn-glyn-cul, Gwyddgwion and Erw Gwenllian (6 miles moderate). Leaders Bob and Liz Owen. Depart Shrewsbury 9.31, return Aberdovey 15.32.

## Saturday 3<sup>rd</sup> December

- 1 **Welshpool circular** via Frochas, Lower Trefnant, Bonciau, Coppice Lane and Castle Carelnon (13 miles moderate). Leaders Sue Jones and Chris Jenkins. Depart Shrewsbury 9.31 Return Welshpool 16.56.
- 2 **Cressage to Wellington** (8 miles moderate). Leaders Clare Gathercole and Pam Swales. Depart Shrewsbury **bus** station 9.35, return Wellington 16.07.

## Saturday 10<sup>th</sup> December

- 1 **Craven Arms circular** via Marches Way, Upper Westhope, Hill End Farm, Callow Hill and Lower Dinchope (12 miles energetic). Leaders Mark Phillips and Andrew Pike. Depart Shrewsbury 9.00. Return Craven Arms 16.30.
- 2 **Pulverbatch to Church Stretton** via the Beeches and Shropshire Way (8 miles moderate). Leaders Neville Homent and Jim Redshaw. Depart Shrewsbury **bus** station 10.05 to Pontesbury, return Shrewsbury 16.39.

**New timetable from 11th December 2016**

## Wednesday 14<sup>th</sup> December

**Caersws to Newtown** via Maesmawr and Stepside (7 miles moderate) Leaders Mick Hemming and Bob Owen Depart Shrewsbury 9.31, return Newtown 16.42

## Saturday 17<sup>th</sup> December

- 1 **Chester circular** via Baker Way and the Longster Trail (12 miles moderate). Leaders Doug and Ian Hill. Depart Shrewsbury 08.45 Return Chester 17.28.
- 2 **Ludlow circular** via Stevenson, Tinkershill Wood, Ashford Carbonel, Ladyfield Farm (6 miles easy) with coffee and mince pies at the Ludlow Brewery to start. Leaders Bob Perry and Steve Paynter. Depart Shrewsbury 9.40, return Ludlow.

## Saturday 31<sup>st</sup> December

- 1 **Newtown circular** via Lluest, Cefn-Gwyddfod, Bwlch-y-Ffrith, Thimble Hall and Aberhafesp Park (12 miles). Leaders Alan Davies and Julie Walters. Depart Shrewsbury 9.31 Return Newtown 16.42.
- 2 **Craven Arms circular** via Stokesay, Glencoed, Onibury and Norton (8 miles moderate). Leaders Steve Paynter and John Newnham. Depart Shrewsbury 9.40, return Craven Arms 16.30.

### Saturday 15<sup>th</sup> October

- 1 **Aberystwyth to Machynlleth** via Plynlimon (14 miles strenuous). Leaders Phil and Cheryl Johnston. Depart Shrewsbury 7.30, **bus** Aberystwyth to Eisteddfa Fach 525 10.25 Return Machynlleth 18.05.
- 2 **Craven Arms circular** via Norton Camp, Stokesay Castle and Clapping Wicket (7 miles moderate). Leaders Sue McCormack and Jim Redshaw. Depart Shrewsbury 9.40, return Craven Arms 15.08.

### Saturday 22<sup>nd</sup> October

- 1 **Mortimers Cross to Pembridge** via Mortimers Trail and The Arrow Valley (14 miles moderate) Leaders Mick Guest and Chris Jenkins Depart Shrewsbury 07.50 to Leominster, then **bus** 9.05 to Mortimers Cross. **Bus** back from Pembridge for 18.11 from Leominster
- 2 **NEW Kelsall to Chester** via Tarvin, Packhorse Bridge, Baker Way and Shropshire Union Canal (9 miles moderate/flat). Leaders Graham Baker and Alan Hill. Depart Shrewsbury 9.25 to Chester, **bus** to Kelsall (fare extra), return Chester 16.19 or 17.28.

#### Annual Christmas lunch

Please keep Sat 21st January 2017 free for our annual lunch which we hope will take place at the Royal Oak, Welshpool. Details to be available shortly.

### Saturday 29<sup>th</sup> October

- 1 **Machynlleth circular** via Mynydd Bach, Bwlch y Groesen, Cefn Modfedd (13 miles). Leaders Mark Phillips and Dennis Jones. Depart Shrews 09.31. Return Machynlleth 18.05.
- 2 **Newtown circular** via Llest and Garth Hill (7 miles moderate with 1700' ascent). Leaders Trevor Allison and Neville Homent. Depart Shrewsbury 9.31, return Newtown 16.42.

### Saturday 5<sup>th</sup> November

- 1 **Gobowen to Llanymynech** via Brogyntyn Park and Offas Dyke Path (12 miles energetic). Leaders Doug Hill and Chris Jenkins. Depart Shrewsbury 8.22, return Llanymynech **bus** to Shrewsbury 15.44.
- 2 **Church Stretton circular** via The Owlets, Pole Cottage and Light Spout Hollow (8 miles moderate/energetic). Leaders Clare Gathercole and Pam Swales. Depart Shrewsbury 9.00, return Church Stretton 16.39.

### Saturday 12<sup>th</sup> November

- 1 **Broome to Craven Arms** via Leintwardine and Stokesay Castle (12 miles energetic). Leaders Anne Williams and Mark Phillips. Depart Shrewsbury 9.00, return Craven Arms 16.30.
- 2 **Leominster circular** via Stoke Prior and Risbury Mill (8 miles moderate). Leaders Jean Bell and Helen Nicklin Depart Shrewsbury 9.43, return Leominster 16.11

### Wednesday 16<sup>th</sup> November

**NEW Bircher to Orleton** via Yarpole (7 miles moderate). Leaders Mike Ledlie and Les Lumsdon. Depart Shrewsbury 9.15, **bus** to Bircher from Ludlow, return **bus** from Orleton to Ludlow (fares extra), return Ludlow 16.17.

## RAIL RAMBLES July – December 2016

*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 2<sup>nd</sup> July

- 1 **Morfa Mawddach to Llwyngwryl** via Arthog Falls, Cregennen Lakes (13 miles strenuous). Leaders Phil and Cheryl Johnston. Depart Shrewsbury 7.31. Return Llwyngwryl 17.10.
- 2 **Chirk to Llangollen** via Pontcysyllte aqueduct, Trevor Hall Wood (8 miles moderate). Leaders Peter Jones and Marion Law. Depart Shrewsbury 9.25 (book to Ruabon), return **bus** from Llangollen, fare extra, Ruabon 15.53 or 16.42.

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

- 1 **Bethesda and Carneddau** via Yr Elen, Carnedd Llewelyn, Carnedd Dafydd (10 miles strenuous, 3000ft ascent). Leaders Iain Chippendale and Andrew Pike. Depart Shrewsbury 8.22, **BUS** extra to Bethesda, return Bangor 18.09.
- 2 **Penhelig to Tywyn** via Llechwedd, Bryn Dinas, Rhyd-yr-Onen and ice cream shop (9.5 miles moderate). Leaders Alan Hill and Steve Paynter. Depart Shrewsbury 9.31, return Tywyn 17.27.

### Wednesday 13<sup>th</sup> July

**NEW Ludlow to Bouldon Tally Ho Inn** (8 miles moderate). Leader Trevor Allison Depart Shrewsbury 8.40, return **bus** to Ludlow (**must book in advance with Trevor 01939 260899**) return Ludlow 15.22.

### Saturday 16<sup>th</sup> July

- 1 **Llanbister Road Circular** via Maes-y-hardy, Lower Crosscynon, Tylcau Hill and Stankey Hill. (12 Miles moderate). Leaders Anne Williams and Chris Jenkins. Depart Shrewsbury 9.00 Return Llanbister Road 16.01.
- 2 **Yorton circular** via Grinshill, Grumpy, Myddle and Newton-on-the-Hill (8 miles moderate). Leaders Bob and Liz Owen. Depart Shrewsbury 10.18, return Yorton 16.03.

### Saturday 23<sup>rd</sup> July

- 1 **Machynlleth Circular** via Penegoes, Melinbyrhedyn and Coed Cae-Poeth (15 mile moderate). Leaders Phil and Cheryl Johnston. Depart Shrewsbury 07.31, Return Machynlleth 18.05
- 2 **Church Stretton circular** via Chelmick, Soudley, Woodgate Farm, Middle Hill and Woodgate Hill (8 miles moderate/strenuous). Leaders Jim Redshaw and Steve Paynter. Depart Shrewsbury 9.00, return Church Stretton 16.39,

### Saturday 30<sup>th</sup> July

- 1 **Prestatyn circular** via Clwydian Way, Moel Maenfa and Offas Dyke Path (15 miles strenuous). Leaders Liz Cruickshanks and Dennis Jones. Depart Shrewsbury 8.22 Return Prestatyn 17.58.
- 2 **Broome to Craven Arms** via Hopesay Hill, Longville Common and Onny Trail (8 miles moderate). Leaders Trevor Allison and Doug Hill. Depart Shrewsbury 9.00, return Craven Arms 14.59 or 16 30.

### Saturday 6<sup>th</sup> August

- 1 **Machynlleth to Penhelig** via Foel-y-Geifr, Tarrenhendre and Duaddyfryn (13 miles strenuous). Leaders Mick Guest and Iain Chippendale. Depart Shrewsbury 9.31 Return Penhelig 17.35.
- 2 **Machynlleth circular** via Forge, Coed Talyrnau and Glanmeryn (8 miles moderate). Leaders Graham Baker and Pamela Hill. Depart Shrewsbury 9.31, return Machynlleth 16.08.

### Saturday 13<sup>th</sup> August

- 1 **Knighton circular** via Llanwen Hill, Haw Hill, Pilleth, Black Hill, Rhos Hill, Rhos-y-Meirch (12 miles strenuous). Leaders Brian and Jenny Jones. Depart Shrewsbury 09.00 Return Knighton 16.21.
- 2 **Cyfronydd to Welshpool** via Welshpool/Llanfair Railway walking back to Welshpool (8 miles moderate). Leaders Bob Perry and Mick Hemming. Depart Shrewsbury 9.31, train to Cyfronydd (fare extra). Return Welshpool 16.58. **(Contact Bob Perry to book seat on Welshpool to Cyfronydd train 0121 351 7547).**

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

**Llangunllo to Knucklas** via Glyndwr's Way and Wernyegefron Hill (7 miles moderate/energetic). Leaders Neville Homent and Sue McCormack. Depart Shrewsbury 9.00, return Knucklas 16.13.

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

- 1 **Tywyn to Aberdovey** via Rhyd-Yr-Onnen, Ffridd-yr-ychain (12 miles moderate). Leaders Audrey Menhinick and Mike Downward. Depart Shrewsbury 07.30, Return Aberdovey 17.33.
- 2 **Gobowen circular** via Pleasant Groves, Brogyntyn Park and Old Oswestry (8 miles moderate). Leaders Peter Jones and Pete Lightwood. Depart Shrewsbury 9.25, return Gobowen 14.53 or 16.05.

### Saturday 27<sup>th</sup> August

- 1 **Caersws to Newtown** via Moat Lane, Giants Grave, Hafod and Mochdre (11 miles energetic). Leaders Andrew Pike and Anne Williams. Depart Shrewsbury 09.31 Return Newtown 16.42.
- 2 **NEW Wellington to Ironbridge** via Steeraway, Little Wenlock and the Shropshire Way (9 miles moderate). Leaders Trevor Allison and Doug Hill. Depart Shrewsbury 9.33, return Ironbridge **bus** 15.06 or hourly to Telford, 15.59 to Shrewsbury, 16.00 Wolverhampton (fare extra), return Telford 15.52, 16.00, 16.52 etc.

### Saturday 3<sup>rd</sup> September

- 1 **Blaenau Ffestiniog circular** via Tanygrisiau, Llyn Stwlan, Moelwyn Bach and Moelwyn Mawr (10 miles strenuous). Leaders Mike Downward and Mick Guest. Depart Shrewsbury 08.22. Return Blaenau Ffestiniog 17.37.
- 2 **Penmaenmawr to Conwy** via Cefn Llechen and Conwy Mountain (8 miles moderate/energetic). Leaders Alan Hill and Pamela Hill. Depart Shrewsbury 9.25, return Conwy 16.19 or Llandudno Junction 17.36.

### Saturday 10<sup>th</sup> September

- 1 **Aberystwyth to Machynlleth** (a George Borrow Route) via Ponterwyd, Dolrhuddlan, Welsh Potosi and Glaspwll (15 miles strenuous). Leaders Iain Chippendale and Dennis Jones. Depart Shrewsbury 07.30, **BUS** to Ponterwyd 525, Return Machynlleth 18.05.
- 2 **Dovey Junction to Borth** via Welsh Coastal Path (10 miles moderate/energetic). Leaders Audrey Menhinick and John Newnham. Depart Shrewsbury 9.32, return Borth 17.41.

### Wednesday 14<sup>th</sup> September

**NEW Abergavenny to Llanover** via Goose and Cuckoo pub (8 miles moderate). Leaders Mike Ledlie and Les Lumsdon. Depart Shrewsbury 9.14, return Llanover by **bus** (fare extra) to Abergavenny for 16 58 or 17 29 train.

### Saturday 17<sup>th</sup> September

- 1 **Crickhowell to Abergavenny** via Table Mountain, Llanbedr and Sugar Loaf (12 miles strenuous). Leaders Mark Phillips and Mike Downward. Depart Shrewsbury 8.50 (**Bus** from Abergavenny). Return Abergavenny 17.32.
- 2 **Ludlow circular** via Mortimers Trail, Hanway Common and Starvecrow (10 miles moderate). Leaders Clare Gathercole and Pam Swales. Depart Shrewsbury 9.40, return Ludlow 16.54.

### Saturday 24<sup>th</sup> September

- 1 **NEW Bucknell Circular** via Darky Dale, Chapel Lawn, Caer Caradoc and Stowe Hill (13 miles, strenuous. over 3000' ascent) Leaders Liz Cruickshank and Judith Griffiths. Depart Shrewsbury 09.00 Return Bucknell 16.27.
- 2 **Welshpool circular** via Coppice East Farm, Gungrog Fawr and Cwm Caeathro (8 miles moderate). Leaders Peter Jones and Pete Lightwood. Depart Shrewsbury 9.31, return Welshpool 14.55 or 16.56.

### Saturday 1<sup>st</sup> October

- 1 **Knucklas to Knighton** via Lower Hall Farm, Upper Heath and Fountain Head (12 miles energetic). Leaders Sue Jones and Anne William. Depart Shrewsbury 09.00 Return Knighton 16.21.
- 2 **Llangunllo to Knighton** via Gravel, Fountain Head, Bailey Hill and Downes Dingle (8 miles moderate/energetic). Leaders Neville Homent and Marion Law. Depart Shrewsbury 9.00, return Knighton 16.21.

### Saturday 8<sup>th</sup> October

- 1 **Chirk to Gobowen** via Ceiriog Valley (10 miles energetic) Book to Chirk Leaders Doug and Ian Hill. Depart Shrewsbury 9.25 Return Gobowen 16.05
- 2 **NEW Sutton Park Experience** (Birmingham) via Bracebridge, Ryknild Street, Longmoor and Wyndley (7.5 miles leisurely). Leaders Bob Perry and Mick Hemming. Depart Shrewsbury 9.33 (Book to Sutton Coldfield), return Sutton Coldfield 16.25 or 17.25. **(Note: change at Birmingham New Street outwards and return).**

### Wednesday 12<sup>th</sup> October

**NEW King's Thorn to Hereford** via Aconbury and Dinedor Hill Forts (9 miles moderate with one short steep climb). Leaders Mike Ledlie and Les Lumsdon. Depart Shrewsbury 9 14, **bus** to King's Thorn (fare extra) 10 45, return Hereford 17.24 or 17.53.