

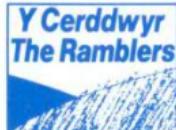
Troeon Trêñ Rail Rambles

Guided Walks from Railway
Stations in Mid Wales
& the Marches

Teithiau Cerdded dan
Arweiniad o Orsafoedd
Rheilffyrdd yn y Canolborth
a'r Gororau



January - May • Ionawr - Mai 1998



Dewch gyda ni am Dro!

Rail Rambles is a partnership between the Ramblers' Association, Central Trains and Wales and West.

Every Saturday (except at Christmas time) we offer you either one or two guided walks from a railway station in Mid Wales or the Marches. There are normally two experienced leaders for each walk, you don't need to belong to any organisation, and apart from your train fare (which may be surprisingly cheap!) you have nothing to pay.

If you like walking in congenial company through gorgeous countryside, but don't particularly like driving, Rail Rambles may be just what you have been waiting for.

Please remember to wear strong boots or shoes, and to bring food, drink and waterproof clothing.

YDYCH CHI'N hoffi cerdded mewn cwmni da trwy gefn gwlad godidog? Ydych chi'n dihoeni ym mherfeddion Lloegr ac yn hiraethu am yr hen wlad? Dyma gyfle i chi ddod yn ôl ac (efallai) gweld rhai o'i thrysorau na welsoch o'r blaen!

Bob dydd Sadwrn mae Cymdeithas y Cerddwyr a'r Cwmniau Rheilffordd wedi trefnu teithiau cerdded o orsaф reilffordd yn y Canolbarth neu'r Gororau. Bydd dau arweinydd profiadol ar gyfer pob taith, sy'n rhad ac am ddim. Y cyfan sy eisiau yw pâr o goesau, esgidiau cryfion, côt law a phecyn o fwyd (a diod).

O bryd i'w gilydd fe drefnir teithiau arbennig ar gyfer siaradwyr a dysgwyr Cymraeg - am fanylion, ysgrifennwch at Y Cerddwyr, Tŷ'r Cerddwyr, High Street, Gresford, Wrecsam LL12 8PT.

Rhaglen Teithiau Cerdded • Walks Programme

Iorawr - Mai 1998

Saturday 3rd January 1998

(1) **Church Stretton** circular via Little Caradoc and Lawley (11 miles strenuous). Leaders Angela and Colin Benson.

(2) **Church Stretton** circular via All Stretton and Caer Caradoc (6 miles moderate). Leaders Marion Law and David Shelley.

For both walks depart Shrewsbury 1020, return from Church Stretton 1652.

Saturday 10th January 1998

(1) **Newtown** circular via Lluest, Cefn-gwyddfod, Bwlch-y-Fridd, Hollybush, Thimble Hall and Aberhafesp (12 miles strenuous). Leaders Richard Addyman and Jack Price.

(2) **Newtown** circular via Thimble Hall and Aberhafesp (7 miles easy). Leaders Pat and Janet Riley.

For both walks depart Shrewsbury 0925, return from Newtown 1640.

Saturday 17th January 1998

(1) **Dolau to Llandrindod** via Llandegley and Pawl Hir (10 miles strenuous). Leaders Bryan Heatley and Chris Jenkins. Depart Shrewsbury 0855 (book to Llandrindod, alight at Dolau).

(2) **Llandrindod** circular via Cefn Coed, Alpine Bridge, Pentre, Bongam Bank and Llanfawr (7 miles moderate). Leaders Barbara Gray and Justin McCarthy.

Depart Shrewsbury 0855. For both walks return from Llandrindod 1542.

Saturday 24th January 1998

Yorton circular via Merrington, Baschurch, Eyton, and Myddle (12 miles strenuous). Leaders Jack Price and Bernard Williams.

Depart Shrewsbury 0934, return from Yorton 1524.

Saturday 31 January 1998

(1) **Machynlleth** circular via Forge, Ty-gwyn, Rhiw Goch, Hafodwnog and Bryn Coch Bach (13 miles strenuous). Leaders Malcolm Kimber and Terence Rees.

(2) **Machynlleth** circular via Roman Steps, Llyn Glanmelyn and Ty-gwyn (8 miles moderate). Leaders Barbara Gray and David Shelley.

For both walks depart Shrewsbury 0925, return from Machynlleth 1604.

• January - May 1998

Saturday 7th February 1998

Broome to Craven Arms via Hopesay Hill, Longville Common and the Onny Trail (8 miles moderate). Leaders Barbara Gray and Bill Hodges.

Depart Shrewsbury 0855 (book to Broome), return from Craven Arms 1520.

Saturday 14th February 1998

(1) **Cilmeri to Llandrindod** via Wye Valley Walk, Newbridge-on-Wye and Diserth (12 miles strenuous). Leaders Janet and Patrick Riley.

Depart Shrewsbury 0855 (book to Cilmeri).

(2) **Builth Road to Llandrindod** via Red House, Nant-yr-Hwch and Diserth (8 miles moderate). Leaders Niall and Susan McCormack. Depart Shrewsbury 0855 (book to Builth Road).

For both walks return from Llandrindod 1542.

Saturday 21st February 1998

(1) **Llangollen to Chirk** via Valle Crucis, Dinas Bran and Offa's Dyke Path (13 miles strenuous). Leaders Janet and Patrick Riley.

(2) **Llangollen to Chirk** via Llangollen Canal and Offa's Dyke Path (8 miles easy). Leaders Barbara Gray and John Massey.

For both walks depart Shrewsbury 0845 (book to Ruabon, then bus (fare £2.00) to Llangollen), return from Chirk 1557.

Saturday 28th February 1998

Ludlow circular via Mary Knoll House, Burrington, Castle Bridge and Bromfield (13 miles strenuous). Leaders Bryan Heatley and Jack Price.

Depart Shrewsbury 0945, return from Ludlow 1613.

Saturday 7th March

(1) **Knighton to Craven Arms** via Holloway Rocks, Hopton Titterhill, Clungunford and Weo Edge (14 miles strenuous). Leaders Chris Jenkins and Jack Price.

Depart Shrewsbury 0855 (book to Knighton), return from Craven Arms 1641.

(2) **Bucknell to Knighton** via Stow Hill and Lee Cottage (7 miles moderate). Leaders Alan Howard and Margaret Griffiths.

Depart Shrewsbury 0855 (book to Knighton, alight at Bucknell), return from Knighton 1619.

Saturday 14th March 1998

(1) **Welshpool** circular via Cilcewydd Bridge, Wernllwyd, Dyffryn, Berriew, Brithdir Hall and Powis Castle (13 miles strenuous). Leaders Janet and Patrick Riley.

(2) **Welshpool** circular via Cilcewydd Bridge, Moat Farm, Rosewood and Powis Castle (7 miles easy). Leaders Richard Addyman and Marion Law.

For both walks depart Shrewsbury 0925, return from Welshpool 1656.

Saturday 21st March 1998

Llangynllo to Knighton via Glyndwr's Way (8 miles easy). Leaders Justin McCarthy and Bill Hodges.

Depart Shrewsbury 0855, return from Knighton 1619.

Saturday 28th March 1998

(1) **Shrewsbury** circular via The Severn Way, Bettong Strange, Sutton and Beehive Lane (13 miles strenuous). Leaders Keith Mason and Terence Rees.

(2) **Shrewsbury** circular via bus to Montford Bridge (fare extra), then The Severn Way to Shrewsbury (7 miles easy). Leader Ray Knowles.

Both walks depart from station platform (top of steps) after arrival of trains from Crewe (0929), Cardiff (0920), Chester (0926) and Birmingham (0949).

Saturday 4th April 1998

Ludlow circular via Felton Farm, Race Course, Bromfield and Priors Halton (7 miles easy). Leaders Rex and Mary Simpson.

Depart Shrewsbury 0945, return from Ludlow 1613.

Saturday 11th April 1998

(1) **Great Malvern** circular via Lower Wych, Little Malvern, Pinnacle Hill, Worcestershire Beacon and North Hill (10 miles strenuous). Leaders Chris Jenkins and Jack Price.

(2) **Great Malvern** circular via Lower Wych, Worcestershire Beacon and North Hill (6 miles moderate). Leaders John Massey and David Shelley.

Depart Hereford 0944 (connection departs Shrewsbury 0823) or Birmingham New Street 0930 (connection departs Shrewsbury 0805). Return from Great Malvern 1641 (change at Hereford, arrive at Shrewsbury 1848) or 1625 (change at Birmingham New Street, arrive Shrewsbury 1849). Enquire about cheapest fare when booking.

Saturday 18th April 1998

- (1) **Leominster to Ludlow** via Orleton and Overton (13 miles strenuous). Leaders Susan and Niall McCormack.
(2) **Leominster** town tour. Explore this ancient border town with an experienced guide. Break for lunch and time for shopping afterwards.
For both walks depart Shrewsbury 0945, return from Leominster 1602 or Ludlow 1713.

Saturday 25th April 1998

- (1) **Penrhuddlan to Newtown** via Cobbler's Gate, Moel-lart and Mochdre (11 miles strenuous). Leaders Janet and Patrick Riley.
(2) **Dolwen to Caersws** via Caerau, Nantfeinion, Cobbler's Gate and Little London (8 miles moderate). Leaders Richard Addyman and David Shelley.
For both walks depart Shrewsbury 0925 (book to Caersws), then bus (fare extra) to Penrhuddlan or Dolwen. Return from Caersws 1633 or Newtown 1640.

Saturday 2nd May 1998

- (1) **Aberystwyth** circular via Llanfarian, Rhôd-mâd, Ffos-las and cliff paths (13 miles strenuous). Leaders Chris Jenkins and Bernard Williams.
Depart Shrewsbury 0925, return from Aberystwyth 1746.
(2) **Borth to Aberystwyth** via Craig y Delyn and cliff paths (6 miles moderate). Leaders Douglas Billingsley and Keith Mason.
Depart Shrewsbury 0925 (book to Aberystwyth, alight at Borth). Return from Aberystwyth 1529 or 1746.

Saturday 9th May 1998

- (1) **Hopton Heath to Knighton** via Hopton Castle, Stow Hill and Offa's Dyke Path (12 miles strenuous). Leaders Malcolm Kimber and Michael Perring.
Depart Shrewsbury 0855 (book to Knighton, alight at Hopton Heath). Return from Knighton 1619.
(2) **Cilmeri** circular via Dolyrerw, Wye Valley Walk, Builth Wells and Rhosferig-fach (7 miles easy). Leaders Barbara Gray and Margaret Griffiths.
Depart Shrewsbury 0855, return from Cilmeri 1525.

Saturday 16th May 1998

- Wrexham** circular via Cefn-y-Bedd. See how nature has taken over from industry (8 miles moderate). Leaders George Moore and Barbara Gray.
Depart Shrewsbury 0845, return from Wrexham 1545.

Saturday 23rd May 1998

- Garth** circular via Gelli - oerfel, Pen-rhiw-dalar, Bwlch-chwyrn and Coed y Ciliau (8 miles Moderate). Leaders Marion Law and Keith Mason.
Depart Shrewsbury 0855, return from Garth 1520.
- Saturday 30th May 1998**
- (1) **Welshpool to Middletown** via Offa's Dyke Path, The Severn Way, Llandrinio, Breidden Hill and Middletown Hill (12 miles strenuous). Leaders Peter James and Chris Jenkins. Depart Shrewsbury 0925, return by bus (fare extra) from Middletown 1715 (arrive Shrewsbury 1745).
(2) **Welshpool** circular via Belan, Glyn-mawr Wood and Powis Castle (8 miles moderate). Leaders Douglas Billingsley and Ray Knowles.
Depart Shrewsbury 0925, return from Welshpool 1656.

Dogs

To comply with the wishes of the majority of our customers, we regret that dogs cannot be taken on any 'Rail Rambles' walk.

Cwn

Ar gais y mwyafrif o'n cwsmeriaid ni chaniateir cwn ar unrhyw daith gerdded "Troeon Trêñ".

May to December 1998

The programme should be available in April 1998. Please call in at the office from which you obtained this leaflet or send a stamped, addressed envelope marked 'Rail Rambles' to: The Ramblers in Wales, Tŷ'r Cerddwyr, High Street, Gresford, Wrexham LL12 8PT

Mai i Ragfyr 1998

Dylai'r rhaglen ar gyfer Mai i Ragfyr 1998 fod ar gael yn ystod mis Ebrill. Ymholwch lle cawsoch y rhaglen yma, neu anfonwch amlin â stamp a chyfeiraid, wedi'i marcio "Troeon Trêñ", i Y Cerddwyr, Tŷ'r Cerddwyr, High Street, Gresford, Wrecsam LL12 8PT

'Rail Rambles' is organised by the Ramblers' Association (Cymdeithas y Cerddwyr) with the support of Central Trains and Wales & West. No charge is made for conducting the walks and 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 any other unforeseen circumstances. Neither the Ramblers' Association nor Central Trains nor Wales & West can accept liability for any loss or injury incurred during the walks, howsoever caused.

Trefnir "Troeon Trêñ" gan Gymdeithas y Cerddwyr gyda chymorth Central Trains a Wales & West. Ni chodir unrhyw dâl am y teithiau cerdded, ac er y gwneir pob ymdrech i gadw at y rhaglen sy wedi'i hysbysebu, mae arweinyddion yn cadw'r hawl i wneud newidiadau oherwydd y twydd, anghenion y parti neu unrhyw amgylchiadau annisgwyl eraill. Ni all na Chymdeithas y Cerddwyr na Central Trains na Wales & West dderbyn atebolwydd am unrhyw golled neu niwed a geir yn ystod y teithiau cerdded, beth bynnag fo'r achos.

Travel by Train / Teithio ar Drêñ

Train Times / Amserau Trêñ

Outward departure times from Shrewsbury and return departure times from the walk destinations are included in the Walks Programme section of this leaflet. For details of departure times from other locations and connecting services to Shrewsbury please telephone the enquiry number below.

Mae amserau ymadael o Amwythig a dychwelyd o ben y daith gerdded wedi'u cynnwys yn y Rhaglen Teithiau Cerdded. Am fanylion amseroedd ymadael o leoliadau eraill a gwasanaethau cysylltu i Amwythig, ffoniwch y rhif ymholiadau isod os gwelwch yn dda.

Fares / Prisiau

The normal range of Day Return, Saver and Supersaver 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.

Children aged five to fifteen inclusive travel half price, children under five travel free. Discounted fares are available to holders of Senior, Young Person, Family and Forces Railcards.

Groups of ten or more customers travelling together, and booking in advance can normally obtain a discount. For further information please contact 0345 056027.

Gellir defnyddio holl docynnau dychwelyd ar yr un diwrnod, Saver a SuperSaver Rheilffyrdd Rhanbarthol i deithio i bwynt dechrau cerdded. Pan fo'r daith gerdded yn dychwelyd i leoliad gwahanol, dylid prynu tocyn i'r pwynt pellaf. Mae plant rhwng pump a phymtheg oed yn teithio am hanner pris, gyda phlant o dan bump oed yn teithio am ddim. Mae prisiau disgownt ar gael i berchnogion Cardiau Rheilffyrdd yr Henoed, Person Ifanc, y Teulu, a'r Lluoedd.

Gall grwpiau o ddeg neu fwy sy'n teithio gyda'i gilydd, ac yn llogi lle cyn y daith gael disgownt. Am fanylion, cysylltwch â 0345 056027 os gwelwch yn dda.

Telephone Enquiries / Ymholiadau Ffôn

Train Service Information and Fares

Gwybodaeth am Wasanaethau

0345 48 49 50

Walks Programme Enquiries

Ymholiadau am y Rhaglen Teithiau Cerdded

01743 359249

For further copies of this programme please send a stamped addressed envelope to:

The Ramblers in Wales, Tŷr Cerddwyr, High Street, Gresford, Wrexham LL12 8PT.

Am ragor o gopiau o'r Rhaglen yma, anfonwch amlen â stamp a chyfeiriad i:

Y Cerddwyr, Tŷr Cerddwyr, High Street, Gresford, Wrexham, LL12 8PT.

Published by Central Trains Limited. Registered in England and Wales No. 3007938.

Registered Office : Worthy Park House, Abbots Worthy, Winchester, SO21 1AN

A member of the National Express Group plc.

November 1997