



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
1st July – 30th December 2017 / 1 Gorffennaf – 30 Rhagfyr 2017

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 volunteers and produced with the support of Arriva Trains Wales and Powys Area Ramblers.

For more information please contact:

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Walks Descriptions

The term '**strenuous**' refers to a fast pace due to mileage and/or the return train time, and these walks 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' Association who are insured against claims of negligence. 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 or 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 in case of last minute changes to the programme.

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.

***Please try to use the train for at least part of your journey –
these are after all Rail Rambles***

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' Association is for you, with walk programmes catering for all abilities, many aimed specifically at beginners. Single membership is just £34.50 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 to protect footpaths and walking spaces for everyone to enjoy.

To join, visit www.ramblers.org.uk/join or call 020 7339 8595

RAIL RAMBLES July - December 2017

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

We are planning a tea party after the walks on Saturday 9th September at the Discovery Centre, Craven Arms at 15.15. There will be tea or coffee with cake & scones with jam & cream. The cost is £5 per person. Please book with Bob Owen or Cheryl Johnston by 19th August.

Saturday 1st July

- 1 **Bala Circular** via Garnedd Fawr and Foel Goch (12 miles) Leaders Mick Guest and Liz Cruickshank Depart 08.22 Shrewsbury, arriving Ruabon 08.53 for **bus** T3 at 09.18 to Bala, return 18.10 **bus** to Ruabon arriving 19.18 for 19.51 train to Shrewsbury
- 2 **Penhelig to Aberdovey** via Bryneithyn, Trefrifawr, Llechwedd, Gwyddgwion, Dyffryn-glyn-cul and Trefeddian (6 miles easy) Leaders Peter Jones and Bob Perry Depart Shrewsbury 09.31, return Aberdovey 15.32

Tuesday 4th July

SPECIAL EVENT Heart of Wales Line Trail Launch Meet at Shropshire Hills Discovery Centre at 9.15 for tea or coffee; then walk to Craven Arms Station for opening ceremony of the Trail at 10.10. Depart 10.37 to Broome and walk (6 miles moderate) to Craven Arms on the Trail. Or depart 10.09 Shrewsbury to Broome, return Craven Arms 14.55 or 16.25. Complimentary refreshments at Aston-on-Clun. Leaders: Les Lumsdon and Mike Ledlie. Contact Les on 07579 003677 or leslumsdon@hotmail.com if you would like to be there.

Saturday 8th July

- 1 **Morfa Mawddach to Barmouth** via Penmaenpool, Cwm-Mynach Isaf, Hendre-Forion and Sylfaen (14 miles strenuous) Leaders Dennis Jones and Chris Jenkins Depart Shrewsbury 07.29, return Barmouth 16.56
- 2 **NEW Hope Valley Circular** via Hogstow, Mytton Dingle, Crowsnest, Hogstow Hall, Fox Farm, Bentlawnt and Hope Common (8 miles moderate / hilly) Leaders Trevor Allison and Marion Law Depart Shrewsbury **Bus** Station 10.05 (Stand N), return 16.00

Wednesday 12th July

Dovey Junction to Machynlleth via Glandyfi, Caerhedyn, Llyfnant Valley and Glaspwll (8 miles moderate) Leaders Liz and Bob Owen Depart Shrewsbury 09.30, return Machynlleth 16.08

Saturday 15th July

NEW Bucknell to Knighton on the New Heart Of Wales Trail via Bucknell Wood and Five Turnings (10 miles moderate) Leaders Les Lumsdon, Mike Ledlie and Cheryl Johnston Depart Shrewsbury 09.00, return Knighton 16.21

Saturday 22nd July

- 1 **Llwyngwriol to Tonfanau** via Craig-cwm-Llwyd, Gwastad Merionydd and Llanfendigaid (12 miles strenuous) Leaders Mike Downward and Mark Phillips Depart Shrewsbury 07.29, return Tonfanau 17.17

- 2 **Newtown Circular** via Aberchan, Dolforwen Castle and Severn Way (9.5 miles moderate) Leaders Audrey Menhinick and Barbara Phillips Depart Shrewsbury 09.31, return Newtown 16.42

Saturday 29th July

- 1 **Llanbister Road to Knighton** via St Michael's Pool, Rock Dingle, Forest Wood, Gander's Bridge and the Warren Leaders Anne Williams and Andrew Pike Depart Shrewsbury 09.00, return Knighton 16.21
- 2 **Llangollen Circular** via Castell Dinas Bran, Dinbren Uchaf, Eglwyseg Church and Valle Crucis (7 miles moderate) Leaders Trevor Allison and Graham Baker Depart Shrewsbury 09.25 to Ruabon for **bus** to Llangollen, return Ruabon 16.42

Saturday 5th August

- 1 **Aberystwyth to Ponterwyd** following the Rheidol Valley to the George Borrow hotel in Ponterwyd (13 miles) Leaders Mike Downward and Iain Chippendale Depart Shrewsbury 07.29, return **bus** from Ponterwyd for 1730 or 1830 train from Aberystwyth
- 2 **Llwyngwriil Circular** via Dyffryn Valley, Bryn Seward and Wales Coast Path (9 miles moderate) Leaders Alan Hill and Neville Homent Depart Shrewsbury 09.31, return Llwyngwriil 17.10

Saturday 12th August

- 1 **Malvern Link to Ledbury** via all the Malvern Hills, End Hill to Chase End Hill (16 miles, 3,500 feet of ascent, strenuous) Leaders Mick Guest and Chris Jenkins Depart Shrewsbury 07:19, arriving Hereford 08.11 for 08:39 to Malvern Link arriving 09:13 (OR depart Wolverhampton 07:16 arriving Birmingham 07:33 for 07:49 to Malvern Link arriving 08:41), return Ledbury 17.59 to Hereford, arriving 18:19 for 18.27 to Shrewsbury (book to Malvern Link if travelling via Hereford or to Ledbury if travelling via Birmingham) A meal at the Prince of Wales in Ledbury is possible followed by a later train (19.29 or 20.39)
- 2 **Llandrindod Wells Circular** via Llanyre Bridge, Llanfihangel-helygen, Gwynfan and Blaen-y-Cwm (8 miles moderate). Leaders Clare Gathercole and Pamela Swales Depart Shrewsbury 09.00, return Llandrindod Wells 15.42

Wednesday 16th August

NEW Stiperstones to Pontesbury via Perkins Beach and Lord's Chapel (7 miles moderate) Leaders Les Lumsdon and Mike Ledlie Depart Shrewsbury **Bus** Station 10.30, return Pontesbury 15.23

Don't forget our tea party on 9th September at the Discovery Centre, please be sure to book with Bob Owen or Cheryl Johnston by 19th August, £5 for tea/coffee, cake and scones.

Saturday 19th August

- 1 **Borth Circular** via Brynowen, Bow Street and Constitution Hill (15 miles strenuous) Leaders Pat Talbott and Dennis Jones Depart Shrewsbury 07.29, return Borth 15.43
- 2 **NEW Buckley to Shotton** via Etna Country Park, Ewloe Castle, Wepre Country Park and River Dee (8½ miles moderate) Leaders Pat Neal and Mick Hemming Depart Shrewsbury 09.25 (book to Shotton and change at Wrexham General), return Shotton 15.55

Saturday 26th August

- 1 **Aberdovey Circular** via Happy Valley, Bryn Dinas, Bearded Lake and Panorama Walk (11 miles moderate) Leaders Mike Downward and Audrey Menhinick Depart Shrewsbury 7.29, return Aberdovey 17.33
- 2 **NEW Birmingham Circular** (*heritage walk*) via lower Jewellery Quarter, Birmingham & Fazeley Canal and Digbeth (7 miles easy) Leaders Alan Hill and Steve Paynter Depart Shrewsbury 09.33, return Birmingham 16.25

Saturday 2nd September

- 1 **Llanfairfechan circular** via Drum, Llyn Alanog and North Wales Coast Path (13 miles) Leaders Judith Griffiths and Liz Cruickshank Depart Shrewsbury 9.25, return Llanfairfechan 18.16
- 2 **Knighton Circular** via Panponton Hill, Offa's Dyke Path, Balls Cottage, Skyburri, Monaughty Poeth, Knucklas and Glyndwrs Way (8 miles moderate). Leaders Marion Law and Pamela Hill Depart Shrewsbury 09.00, return Knighton 16.21

Saturday 9th September

- 1 **Broome to Craven Arms** via Burrow, Hopesay Hill, Hordersley and Wistanstow (12 miles) followed by tea at the Discovery Centre (*advance booking essential*) Leaders Phil and Cheryl Johnston Depart Shrewsbury 09.00, return Craven Arms 16.42 or 18.30
- 2 **Craven Arms Circular** via Halford, Strefford and Wistanstow (7 miles easy) followed by tea at the Discovery Centre (*advance booking essential*) Leaders Bob and Liz Owen Depart Shrewsbury 09.40, return Craven Arms 16.42 or 18.30

Wednesday 13th September

Wellington Circular (*in conjunction with Wellington Walking Festival*) via The Wrekin, Steeraway, Limekiln Wood, Wenlock Wood and Golf Course (9 miles moderate) Leaders Pamela Hill and Steve Paynter Depart Shrewsbury 09.33, return Wellington 16.05 (*The actual walk will start from Wellington Leisure Centre at 10.10*)

Saturday 16th September

- 1 **Llangynllo to Knighton** via Upper Heath, Fron Barn, Brook House, Lower Hall Farm, The Racecourse and Garth Hill (12 miles) Leaders Sue Jones and Anne Williams Depart Shrewsbury 09.00, return Knighton 16.21
- 2 **Leominster Circular** via Grantsfield, Bache Camp and Eaton Hill (8 miles moderate) Leaders Steve Paynter and John Newnham Depart Shrewsbury 09.40, return Leominster 16.11

Saturday 23rd September

- 1 **Machynlleth Circular** via Twllnodwydd, Tarrenhendre, Foel y Geifr and Cwm Gila (12 miles strenuous) Leaders Brian and Jenny Jones Depart Shrewsbury 09.31, return Machynlleth 18.05
- 2 **Church Stretton Circular** via Folly Bank, Cardington, Hope Bowdler Hill, Gaer Stone and Hazler Wood (8 miles moderate) Leaders Darren Hall and Peter Jones Depart Shrewsbury 09.40, return Church Stretton 16.39

Saturday 30th September

- 1 **Montgomery circular** via War Memorial, Little Mount, Cefnllan, White Hall Farm, Pinjon and the Castle (11 miles moderate). Leaders Douglas Hill and Gareth Thomas Depart Shrewsbury **Bus Station** 08.45 (Stand R), return 17.20

- 2 NEW Little Stretton to Craven Arms** via Acton Scott, Wenlock Edge, Westhope and (optional) Callow Hill (10 miles energetic) Leaders Clare Gathercole and Pamela Swales Depart Shrewsbury **Bus** Station 09.30 (Stand N), alight at Ragleth Inn, Little Stretton 10.16, return Craven Arms (Railway Station) 16.42 (A walk in memory of Elaine Sandilands)

Saturday 7th October

- 1 Abergavenny Circular** via Bryn Arw, Sugar Loaf, The Deri and River Usk (14 miles strenuous) Leaders Mark Phillips and Judith Griffiths Depart Shrewsbury 08.50, return Abergavenny 17.28
- 2 Wrenbury to Whitchurch** via Wrenbury Church, Llangollen Canal, Marbury, South Cheshire Way and Wickstead (8 miles moderate) Leaders Doug Hill and Janet Nowill Depart Shrewsbury 10.18, return Whitchurch 16.27

Saturday 14th October

- 1 Machynlleth to Corris** via Tarren y Gesail and Corris Uchaf (12 miles strenuous) Leaders Dennis Jones and Iain Chippendale Depart Shrewsbury 09.31, return **bus** from Corris for 18.05 train from Machynlleth
- 2 Dolau to Llandrindod Wells** via Penlan, The Rabber, Llwyn and Alpine Bridge (8 miles moderate) Leaders Bob Perry and John Newnham Depart Shrewsbury 09.00, return Llandrindod Wells 15.42

Wednesday 18th October

Welshpool Circular via Cil-Cewydd Bridge, The Gro and Belan Lock (8 miles moderate) Leaders Pamela Hill and Graham Baker Depart Shrewsbury 09.31, return Welshpool 16.56

Saturday 21st October

- 1 Bucknell to Knighton** via Brampton Bryan Park, Hill House Farm, The Observatory, Meeting House Lane and Offa's Dyke (12 miles) Leaders Anne Williams and Pat Talbott Depart Shrewsbury 09.00, return Knighton 16.21
- 2 Abergavenny Circular** via Ysgyryd Fach, Llanddewi and Rhydderch (7 miles easy) Leaders Doug Hill and Mick Hemming Depart Shrewsbury 09.40, return Abergavenny 16.00

Saturday 28th October

- 1 Chirk to Llangollen** via Ceiriog Valley, Pontfadog, Y Foel and the Wilderness (14 miles strenuous) Leaders Phil and Cheryl Johnston Depart Shrewsbury 08.22, return **bus** from Llangollen to Ruabon for 17.51 train to Shrewsbury
- 2 Helsby to Frodsham** via Sandstone Trail and Weaver Valley (8.5 miles moderate) Leaders Alan Hill and Peter Jones Depart Shrewsbury 09.25, return Frodsham 16.38 (cheapest option: buy return to Helsby only and, on the day, single from Frodsham to Helsby)

Saturday 4th November

- 1 Ludlow to Cleobury Mortimer** via Titterstone Clee, Cleeton St Mary, Cranmer Gutter and Bank Top Farm (16 miles strenuous) Leaders Alan Davies and Mark Phillips Depart Shrewsbury 08.50, return **bus** 17.08 from Cleobury Mortimer to Ludlow for 18.22 train
- 2 Chirk to Ruabon** via Pontcysyllte and Plas Madoc (7 miles easy) Leaders Clare Gathercole and Pamela Swales Depart Shrewsbury 09.25, return Ruabon 16.42

Saturday 11th November

- 1 **Caersws Circular** via Severn Way, Cwm Wood, Llyn-y-Tarw and Llanwnog (13 miles) Leaders Phil and Cheryl Johnston Depart Shrewsbury 09.31, return Caersws 16.31
- 2 **NEW Port Sunlight and Waterloo to Hightown** Explore Port Sunlight Village en route to walking from Waterloo (Merseyside) to Hightown via Anthony Gormley's 'Another Place' statues (7.6 miles moderate) Leaders Pat Neal and Doug Hill Depart Shrewsbury 09.25 to Chester then train to Port Sunlight and Sefton Coast (via Mersey Tunnel) Buy day return to Chester then purchase Merseytravel Saveaway ticket for £5.20 at Chester which includes all travel beyond Chester. Return Hightown 1547, arriving Shrewsbury 1824

Wednesday 15th November

NEW Leominster Circular via Eaton Hill and Kimbolton (7 miles moderate) Leaders Les Lumsdon and Mike Ledlie Depart Shrewsbury 09.40, return Leominster 16.06

There will be a post-Christmas lunch on Saturday 20th January 2018 at the Royal Oak Hotel, Welshpool. Details available by email from marionlaw@tiscali.co.uk, or Bob Owen in person.

Saturday 18th November

- 1 **Bridgnorth to Codsall** via River Worfe, Chesterton and Wrottesley Old Park (12 miles) Leaders Pat Talbott and Chris Jenkins Depart Shrewsbury **Bus** Station (Stand P) 08.35, return Codsall 16.34
- 2 **Hopton Heath to Craven Arms** via Clungunford and Clapping Wicket (7 miles moderate) Leaders Mick Hemming and Trevor Allison Depart Shrewsbury 09.00, return Craven Arms 14.56

Saturday 25th November

- 1 **Dolywern (Glyn Ceiriog) to Llanarmon Dyffryn Ceiriog** via hills south of the Ceiriog Valley (12 miles) Leaders Iain Chippendale and Mick Guest Depart 08:22 Shrewsbury to Chirk for 09:06 **bus** to Dolywern, return 16:45 **bus** for 17:58 train from Chirk.
- 2 **Llangynllo to Knighton** via Fountain Head, Green Hollow and Little Cwm Gilla (8 miles moderate) Leaders John Newnham and Steve Paynter Depart Shrewsbury 09.00, return Knighton 16.21

Saturday 2nd December

- 1 **Whitchurch to Wrenbury** via South Cheshire Way, Llethr Mill and Wolvesacre Hall (11 miles) Leaders Alan Davies and Dennis Jones Depart Shrewsbury 08.52, return Wrenbury 15.38 or 17.35
- 2 **Cemmaes Road to Machynlleth** via Glyndwr's Way (8.5 miles moderate) Leaders Alan Hill and Neville Homent Depart Shrewsbury 09.31 to Machynlleth for 11.00 **bus** to Cemmaes Road, return Machynlleth 18.05

Saturday 9th December

- 1 **Leominster Circular** via Stoke Prior and Steens Bridge Leaders Sue Jones and Liz Cruickshank (14 miles energetic) Depart Shrewsbury 08.50, return Leominster 17.13
- 2 **Ruabon Circular** via Stryt-Issa, Trefechan and Frozen Clock (9 miles moderate) Leaders Bob Perry and Mick Hemming Depart Shrewsbury 09.25, return Ruabon 16.42

New Train Timetable from Sunday 10th December

Wednesday 13th December

Caersws Circular via Roman Road, Walkmill, Crossgates & Llanwnog (8½ miles moderate) Leaders Doug Hill and Steve Paynter Depart Shrewsbury 09.30, return Caersws 16.31

Saturday 16th December

- 1 **Craven Arms Circular** via Onny Trail, Middle Carwood, Edgeton, Kempton, Aston on Clun and Sibdon Castle (14 miles) Leaders Brian and Jenny Jones Depart Shrewsbury 09.00, return Craven Arms 16.30
- 2 **Ludlow Circular** a short walk of 5 - 6 miles following a morning visit to the Ludlow Brewery for coffee/tea and mince pies Leaders Alan Hill and Peter Jones Depart Shrewsbury 09.40, return Ludlow 16.22

Saturday 23rd December

- 1 **Llangunllo to Knighton** via Llangunllo, Pitch Hill, Tan-Y-Coed, Upper Litton, Pilleth, Cwm Blewyn and Offa's Dyke Path (12 miles) Leaders Mick Guest and Alan Davies Depart Shrewsbury 09:00, return Knighton 16:21
- 2 **Penhelig to Tywyn** via Panorama Walk and the sea wall (7 miles moderate) Leaders Alan Hill and Steve Paynter Depart Shrewsbury 09.31, return Tywyn 15.26

Saturday 30th December

- 1 **Albrighton Circular** via Tong, Boscobel House, Brick Kiln Lane, Codsall Wood and Wood Hall Farm (14 miles energetic) Leaders Chris Jenkins and Anne Williams Depart Shrewsbury 08.47 Return Albrighton 16.38
- 2 **Machynlleth Circular** via Pen-yr-alt, Constantinople, Bryn Coch Bach and Roman Steps (7 miles moderate) Leaders Liz and Bob Owen Depart Shrewsbury 09.31, return Machynlleth 16.08

***For up-to-date information, please look at our website -
<http://www.railrambles.com/>***