

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** could be for you, with walk programmes catering for all abilities, many aimed specifically at beginners. Single membership is just £35 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.

**Please note that at present Rail Rambles is neither an official Ramblers group nor an affiliated club, though we receive support from the Ramblers and very much share their values and aims. Ramblers members, please be aware that the Rail Rambles themselves are not official Ramblers activities, so your Ramblers insurance policy does not cover them.*

Leaders' telephone numbers (used with permission)

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Bob & Liz Owen.....	01952 257862.....	07977 911549
Steve Paynter.....		07702 562240
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Rail Rambles Troeon Trên

www.railrambles.org

*Guided walks from Railway Stations in Wales and the Marches
Teithiau Cerdded Tywysedig o Orsafoedd Rheilffyrdd yng
Nghymru a'r Gororau*

6th January – 30th June 2018
6 Ionawr – 30 Mehefin 2018

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 members of a number of Ramblers' Groups and produced with the support of Arriva Trains Wales.

For more information please contact:

enquiries@railrambles.org, or

Clare Gathercole clare@railrambles.org

Mike Downward (long walks) mjdownward@yahoo.co.uk

Bob Owen (short walks) rcowenandcoltd@yahoo.co.uk

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Walk 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 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.

Preparation and safety

Walks are led by experienced members of the Ramblers. 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.

McCormack. Depart Shrewsbury 09.00 (book Knighton return), return Knighton 16.21.

Wednesday 13 June

Welshpool circular via Lower Llanerch-y-ddol and Y Golfa (8 miles moderate). Leaders Pamela Hill and Neville Homent. Depart Shrewsbury 09.31, return Welshpool 16.56.

Saturday 16 June

- 1 NEW Dolywern to Llandrillo** via Spring Hill, Cefn Hir-fynydd, Rhos, Tomle and Cadair Bronwen (17 miles strenuous). Leaders Mick Guest and Alan Davies. Depart Shrewsbury 08.20, arrive Chirk 08.47, then **bus** at 09.06, arriving Dolywern 09.15, return T3 **bus** Llandrillo 18.30 (arrive Ruabon 19.18), then train Ruabon 19.51.
- 2 Barmouth to Llwyngwriil** via Morfa Mawddach, Bryn Seward and Rhiw Corniau (7 miles moderate). Leaders Pam Swales and Clare Gathercole. Depart Shrewsbury 09.31 (book Barmouth return), return Llwyngwriil 17.10.

Saturday 23 June

- 1 Borth to Aberystwyth** via Penrycoch and Capel Bangor (14 miles strenuous). Leaders Pat Talbott and Mike Downward. Depart Shrewsbury 07.29, return Aberystwyth 17.30.
- 2 Shifnal circular** via Hatton Grange (9 miles moderate). Leaders Neville Homent and Pete Lightwood). Depart Shrewsbury 09.47, return Shifnal 16.46.

Saturday 30 June

- 1 Ruthin to Bodfari** via Moel Famau and Offa's Dyke Path (12 miles energetic). Leaders Phil and Cheryl Johnston. Depart Shrewsbury 08.24 for Wrexham, then **bus** to Ruthin, return Bodfari 17.54 for train Wrexham 19.44.
- 2 Church Stretton circular** via Ragleth Hill, Little Stretton, Ashes Hollow and Carding Mill Valley (8 miles moderate). Leaders Steve Paynter and Peter Jones. Depart Shrewsbury 09.40, return Church Stretton 16.55.

Saturday 19 May

- 1 **NEW Borth circular** via Taliesin over the hills and Llandre (17 miles strenuous). Leaders Iain Chippendale and Phil Johnston. Depart Shrewsbury 07.29, return Borth 18.45.
- 2 **Tywyn to Aberdovey** via Coast Path, Trefeddian Fach and Crychant (9.5 miles energetic). Leaders Audrey Menhinick and Barbara Phillips. Depart Shrewsbury 09.31 (book Tywyn return), return Aberdovey 17.27.

New train timetable from Sunday 20 May

Saturday 26 May

- 1 **Llandudno Junction to Llanfairfechan** via Conway, North Wales Path and Druids circle (12 miles strenuous). Leaders Mark Phillips and Dennis Jones. Depart Shrewsbury 07.30, return Llanfairfechan 16.09 or 16.27.
- 2 **Machynlleth circular** via Pont-ar-Ddyfi, Hafodty, Dolgelynen, Twllnodwydd, and Cwm Gila (8 miles moderate). Leaders Peter Jones and Pete Lightwood. Depart Shrewsbury 9.31, return Machynlleth 16.08.

Saturday 2 June

- 1 **Machynlleth to Tal-y-Bont** via Bwlch, Cwmyrhaidr, Anglers Retreat, Winllan and Leri Valley (15 miles strenuous). Leaders Andrew Pike and Alan Davies. Depart Shrewsbury 07.29, return **bus** from Tal-y-Bont, then train Machynlleth 18.05.
- 2 **Abergavenny circular** via riverside and canal (7 miles easy). Leaders Bob and Liz Owen. Depart Shrewsbury 09.40, return Abergavenny 16.01.

Saturday 9 June

- 1 **Talybont to Barmouth** via Pont Fadog, Moelyblithcwm, Crib y Rhiw and Diffwys. Leaders Liz Cruickshanks and Mike Downward. Depart Shrewsbury 07.29, return Barmouth 16.56.
- 2 **Bucknell to Knighton** via Stow Hill, Stow Church and Lee Cottage (7 miles moderate). Leaders Marion Law and Susan

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 ring National Rail Enquiries (03457 48 49 50), ask at your local station, 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 our website, www.railrambles.org, 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!



Welcome to Rail Rambles. Our programme for January to June 2018 starts overleaf.

Rail Rambles January to June 2018

Saturday 6 January

- 1 **NEW Church Stretton circular** via Hope Bowdler, The Lawley and Caer Caradoc (12 miles strenuous). Leaders Liz Cruickshanks and Dennis Jones. Depart Shrewsbury 09.00, return Church Stretton 16.55 or 17.08.
- 2 **NEW Church Aston to Telford** via Hutchison Way, Lilleshall, Granville LNR and Priorslee (9 miles moderate). Leaders Pamela Hill and Marion Law. Depart Shrewsbury 09.33 to Telford Central for 10.13 **bus** to Church Aston (fare extra), return Telford Central 17.00.

Saturday 13 January

- 1 **Hopton Heath to Bucknell** via Bedstone, Meeroak, The Larches, Pentre Hodre and Chapel Lawn (13 miles energetic). Leaders Phil and Cheryl Johnston. Depart Shrewsbury 09.00, return Bucknell 16.27.
- 2 **Chirk circular** via Bronygarth, Starling Castle and Tyn-y-Groes (7 miles easy). Leaders Pete Lightwood and Steve Paynter. Depart Shrewsbury 09.25, return Chirk 16.00.

Wednesday 17 January

NEW Orleton to Ludlow via Richard's Castle and Batchcott (7 miles leisurely). Leaders Les Lumsdon and Mike Ledlie. Depart Shrewsbury 09.14 to Ludlow (book Ludlow return) then **bus** to Orleton (fare extra), return Ludlow 15.32.

Saturday 20 January

- 1 **Ludlow circular** via Oakley Park and Downton Castle (14 miles moderate). Leaders Andrew Pike and Iain Chippendale. Depart Shrewsbury 08.50, return Ludlow 16.54.
- 2 **Welshpool circular**. A short walk (5 miles approx.). Leaders Mick and Linda Hemming. Followed by a post-Christmas lunch at the Royal Oak Hotel (pre-booking essential). Depart Shrewsbury 09.31, return Welshpool 16.56.

Saturday 27 January

- 1 **NEW Craven Arms to Bucknell** via Perry Gutter, Three Ashes, and Hopton Titterhill (12 miles energetic). Leaders

- 2 Ian Hill. Depart Shrewsbury 08.52 for Stockport, return **bus** from Macclesfield, return Crewe 17.20 or 18.09.
NEW Wellington circular (Bluebell Walk) via Limekiln Wood, Wenlock Wood and the Wrekin (10 miles strenuous but with options). Leaders Pamela Hill and Steve Paynter. Depart Shrewsbury 09.33, return Wellington 17.07.

Saturday 5 May

- 1 **Tywyn to Barmouth** via the Welsh Coast Path (16 miles strenuous). Leaders Brian and Jenny Jones. Depart Shrewsbury 07.29, return 16.56.
- 2 **Colwall to Ledbury** via British Camp, Swinyard Hill, Ridgeway and Eastnor (8 miles moderate). Leaders Neville Homent and Doug Hill. Depart Shrewsbury 08.33 to Birmingham New Street (book Ledbury return), then depart Birmingham New Street 09.49 to Colwall, return Ledbury 15.58.

Saturday 12 May

- 1 **NEW Wellington to Shifnal** via Little Wenlock, Coalbrookdale, Coalport, Brockton, Kemberton and Grindleford (19 miles strenuous). Leaders Pat Talbott and John Parnell in cooperation with the Ironbridge Gorge Walking Festival. Depart Wellington 08.35, return Shifnal 16.46.
- 2 **NEW Hopton Heath to Craven Arms** via Heart of Wales Trail, Hopton Castle, Clunbury, Aston-on-Clun, Hopesay and Sibdon Carwood. Leaders Graham Baker and Trevor Allison (8.75 miles moderate). Depart Shrewsbury 09.00 (book Hopton Heath return). Return Craven Arms 14.56.

Wednesday 16 May

NEW Myddle to Yorton via Newton on the Hill (7 miles leisurely). Leaders Les Lumsdon and Mike Ledlie. Depart Shrewsbury bus station 10.45, return Yorton railway station 16.03.

Dennis Jones and Chris Jenkins. Depart Shrewsbury 09.00, return Ludlow 16.22.

- 2 **NEW Whitchurch circular** via Edgeley, Alderford Lake, Belton and Danson Farm (7 miles easy). Leaders Janet Nowill and Doug Hill. Depart Shrewsbury 10.18, return Whitchurch 16.27.

Saturday 14 April

- 1 **NEW Knucklas to Knighton** via Heyhope and Loyney (12 miles energetic). Leaders Mark Phillips and Julie. Depart Shrewsbury 09.00, return Knighton 16.21.
- 2 **Llangollen circular** via Castell Dinas Bran, Bryn-hyfyrd, Tan-y-ffron, Britannia Inn, Llandynan and Llantysilio Farm (7 miles moderate). Leaders Pam Swales and Clare Gathercole. Depart Shrewsbury 09.25 (book Ruabon return) then **bus** to Llangollen. Return **bus** Llangollen to Ruabon for train 16.42 (bus fares extra).

Wednesday 18 April

NEW Church Stretton to Pulverbatch via the Long Mynd and Betchcott Hill (9 miles energetic). Leaders Les Lumsdon and Mike Ledlie. Depart Shrewsbury 09.14, return **bus** (fare extra) 15.35, arrives Shrewsbury 16.05.

Saturday 21 April

- 1 **Llangollen circular** via Horseshoe Falls, Maesyrychen Mountain, Horseshoe Pass, Cynr y Brain and World's End (16 miles strenuous). Leaders Pat Talbott and Chris Jenkins. Depart Shrewsbury 08.22 for Ruabon, **bus** to Llangollen, return Ruabon 16.42.
- 2 **NEW Rodington to Shrewsbury** via Shropshire Way. Leaders Trevor Allison and Doug Hill (8.25 miles easy). Depart Shrewsbury 08.47 (book to Wellington). Depart Wellington **bus** station service 16 (stand D) 09.20 to Rodington (bus fare extra).

Saturday 28 April

- 1 **NEW Stockport to Macclesfield** via Disley, Lyme Park and the Gritstone Trail (13 miles energetic). Leaders Douglas and

Mick Guest and Chris Jenkins. Depart Shrewsbury 08:50, return Bucknell 16:27.

- 2 **Church Stretton circular** via Snatchfield Farm, Cwms Cottage and Caer Caradoc (7 miles moderate). Leaders Clare Gathercole and Pam Swales. Depart Shrewsbury 09.40, return Church Stretton 16.39.

Saturday 3 February

- 1 **Bucknell to Knighton** via Brampton Bryan Park, Harley's Mountain, Reeves Hill (12 miles energetic). Leaders Mark Phillips and Mike Downward. Depart Shrewsbury 09.00, return Knighton 16.21.
- 2 **NEW The Ironbridge Way – Leegomery Community Centre to Ironbridge** on urban and rural footpaths. Leaders Trevor Allison and Mick Hemming (8 miles easy). Depart Shrewsbury 09.33 to Wellington (book Telford Central return), depart Wellington **bus** station service 4 (Stand F) 10.12 to Leegomery. Return Ironbridge 15.04 service 9 to Telford **bus** station, then return Telford Central 15.52 (bus fares extra). Note possible to return to Shrewsbury by bus from Ironbridge.

Saturday 10 February

- 1 **Codsall circular** via Wrottesley Park, Pattingham and Boningale (15 miles energetic). Leaders Pat Talbott and Alan Davies. Depart Shrewsbury 08.47, return Codsall 16.34.
- 2 **Newtown circular** via Thimble Hall and Aberhafesp (7 miles moderate). Leaders Peter Jones and Jean Bell. Depart Shrewsbury 09.41, return Newtown 16.42.

Wednesday 14 February

Builth Road to Llandrindod Wells via Cors-y-Llyn, Ysgubor, Uchaf and Disserth (7 miles moderate). Leaders Steve Paynter and Pete Lightwood. Depart Shrewsbury 10.09 (book Builth Road return), return Llandrindod Wells 16.59.

Saturday 17 February

- 1 **Machynlleth circular** via Forge, Ty-gwyn, Rhiw Goch, Hafodwnog, Cwmyrhaidr (13 miles strenuous). Leaders Phil

and Cheryl Johnston. Depart 09.31 Shrewsbury, return Machynlleth 18.05.

- 2 **Gobowen circular** via Llangollen Canal and Weston Rhyn (7 miles moderate). Leaders Doug Hill and John Newnham. Depart Shrewsbury 09.25, return Gobowen 16.05.

Saturday 24 February

- 1 **NEW Wrexham to Caergwrle** via Minera, Zion Mountain, Ffrith Mountain, Llanfynydd and Hope Mountain Park (12 miles moderate). Leaders Douglas and Ian Hill. Depart Shrewsbury 08.22 for Wrexham, then **bus** to Minera, return Caergwrle 17.18.
- 2 **Aberdovey circular** via Dyffryngwyn, Llyn Barfog, Carn March Arthur and Llechwedd (9 miles energetic). Leaders Judith Griffiths and Nick Marshall. Depart Shrewsbury 09.31, return Aberdovey 17.33.

Saturday 3 March

- 1 **Llangollen circular** from the Dee to the Ceiriog via Llansantffraid, Glyn Ceiriog and Y Foel (14 miles strenuous). Leaders Mike Downward and Chris Jenkins. Depart Shrewsbury 08.22, **bus** to Llangollen, return Ruabon 16.42 or 17.51.
- 2 **Garth to Llanwrtyd Wells** via Treflys, Afon Cammarch and Brynmoel (7 miles moderate). Leaders Liz and Bob Owen. Depart Shrewsbury 09.00 (book Llanwrtyd Wells return), return Llanwrtyd 15.01.

Saturday 10 March

- 1 **Craven Arms circular** via Westhope, Corfton, Diddlebury, Seifton, Bache and Norton (15 miles energetic). Leaders Brian and Jenny Jones. Depart Shrewsbury 08.50, return Craven Arms 16.42 or 17.09.
- 2 **Ludlow circular** via Dinham Bridge, Ledwyche Pool and Caynham Fort (10 miles energetic). Leaders Pam Hill and Mick Hemming. Depart Shrewsbury 09.40, return Ludlow 17.24.

Wednesday 14 March

Craven Arms circular via Watling Street, Clapping Wicket, Whettlestone and Norton (8 miles moderate). Leaders Graham Baker and Steve Paynter. Depart Shrewsbury 09.40, return Craven Arms 16.25.

Saturday 17 March

- 1 **NEW Llangollen to Llanarmon** via Vivod and Dolydd Ceiriog (12 miles strenuous). Leaders Iain Chippendale and Dennis Jones. Depart Shrewsbury 08.22 to Ruabon, **bus** to Llangollen, return 16.45 **bus** from Llanarmon, 17.58 train from Chirk.
- 2 **Leominster circular** via Eyton and Mousenatch (7 miles easy). Leaders Susan McCormack and John Newnham. Depart Shrewsbury 09.40, return Leominster 16.11.

Saturday 24 March

- 1 **Chirk to Gobowen** via Pentre, Black Park, Glynmorlas and Rhosweil (11 miles moderate). Leaders Audrey Menhinick and Barbara Phillips. Depart Shrewsbury 09.25, return Gobowen 16.48.
- 2 **Prees to Wem** via Quina Brook and Newtown (9 miles moderate). Leaders Judith Griffiths and Nick Marshall. Depart Shrewsbury 10.18 (book Prees return), return Wem 17.55 (possible 15.58, see website update).

Saturday 31 March

- 1 **NEW Llanbadarn Fynydd to Knighton** via Fron Top, Stanky Hill, Wernyeufron Hill and Knucklas (15 miles strenuous). Leaders Mick Guest and Liz Cruickshanks. Depart Shrewsbury 07.29, arrive Newtown 08.06, then T4 **bus** 08.35, arrive Llanbadarn Fynydd 09.05, return Knighton 16.21.
- 2 **Borth circular** via Taliesin and Tal-y-bont (8 miles moderate). Leaders Liz and Bob Owen. Depart Shrewsbury 09.31, return Borth 17.43 (see website update).

Saturday 7 April

- 1 **Hopton Heath to Ludlow** via Leintwardine, River Teme, Burrington and Pipe Aston (14 miles energetic). Leaders