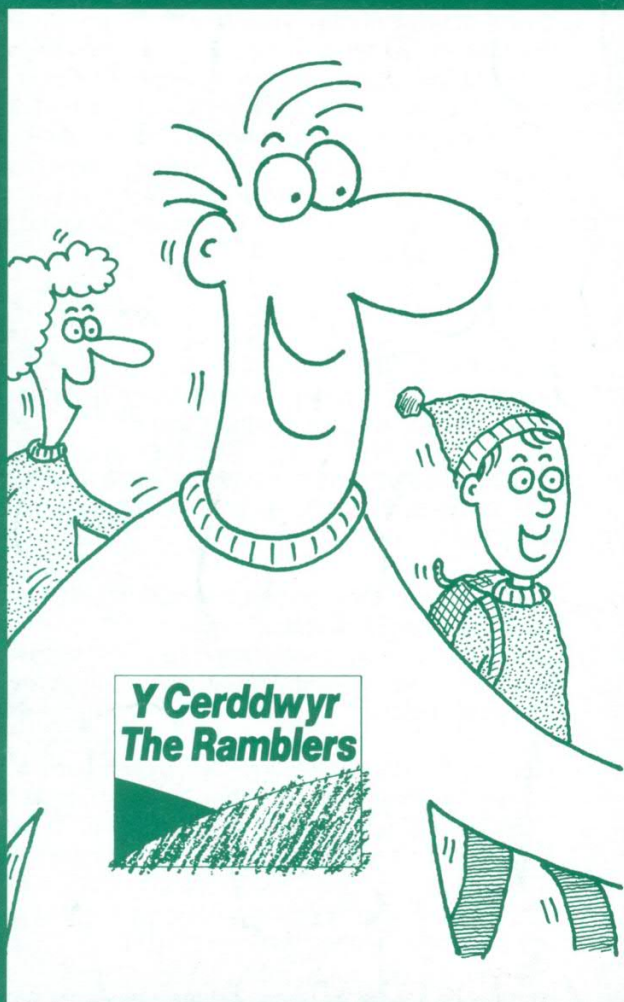


Troeon Trên Wales Rail

Guided Walks from Railway Stations in Mid Wales
& the Marches

Teithiau Cerdded dan Arweiniad yn y Canolbarth
a'r Gororau

12th October 1996 - 31 May 1997 / 12 Hydref 1996 - 31 Mai 1997



REGIONAL RAILWAYS

Pa wlad, wedi'r siarad, sydd Mor lân â Chymru lonydd?

DO YOU LIKE walking in congenial company through lovely countryside? Do you prefer not to travel by car at the weekends? If so, "Wales Rail" may be just the thing for you!

Every other Saturday except at Christmas time, the Ramblers' Association and Regional Railways join forces to provide an easy and a more strenuous walk from a railway station in Mid Wales or the Marches. There are two experienced leaders for each walk, there is no charge, and you don't have to belong to any organisation. All you need is a pair of legs, strong boots or shoes, waterproof clothing and a packed lunch (including drink).

New for 1997!

From 11 January there will be a Wales Rail Ramble every Saturday - even more chances to enjoy some of the most beautiful countryside in Britain!

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 yn ail ddydd Sadwrn (bob dydd Sadwrn o 11 Ionawr ymlaen) mae Cymdeithas y Cerddwyr a Rheilffyrdd Rhanbarthol wedi trefnu teithiau cerdded o orsaf 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 phe cyn 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, Gresffordd, Wrecsam LL12 8PT.

Rhaglen Teithiau Cerdded •

12 Hydref 1996 – 31 Mai 1997

SATURDAY 12th OCTOBER 1996

(1) SHREWSBURY to YORTON via Hencott Pool, Bomere Heath, Oldwood, and Myddle (12 miles strenuous). Leaders Chris Jenkins and Jack Price. Depart Shrewsbury (on foot) 0931. Return from Yorton 1524.

(2) YORTON circular via Grinshill, Grumpy, Myddle and Newton-on-the-Hill (8 miles moderate). Leaders Patrick and Janet Riley. Depart Shrewsbury 0931, return from Yorton 1524.

SATURDAY 26th OCTOBER 1996

(1) KNUCKLAS to DOLAU via Cwm Jenkin, Llangynllo, Bleddfa and Fforest Fach (12 miles strenuous). Leaders Ray Knowles and Richard Addyman. Book to Dolau, alight at Knucklas. Depart Shrewsbury 0855, return from Dolau 1557.

(2) KNUCKLAS to KNIGHTON via Lloyney, Black Hall, Llandinshop, Cwm Sanahan Hill and New House Farm (7 miles moderate). Leaders Andrew Beech and Bernard Williams. Book to Knucklas. Depart Shrewsbury 0855, return from Knighton 1621.

SATURDAY 9th NOVEMBER 1996

(1) BUCKNELL to CRAVEN ARMS via Leintwardine, Onibury and Norton Camp (12 miles strenuous). Leaders Keith Mason and John Massey. Book to Bucknell.

(2) HOPTON HEATH to CRAVEN ARMS via Clungunford, Gorst Barn and Weo Edge (7 miles easy). Leaders David Shelley and Alan Howard. Book to Hopton Heath. For both walks depart Shrewsbury 0855, return from Craven Arms 1646.

SATURDAY 23rd NOVEMBER 1996

(1) NEWTOWN circular via Shwrwd, Plassau, Cefn-Caled, Giant's Bank and Dolforwyn Castle (12 miles strenuous). Leaders Chris Jenkins and Jack Price.

(2) MACHYNLLETH circular via Pont-ar-Ddyfi, Brynturnol and Brynglas (6 miles easy). Leaders Patrick and Janet Riley. For both walks depart Shrewsbury 0925, return from Machynlleth 1600 or Newtown 1640.

SATURDAY 7th DECEMBER 1996

(1) CRAVEN ARMS to CHURCH STRETTON via Hopesay Hill, Plowden and Long Mynd (13 miles strenuous). Leaders Patrick and Janet Riley.

(2) CRAVEN ARMS circular via Halford, Strefford and Wistaston (7 miles easy). Leaders Justin McCarthy and David Shelley. For both walks book to Craven Arms, depart Shrewsbury 0855, return from Craven Arms 1520 or Church Stretton 1627.

NADOLIG LLAWEN • A MERRY CHRISTMAS

Walks Programme

12 October 1996 – 31 May 1997

SATURDAY 4th JANUARY 1997

ALL ROUND THE WREKIN. Blow away the hangovers with a 9-mile circular from Wellington, led by David Shelley and Keith Mason. Depart Shrewsbury 0927 or Wolverhampton 0900. Return from Wellington 1522 (for Shrewsbury), 1537 (for Wolverhampton).

SATURDAY 11th JANUARY 1997

(1) MACHYNLLETH circular via Pont-ar-Ddyfi, Hafodty, Dolgelynen, Twllnodwydd and Cwm Gila (8 miles moderate). Leaders Keith Mason and Andy Beech.

(2) MACHYNLLETH circular via Gallt y Gog, Coed Pandy-bach and Llyn Glanmeryn (7 miles easy). Time to explore the ancient town or visit the Celtica exhibition. Leaders David Shelley and Alan Howard. For both walks depart Shrewsbury 0925, return from Machynlleth 1600.

SATURDAY 18th JANUARY 1996

(1) LLANGOLLEN to Chirk via Valle Crucis, Bryn-hyfyd, Dinas Bran and Offa's Dyke Path (13 miles strenuous). Leaders Jack Price and Bernard Williams.

(2) LLANGOLLEN to CHIRK via Llangollen Canal and Offa's Dyke Path (8 miles moderate). Leaders Patrick and Janet Riley. For both walks book to and alight at Ruabon, then bus to Llangollen (fare extra). Depart Shrewsbury 0839, return from Chirk 1557.

SATURDAY 25th JANUARY 1996

LEOMINSTER circular via Brierley and Ivington Camp, (9 miles moderate). Leaders Ray Knowles and David Shelley. Depart Shrewsbury 0945, return from Leominster 1702.

SATURDAY 1st FEBRUARY 1997

(1) LLANBISTER ROAD to KNIGHTON via Pitch Hill, Monaughty, the Warren and Offa's Dyke path (12 miles strenuous). Leaders Bernard Williams and Keith Mason. Book to Llanbister Road.

(2) LLANDRINDOD circular via Llanfawr, Bongam Bank, Alpine Bridge and Cefn Coed (7 miles easy). Leaders Margaret Griffiths and Marion Law. For both walks depart Shrewsbury 0855, return from Llandrindod 1544 or Knighton 1621.

SATURDAY 8th FEBRUARY 1997

WELSHPOOL circular via Leighton Farm Buildings, Trelystan, Beacon Ring and Buttington (11 miles moderate). Leaders Bill Hodges and Ray Knowles. Depart Shrewsbury 0925, return from Welshpool 1656.

SATURDAY 15th FEBRUARY 1997

(1) LUDLOW circular via Mary Knoll House, Burrington, Castle Bridge and Bromfield (13 miles strenuous). Leaders Andy Beech and Jack Price.

(2) LUDLOW circular via Felton Farm, Race Course, Bromfield and Prior's Halton (7 miles easy). Leaders Norman Compston and David Shelley. For both walks depart Shrewsbury 0945, return from Ludlow 1713.

SATURDAY 22nd FEBRUARY 1997

DOLAU to LLANDRINDOD via Glanyrafon, The Pales, Penybont and Alpine Bridge (8 miles moderate). Leaders Patrick and Janet Riley. Depart Shrewsbury 0855, return from Llandrindod 1544.

SATURDAY 1st MARCH 1997 ST DAVID'S DAY

(1) LLANIDLOES to CAERSWS via Glyndwr's Way, Nant Feinion, Yr Allt Gethin and Llandinam (12 miles strenuous). Leaders Keith Mason and John Massey.

(2) LLANIDLOES to CAERSWS via Dol-llys, Glanbarred and Waen Lane (8 miles moderate). Leaders Ray Knowles and Alan Howard. For both walks book to and alight at Caersws, then bus to Llanidloes (fare extra). Depart Shrewsbury 0925, return from Caersws 1633.

SATURDAY 8th MARCH 1997

LLANGYNLLO to KNIGHTON via Wernyegefron Hill, Knucklas, Race Course and Garth (9 miles moderate). Leaders Bryan Heatley and Keith Mason. Book to and alight at Llangynllo. Depart Shrewsbury 0855, return from Knighton 1621.

SATURDAY 15th MARCH 1997

(1) CRAVEN ARMS circular via Glencoed, Onibury, Bache, Calloe Hill and Strefford (12 miles strenuous). Leaders Andy Beech and Steven Hughes.

(2) CRAVEN ARMS circular via Sibdon Carwood, Hopesay Hill, Cheyney Longville and Newington (7 miles moderate). Leaders Norman Compston and David Shelley. For both walks depart Shrewsbury 0945, return from Craven Arms 1721.

SATURDAY 22nd MARCH 1997

NEWTOWN to CAERSWS via Fachwen Pool, Bwlch-y-Fridd and Llanwnog (10 miles moderate). Leaders D.W. Billingsley and Bill Hodges. Depart Shrewsbury 0925, return from Caersws 1633.

SATURDAY 29th MARCH 1997

(1) LLANGYNLLO to DOLAU via Glyndwr's Way, Stanky Hill, Crossways and Maelliennydd (12 miles strenuous). Leaders Chris Jenkins and Jack Price. Book to Dolau, alight at Llangynllo.

(2) DOLAU circular via Llanfihangel Rhydithon, Llysin Hill, Dunn's Rhos and Cwm Merwys (8 miles moderate). Leaders Margaret Griffiths and Anne Farquhar. For both walks depart Shrewsbury 0855, return from Dolau 1557.

SATURDAY 5th APRIL 1997

WELSHPOOL circular. By kind permission of Powis Castle Estate, we pay a second visit to the beautiful parkland adjoining the castle, not normally open to the public (9 miles moderate). Leaders David Shelley and Richard Addyman. Depart Shrewsbury 0925, return from Welshpool 1656.

SATURDAY 12th APRIL 1997

(1) HOPTON HEATH to KNIGHTON via Lower Lye, Stowe Hill and Offa's Dyke Path (11 miles strenuous). Leaders Stephen Hughes and Malcolm Kimber. Book to Knighton, alight at Hopton Heath.

(2) KNIGHTON circular via Stowe Hill, Five Turnings and Offa's Dyke Path (8 miles moderate). Leaders Margaret Griffiths and Marion Law. For both walks depart Shrewsbury 0855, return from Knighton 1621.

SATURDAY 19th APRIL 1997

CHIRK Circular via Shropshire Union Canal, Wern, Selattyn, Offa's Dyke Path and Chirk Castle (12 miles strenuous). Leaders Colin and Angela Benson. Depart Shrewsbury 1017, return from Chirk 1757.

SATURDAY 26 APRIL 1997

(1) CILMERI to LLANDRINDOD via Wye Valley Walk and Newbridge-on-Wye (11 miles strenuous). Leaders Jack Price and Chris Jenkins. Book to Cilmeri.

(2) LLANDRINDOD circular via Bwlch-y-Rhiw, Gwynfan and Castell Collen (8 miles moderate). Leaders David Shelley and Alan Howard. For both walks depart Shrewsbury 0855, return from Llandrindod 1544.

SATURDAY 3rd MAY 1997

PENHELIG to ABERDYFI via Allt Goch, Carn March Arthur, Gwyddgwion and Trefeddian (9 miles strenuous). Leaders Bryan Heatley and Bernard Williams. Book to Aberdyfi, alight at Penhelig. Depart Shrewsbury 0925, return from Aberdyfi 1638.

SATURDAY 10th MAY 1997

(1) LEOMINSTER to LUDLOW via Orleton and Overton (13 miles strenuous). Leaders Malcolm Kimber and Keith Mason. Book to Leominster. Depart Shrewsbury 0945, return from Ludlow 1613.

(2) CRAVEN ARMS to Church Stretton via Strefford, Marshbrook and Ragdon (9 miles moderate). Leaders Andy Beech and Alan Howard. Book to Craven Arms. Depart Shrewsbury 0945, return from Church Stretton 1627.

SATURDAY 17th MAY 1997

KNIGHTON to BUCKNELL via Offa's Dyke Path, Llanwen Hill and Brampton Bryan Park. (11 miles moderate). Leaders Colin and Angela Benson. Book to Knighton. Depart Shrewsbury 0855, return from Bucknell 1630.

SATURDAY 24th MAY 1997

(1) MACHYNLETH circular via Ty-gwyn, Hafodwnog and Cwmrhaidr (13 miles strenuous). Leaders Patrick and Janet Riley. Depart Shrewsbury 0925, return from Machynleth 1821.

(2) PENHELIG to ABERDYFI via Allt Goch, Llechwedd, Gwyddgwion and Trefeddian (6 miles moderately easy). Leaders Chris Jenkins and D.W. Billingsley. Book to Aberdyfi, alight at Penhelig. Depart Shrewsbury 0925, return from Aberdyfi 1638.

SATURDAY 31st MAY 1997

LLANGYNLLO to KNIGHTON via Wernygeufon Hill, Knucklas, Racecourse and Garth (9 miles moderate). Leaders Richard Addyman and Stephen Hughes. Book to Llangynllo. Depart Shrewsbury 0855, return from Knighton 1621.

Dogs

To comply with the wishes of the majority of our existing customers, we regret that **dogs cannot be taken on any "Wales Rail" walk.**

Cŵn

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

Summer 1997 Programme

The programme for Summer 1997 should be available in May 1997. Please call in at the office from which you obtained this leaflet or send a stamped, addressed envelope marked "Wales Rail" to: The Ramblers in Wales, Ty'r Cerddwyr, High Street, Gresford, Wrexham LL12 8PT

Haf 1997

Dylai'r rhaglen ar gyfer haf 1997 fod ar gael yn ystod mis Ebrill. Ymholwch lle cawsoch y rhaglen yma, neu anfonwch amlen â stamp a chyfrirad, wedi'i marcio "Troeon Trên", i Y Cerddwyr, Ty'r Cerddwyr, High Street, Gresford, Wrexham LL12 8PT

"Wales Rail" is organised by the Ramblers' Association (Cymdeithas y Cerddwyr) with the support of Central Trains Limited, South Wales & West Railway and Powys County Council. 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 Limited nor South Wales & West Railway can accept liability for any loss or injury incurred during the walks, howsoever caused.

Trefnir "Troeon Trên" gan Gymdeithas y Cerddwyr gyda chymorth Cyngor Sir Powys a Central Trains Limited a South Wales and West Railway. 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 tywydd, anghenion y parti neu unrhyw amgylchiadau annisgwyl eraill. Ni all na Chymdeithas y Cerddwyr na Central Trains Limited na South Wales and West Railway dderbyn atebolrwydd am unrhyw golled neu niwed a geir yn ystod y teithiau cerdded, beth bynnag fo'r achos.

Travel by Train / Teithio ar Drên

Train Times / Amserau Trenau

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

Regional Railways' 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 obtain a 25% discount. For further information please contact 01743 458099.

Gellir defnyddio holl docynnau Dychwelyd ar yr un diwrnod, Saver a SuperSaver Rheilffyrdd Rhanbarthol i deithio i bwyt 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 o 26 y cant. Am fanylion, cysylltwch â 01743 458009 os gwelwch yn dda.

Telephone Enquiries / Ymholiadau Ffôn

Train Service Information and Fares
Gwybodaeth Gwasanaethau

0345 484950

Walks Programme Enquiries
Ymholiadau am y Rhaglen Teithiau Cerdded

01743 359249