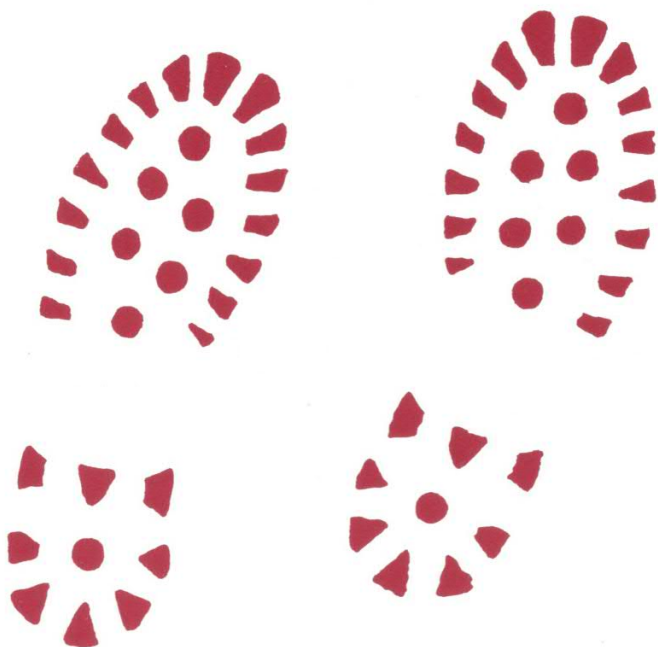


Rail Rambles ***Troeon Trên***

**Guided Walks from Railway
Stations in Mid Wales
& the Marches**

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



June - December 1998 • Mehefin - Rhagfyr 1998



Wales & West

Dewch gyda ni am Dro!

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

Walks Programme • Rhaglen Teithiau Cerdded

June - December 1998 • Mehefin - Rhagfyr 1998

Saturday 6th June 1998

Abergavenny circular via Bloreng (13 miles strenuous). Leaders Niall and Susan McCormack. Depart Shrewsbury 0943 or Cardiff 0945, return from Abergavenny 1721 (northbound) or 1732 or 1804 (southbound).

Saturday 13th June 1998

(1) **Machynlleth** circular via Cefn Modfedd and Hafodwnog (14 miles strenuous). Leader Chris Jenkins. Depart Shrewsbury 0925, return from Machynlleth 1821
(2) **Machynlleth** circular via Gallt-y-Gôg and Bryn Melyn (7 miles moderate). Leaders Alan Howard and David Shelley. Depart Shrewsbury 0925, return from Machynlleth 1604.

Saturday 20th June 1998

(1) **Dolau to Llandrindod** via Llandegley and Pawl Hir (10 miles strenuous). Leader Jack Price. Book to Llandrindod, alight at Dolau (request stop).
(2) **Dolau** circular via Llysin Hill, Dunn's Rhos and Cwm Merwys (8 miles moderate). Leaders Rex and Mary Simpson. For both walks depart Shrewsbury 0855, return from Llandrindod 1542 or Dolau 1554.

Saturday 27th June 1998

(1) **Llwyngwril to Barmouth** via Bryn Siward and Pont y Bermo (12 miles moderate). Leader Keith Mason. Book to Barmouth. Depart Shrewsbury 0925, return from Barmouth 1846.
(2) **Llwyngwril to Fairbourne** via Bryn Siward (6 miles easy). Leaders David Shelley and Bernard Williams. Book to Fairbourne. Depart Shrewsbury 0925, return from Fairbourne 1614.

Saturday 4th July 1998

Llangynllo to Knighton via Glyndwr's Way (7 miles easy). Leaders Douglas Billingsley and Marion Law. Book to Llangynllo. Depart Shrewsbury 0855, return from Knighton 1619.

Saturday 11th July 1998

(1) **Caersws to Newtown** via Borfa Hafod, Gregynog and Bwlch-y-Ffridd (13 miles strenuous). Leader Chris Jenkins.
(2) **Caersws** circular via Ddified (8 miles moderate). Leaders Barbara Gray and David Shelley. For both walks book to Caersws. Depart Shrewsbury 0925, return from Caersws 1633 or Newtown 1640.

Saturday 18th July 1998

Church Stretton circular via Ragleth Hill and Barrister's Plain (9 miles moderately strenuous). Leaders Pat and Janet Riley. Depart Shrewsbury 1021, return from Church Stretton 1730.

Saturday 25th July 1998

(1) **Machynlleth** circular via Bwlch y Groesen and Hafodwnog (13 miles strenuous). Leader Keith Mason. Depart Shrewsbury 0925, return from Machynlleth 1821.
(2) **Welshpool** circular via Hope, Cwmdingle and Leighton (7 miles moderately easy). Leaders Richard Addyman and Barbara Gray. Depart Shrewsbury 0925, return from Welshpool 1656.

Saturday 1st August 1998

(1) **Llanbister Road** circular via Black Mountain (11 miles strenuous). Leader Keith Mason. Depart Shrewsbury 0855, return from Llanbister Road (request stop) 1600.
(2) **Llandrindod** circular via Blaen-y-Cwm and Gwynfan (8 miles moderate). Leaders Douglas Billingsley and Justin McCarthy. Depart Shrewsbury 0855, return from Llandrindod 1542.

Saturday 8th August 1998

(1) **Newtown** circular via Kerry (13 miles strenuous). Leader Jack Price. Depart Shrewsbury 0925, return from Newtown 1640.
(2) **Dyfi Junction to Machynlleth** via Glaspwll (8 miles moderate). Leader Bryan Heatley. Book to Dyfi Junction. Depart from Shrewsbury 0925, return from Machynlleth 1604.

Saturday 15th August 1998

Church Stretton circular via Cardington and The Wilderness (10 miles strenuous). Leaders Colin and Angela Benson. Depart Shrewsbury 1021, return from Church Stretton 1730.

Saturday 22nd August 1998

(1) **Welshpool** circular via Llanerch Brochwel, Y Figyn and Wern Wood (13 miles strenuous). Leaders Peter James and Jack Price.
(2) **Welshpool** circular via Pen-y-Lan, Offa's Dyke Path and Pentre (10 miles moderate). Leaders Bryan Heatley and Marion Law. For both walks depart Shrewsbury 0925, return from Welshpool 1656.

Saturday 29th August 1998

Llangynllo to Newtown via Felindre and Kerry Hill (15 miles very strenuous). Leader Chris Jenkins. Book single to

Llangynllo (request stop) and single from Newtown. Depart Shrewsbury 0855, return from Newtown 1640.

Saturday 5th September 1998

(1) **Machynlleth for Cader Idris** (bus link) (12 miles very strenuous). Leader Keith Mason. Depart Shrewsbury 0925, return from Machynlleth 2019. Bus fare extra.
(2) **Machynlleth** circular via Brynteg, Brynmelyn and Llyn Glanmeryn (7 miles moderate). Leader Ray Knowles. Depart Shrewsbury 0925, return from Machynlleth 1604.

Saturday 12th September 1998

Llangynllo to Knighton via Fountain Head, Green Hollow and Little Cwm Gilla (8 miles moderate). Leaders Pat and Janet Riley. Book to Llangynllo (request stop). Depart Shrewsbury 0855, return from Knighton 1619.

Saturday 19th September 1998

(1) **Newtown** circular via Lonesome Lane, Pantmawr, The Warren and Lluest (11 miles strenuous). Leaders Peter James and Malcolm Kimber.
(2) **Caersws to Newtown** via Rhydlydan and Fachwen Pool (8 miles moderate). Leaders Barbara Gray and Richard Addyman. Book to Caersws. For both walks depart Shrewsbury 0925, return from Newtown 1640.

Saturday 26th September 1998

(1) **Knighton to Bucknell** via Offa's Dyke Path and Brampton Bryan Park (11 miles strenuous). Leaders Niall and Susan McCormack. Book to Knighton.
(2) **Broome to Hopton Heath** via Buckton and Clungunford (7 miles easy). Leaders Pat and Janet Riley. Book to Hopton Heath, alight at Broome (request stop). For both walks depart Shrewsbury 0855, return from Bucknell 1625 or Hopton Heath (request stop) 1629.

Saturday 3rd October 1998

(1) **Cynwyd to Llangollen** (bus link from Ruabon) (12 miles strenuous). Leader Chris Jenkins.
(2) **Glyndyfrdwy to Llangollen** (bus link from Ruabon) via Mynydd Bychan (7 miles moderate). Leaders Douglas Billingsley and Bill Hodges. For both walks depart Shrewsbury 0845, return from Ruabon 1752. Bus fare extra.

Saturday 10th October 1998

(1) **Hopton Heath to Ludlow** via Leintwardine and Fiddler's Elbow (12 miles strenuous). Leaders Jack Price and Bernard Williams. Depart Shrewsbury 0855 (book return to Hopton Heath (request stop), return from Ludlow 1612 or 1713 (book single to Craven Arms).

(2) **Hopton Heath** circular via Jay Bridge, Stormer Hall and Clungunford (7 miles easy). Leaders Barbara Gray and David Shelley. Depart Shrewsbury 0855, return from Hopton Heath (request stop) 1629.

Saturday 17th October 1998

Ludlow circular via Gallows Bank and Caynham (7 miles easy). Leaders Rex and Mary Simpson. Depart Shrewsbury 0943, return from Ludlow 1612.

Saturday 24th October 1998

Caersws circular via Llanwnog and Llyn y Tarw (12 miles strenuous). Leader Keith Mason. Depart Shrewsbury 0925, return from Caersws 1633.

Saturday 31st October 1998

(1) **Cilmeri** circular via Goytre Wood, Wye Valley Walk and Builth Wells (9 miles moderate). Leaders Malcolm Kimber and Jack Price.

(2) **Llandrindod** circular Llanfawr, Bailey Einon Wood and Cefnllys Church (7 miles easy). Leaders Barbara Gray and Bernard Williams. For both walks depart Shrewsbury 0855, return from Cilmeri (request stop) 1525 or Llandrindod 1542.

Saturday 7th November 1998

Chirk circular via Offa's Dyke Path, Bronygarth and Stonehenge (7 miles moderate). Leaders Bill Hodges and Justin McCarthy. Depart Shrewsbury 0845, return from Chirk 1557.

Saturday 14th November 1998

(1) **Church Stretton** circular via Ratlinghope (11 miles strenuous). Leader Jack Price.

(2) **Church Stretton** circular via Cwm Dale and Jonathon's Rock (7 miles moderate). Leaders Richard Addyman and Barbara Gray. Depart Shrewsbury 1021, return from Church Stretton 1627.

Saturday 21st November 1998

(1) **Welshpool** circular via Cilcewydd, Trelystan and Pentre (11 miles strenuous). Leaders Chris Jenkins and Jack Price.

(2) **Welshpool** circular via Wern Wood and Y Golfa (7 miles moderate). Leaders Pat and Janet Riley. For both walks depart Shrewsbury 0925, return from Welshpool 1656.

Saturday 28th November 1998

Wem circular via Weston-under-Redcastle (9 miles moderate). Leaders Alan Howard and Marion Law. Depart Shrewsbury 0934, return from Wem 1519.

Saturday 5th December 1998

Newtown circular via Penarron and Kerry (9 miles moderate). Leaders Keith Mason and Bryan Heatley. Depart Shrewsbury 0925, return from Newtown 1640.

Saturday 12th December 1998

Dolau to Llandrindod via Glanyrafon (8 miles moderate). Leaders Ray Knowles and David Shelley. Depart Shrewsbury 0855, return from Llandrindod 1542.

Saturday 19th December 1998

A repeat of last year's Christmas Special. Train to Machynlleth, then bus link for walk on hillside above the Alternative Centre for Technology (with optional visit to centre). Leader Keith Mason. Depart Shrewsbury 0925, return from Machynlleth 1604.

Dogs

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

Cŵn

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

January to May 1999

The programme should be available in November 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

Ionawr i Fai 1999

Dylai'r rhaglen ar gyfer Ionawr i Fai 1999 fod ar gael yn ystod mis Tachwedd. Ymholwch lle cawsoch y rhaglen yma, neu anfonwch amlen â stamp a chyfeiraid, wedi'i marcio "Troeon Trên" i, Y Cerddwyr, Tŷ'r Cerddwyr, High Street, Gresffordd, 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 Trên" 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'r 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 na Wales & West 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 Trên

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.

Train times may be subject to minor alteration due to timetable change on 27th September 1998. Customers are advised to check their train times before travelling.

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.

Efallai y bydd y trenau'n rhedeg ar amserau ychydig yn wahanol oherwydd newid yn yr amserlen sy'n dod i rym ar Fedi 27ain 1998. Cynghorwn ein cwsmeriaid i wirio'r amserau cyn iddynt deithio.

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 Tocynnau Dychwelyd yr un Diwrnod, tocynnau Saver a SuperSaver i deithio i bwynt dechrau'r daith gerdded.

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 Cerdyn Rheilffordd yr Henoed, Person Ifanc, y Teulu, a'r Lluoedd.

Mae gostyngiadau pellach ar gael grwpiau o ddeg neu fwy sy'n teithio gyda'i gilydd. Rhaid llogi lle cyn y daith. Am fanylion, pellach, cysylltwch â 0345 056027 os gwelwch yn dda.

Telephone Enquiries / Ymholiadau Ffôn

Train Service Information and Fares

Gwybodaeth am Wasanaethau a phrisiau

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, Tŷ'r Cerddwyr, High Street, Gresford, Wrexham LL12 8PT.

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

Y Cerddwyr, Tŷ'r Cerddwyr, High Street, Gresffordd, Wrecsam, LL12 8PT.