

# Troeon Trên Wales Rail

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

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

*June - December • Mehefin - Rhagfyr 1997*

**CENTRAL  
TRAINS**

**Y Cerdwyr  
The Ramblers**

**South  
Wales  
&  
West  
Railway**

# Dewch gyda ni am Dro!

WALES RAIL is a partnership between the Ramblers' Association, Central Trains Limited and South Wales and West Railway.

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, Wales Rail 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 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 pheccyn 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

7 Mehefin - 13 Rhagfyr 1997

## SATURDAY 7th JUNE 1997

(1) LLANGOLLEN circular via Valle Crucis, Tŷ Newydd, Offa's Dyke Path, Eglwysseg Mountain and Geufron (14 miles strenuous). Leaders Chris Jenkins and Keith Mason.

(2) LLANGOLLEN circular via Dinas Brân, Dinbren Uchaf, Old Eglwysseg Church and Valle Crucis (7 miles moderate). Leaders Bryan Heatley and Alan Howard.

For both walks book to and alight at Ruabon, then bus to Llangollen (fare £2).

Depart Shrewsbury 0839, return from Ruabon 1752.

## SATURDAY 14th JUNE 1997

(1) CHURCH STRETTON circular via Ragleth Hill, Round Hill and Haddon Hill (10 miles strenuous). Leaders Andy Beech and David Shelley.

(2) CHURCH STRETTON circular via Ragleth Hill, Round Hill, Portway and Townbrook Valley (8 miles moderate). Leaders Pat and Janet Riley.

For both walks depart Shrewsbury 0855, return from Church Stretton 1627.

## SATURDAY 21st JUNE 1997

(1) ABERDYFI to MACHYNLLETH via Tarrenhendre (15 miles very strenuous - experienced walkers only!). Leaders Malcolm Kimber and Keith Mason. Book to Aberdyfi.

Depart Shrewsbury 0925, return from Machynlleth 1821.

(2) MACHYNLLETH circular via Forge, Coed Talyrnau and Glanmeryn (8 miles easy). Leaders Angela and Colin Benson. Depart Shrewsbury 0925, return from Machynlleth 1604.

## SATURDAY 28th JUNE 1997

(1) DOLAU to LLANDRINDOD via Coed-swydd, Llandegley and Pawl Hir (10 miles strenuous). Leaders Chris Jenkins and David Shelley.

(2) DOLAU to LLANDRINDOD via Rhos-swydd, Penybont and Alpine Bridge (7 miles easy). Leaders Richard Addyman and Doug Billingsley.

For both walks book to Llandrindod, alight at Dolau (request stop). Depart Shrewsbury 0855, return from Llandrindod 1542.

## SATURDAY 5th JULY 1997

(1) CAERSWS to NEWTOWN via Llanwnnog, Bwlch-y-Ffridd, Plas Gregynog and Garth Hill (13 miles strenuous). Leaders Susan and Niall McCormack.

(2) CAERSWS to NEWTOWN via Llanwnnog and Bwlch-y-Ffridd (8 miles moderate). Leaders Pat and Janet Riley.

For both walks book to Caersws. Depart Shrewsbury 0925, return from Newtown 1640.

## SATURDAY 12th JULY 1997

BROOME to CRAVEN ARMS via Hopesay Hill and Sibdon Castle (8 miles easy). Leaders Margaret Griffiths and Barbara Gray. Book to Broome (request stop).

Depart Shrewsbury 0855, return from Craven Arms 1641.

# Walks Programme

7 June - 13 December 1997

## SATURDAY 19th JULY 1997

(1) NEWTOWN circular via Lower Wig, Kerry Ridgeway, Kerry Pole and Kerry (13 miles strenuous). Leaders Keith Mason and Jack Price.

(2) NEWTOWN circular via Gilfach Bridge, Penarron, Lower Wig and Blackhill Wood (7 miles easy). Leaders Barbara Gray and Marion Law.

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

## SATURDAY 26th JULY 1997

LLANBISTER ROAD to DOLAU via St Michael's Pool and Radnor Forest (11 miles strenuous). Leaders Andy Beech and David Shelley. Book to Dolau, alight at Llanbister Road (request stop).

Depart Shrewsbury 0855, return from Dolau 1554.

## SATURDAY 2nd AUGUST 1997

THE SHUTS OF SHREWSBURY. A 2-hour exploration of the semi-secret passageways of this ancient town, followed by an optional countryside stroll in the afternoon. Leader Alan Howard.

Depart from the station platform (top of steps) after arrival of trains from Crewe (0927), Cardiff (0920), Chester (0926) and Birmingham (0949).

## SATURDAY 9th AUGUST 1997

(1) WELSHPOOL circular via Frochas, Y Figyn, Llwydrallt and Y Golfa (11 miles strenuous). Leaders Pat and Janet Riley.

(2) WELSHPOOL circular via Lower Llanerch-y-Ddol and Y Golfa (8 miles easy). Leaders Andy Beech and Martin Loake. For both walks depart Shrewsbury 0925, return from Welshpool 1656.

## SATURDAY 16th AUGUST 1997

BROOME to CRAVEN ARMS via Leintwardine and Stokesay Castle (12 miles strenuous). Leaders Niall and Susan McCormack. Book to Broome (request stop).

Depart Shrewsbury 0855, return from Craven Arms 1721.

## SATURDAY 23rd AUGUST 1997

(1) PENHELYG to ABERDYFI via Penhelyg-uchaf, Ffridd yr Ychen, Erw Gwenllian, Cwm Safn-ast and the sea-shore (8 miles strenuous). Leaders David Shelley and Bernard Williams. Book to Aberdyfi, alight at Penhelig.

Depart Shrewsbury 0925, return from Aberdyfi 1638.

(2) NEWTOWN circular via Garth Cottage, Ty'n y Pales and Fachwen Pool (8 miles easy). Leaders Doug Billingsley and Bryan Heatley.

Depart Shrewsbury 0925, return from Newtown 1640.

## SATURDAY 30th AUGUST 1997

(1) ABERGAVENNY circular in Brecon Beacons National Park via Sugar Loaf (13 miles strenuous). Leaders Andy Beech and Martin Loake.

(2) ABERGAVENNY circular in Brecon Beacons National Park via Blorenge and Abergavenny Castle (8 miles moderate). Leaders Alan Howard and David Shelley.

For both walks depart Shrewsbury or Cardiff 0945, return from Abergavenny 1721 (northbound) or 1806 (southbound).

## SATURDAY 6th SEPTEMBER 1997

(1) DYFI JUNCTION to MACHYNLLETH via Coed Llechwedd Einion and Glaspwll (12 miles strenuous). Leaders Chris Jenkins and Bernard Williams. Book to Dyfi Junction.

Depart Shrewsbury 0925, return from Machynlleth 1821.

(2) DYFI JUNCTION to MACHYNLLETH via Llyfnant Valley and Glaspwll (8 miles moderate). Leaders Colin and Angela Benson.

Book to Dyfi Junction. Depart Shrewsbury 0925, return from Machynlleth 1604.

## SATURDAY 13th SEPTEMBER 1997

(1) LLANBISTER ROAD to KNIGHTON via St Michael's Pool, Cefn Suran and Glyndŵr's Way (10 miles strenuous). Leaders Ray Knowles and Keith Mason. Book to Llanbister Road (request stop).

Depart Shrewsbury 0855, return from Knighton 1619.

(2) LLANGYNLLO to KNUCKLAS via Glyndŵr's Way and Wernyeufron Hill (7 miles easy). Leaders Anne Farquhar and Marion Law. Book to Llangynllo (request stop).

Depart Shrewsbury 0855, return from Knucklas 1611.

## SATURDAY 20th SEPTEMBER 1997

(1) GLYNDYFRDWY to LLANGOLLEN via Bwlch-y-Groes, Moel-y-Faen, Cae'r Hafod and Dergoed (13 miles strenuous). Leaders Chris Jenkins and Keith Mason.

(2) GLYNDYFRDWY to LLANGOLLEN via Rhewl and Pentrefelin (8 miles easy). Leaders John Massey and Bernard Williams.

For both walks book to and alight at Ruabon, then bus to Glyndyfrdwy (fare £2). Depart Shrewsbury 0839, return from Ruabon 1752.

## SATURDAY 27th SEPTEMBER 1997

(1) WRENBURY to WHITCHURCH via Marbury and Wolvesacre Hall (11 miles strenuous). Leaders Pat and Janet Riley.

(2) WRENBURY to WHITCHURCH via Marbury and Wickstead Old Hall (7 miles easy). Leaders George and Phoebe Mills.

For both walks book to Wrenbury (request stop). Depart Shrewsbury 0932, return from Whitchurch 1708.

#### **SATURDAY 4th OCTOBER 1997**

(1) NEWTOWN circular via Lluest, Rhydygroes, Plas Gregynog and Garth Hill (12 miles strenuous). Leaders Jack Price and Bernard Williams.

(2) NEWTOWN circular via Lluest and Garth Hill (7 miles easy). Leaders Richard Addyman and Barbara Gray.

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

#### **SATURDAY 11th OCTOBER 1997**

(1) LLANDRINDOD circular via Llandrindod Hall and Pawl Hir (12 miles strenuous). Leaders Pat and Janet Riley.

(2) LLANDRINDOD circular via Brynhir, Carregwiber Bank and Dan-y-Graig (7 miles easy). Leaders Martin Loake and Barbara Gray.

For both walks depart Shrewsbury 0855, return from Llandrindod 1542.

#### **SATURDAY 18th OCTOBER 1997**

Craven Arms circular via Norton, Bache, New House, Hill End Farm and Lower Birchop (10 miles strenuous). Leaders Bill Hodges and Ray Knowles.

Depart Shrewsbury 0945, return from Craven Arms 1721.

#### **SATURDAY 25th OCTOBER 1997**

(1) MACHYNLETH circular via Mynydd Bach, Bwlch y Groesen and Cefn Modfedd (13 miles strenuous). Leaders Jack Price and David Shelley.

Depart Shrewsbury 0925, return from Machynlleth 1821.

(2) MACHYNLETH circular via Roman Steps, Coed Llynloedd and Brynglas (7 miles easy). Leaders Alan Howard and Barbara Gray.

Depart Shrewsbury 0925, return from Machynlleth 1604.

#### **SATURDAY 1st NOVEMBER 1997**

(1) LLANGYNLLO to KNIGHTON via Glyndŵr's Way, Wernyeufron Hill, Upper Trebert and Offa's Dyke Path (12 miles strenuous). Leaders Chris Jenkins and Malcolm Kimber. Book to Llangynllo (request stop).

Depart Shrewsbury 0855, return from Knighton 1619.

(2) KNUCKLAS to KNIGHTON via Upper Trebert and Offa's Dyke Path (7 miles moderate). Leaders Colin and Angela Benson.

Book to Knucklas (request stop). Depart Shrewsbury 0855, return from Knighton 1619.

#### **SATURDAY 8th NOVEMBER 1997**

Church Stretton circular via All Stretton and Caer Caradoc (6 miles moderate). Leaders Margaret Griffiths and Marion Law. Depart Shrewsbury 0855, return from Church Stretton 1627.

#### **SATURDAY 15th NOVEMBER 1997**

Welshpool circular via Gungrog Fawr (9 miles moderate). Leaders Keith Mason and John Massey.

Depart Shrewsbury 0925, return from Welshpool 1656.

#### **SATURDAY 22nd NOVEMBER 1997**

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

(2) LUDLOW circular via Whitcliffe, Brick House, Lady Halton and Priors Halton (8 miles easy). Leaders Bill Hodges and Bryan Heatley.

For both walks depart Shrewsbury 0945, return from Ludlow 1613.

#### **SATURDAY 29th NOVEMBER 1997**

GUIDED TOUR OF CHESTER. Explore the lesser-known delights of this fascinating town, or do some Christmas shopping, or both. Leader Alan Howard.

Depart Shrewsbury 0839, return from Chester 1528.

#### **SATURDAY 6th DECEMBER 1997**

(1) DOLAU to LLANDRINDOD via Penybont, Alpine Bridge, Bailey Eion Wood and Happy Valley (9 miles moderate). Leaders Pat and Janet Riley.

Book to Llandrindod, alight at Dolau (request stop).

(2) LLANDRINDOD circular via Cefn Coed, Bailey Eion Wood and Happy Valley (7 miles easy). Leaders Barbara Gray and David Shelley.

For both walks depart Shrewsbury 0855, return from Llandrindod 1542.

#### **SATURDAY 13th DECEMBER 1997**

MYSTERY RAMBLE from Machynlleth. Leaders Keith Mason and Jack Price (10 miles fairly strenuous).

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 "Wales Rail" walk.

#### **Cwn**

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

#### **January to May 1998**

The programme should be available in November 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, Tŷ'r Cerddwyr, High Street, Gresford, Wrexham LL12 8PT

#### **Rhaglen Ionawr i Fai 1998**

Dylai'r rhaglen ar gyfer Ionawr i Fai 1998 fod ar gael yn ystod mis Tachwedd. Ymholwch lle caisoch y rhaglen yma, neu anfonwch amlen â stamp a chyfeiraid, wedi'i marcio "Troeon Trên", i Y Cerddwyr, Tŷ'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 and South Wales & West Railway. 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 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

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 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 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 o 25 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**

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.**

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