

## Enjoying the Welsh Coast



Photos: The Ceredigion Coastal Path

Cardiff has an important new link across the Bay and Ceredigion has a new 60-mile coastal path – two new developments that have really taken forward Welsh Ramblers' long standing case for coastal access.

In June 2006, First Minister Rhodri Morgan announced the great plan for a coastal path round the 800 mile (1280km) Welsh coast, all to be achieved by 2012. Ramblers in Wales have long made the case for such coastal access and we are all very pleased to see progress being made.

New local authority-based staff are developing projects all round the Wales coast. Careful guidance ensures that the public will get a continuous permanent, mapped path that can be relied on and enjoyed. Some local authorities are supporting volunteer efforts and this is offering great dividends, with real progress being made – Ceredigion and Ynys Môn are brilliant examples of this.

Paths are being surveyed and the implications for all interests - particularly wildlife - are checked out thoroughly before routes are developed, after, of course, Local Access Forums, Ramblers' Groups and other users have their say.

The new coastal access, fired by new

money from the Welsh Assembly Government and from European sources, will bring benefits for walkers and many others. Extra provision will be made for those with disabilities, for cyclists and for horseriders and the drive is on to get the coastal path completed by 2012 in time for the London UK Olympics – so that we can all be inspired to boost our fitness.

Ramblers want coastal access to mean more than simply constructing pathways and have worked for new measures in the forthcoming Marine and Coastal Access Bill.

Minister Jane Davidson has confirmed there will be framework measures for the National Assembly to develop wider coastal access and Ramblers want this to embrace beaches and cliffs; ensure that the coastal path can sit within a wide and secure corridor providing spreading room; help prevent erosion and also provide measures to safeguard wildlife, privacy and land management concerns.



We are also concerned that sufficient resources are made available to maintain the coastal path and believe an excellent precedent exists in the South West, where the path has been made a National Trail.

The coastal access process in Wales is developing differently from that in England but, nevertheless, there are clear, shared objectives. We all want to get many more people enjoying the coastal landscape - and, at the same time, gaining good health through coastal exercise!

TAKE ACTION get involved with the coast path and access project – contact Ramblers Cymru and link up with other volunteers and enthusiasts.



Beverley Penney

## Hello Again ...

It's been a busy and enjoyable summer for everyone; we hope you enjoyed yours as we did at Ramblers Cymru, in spite of the rain. Ramblers Cymru had a great launch for Rail Rambles by Jane Davidson at the Royal Welsh Show. Our partners Arriva, and lots of friends, celebrated the 100 walks in the forthcoming half-year programme. Rail Rambles are carbon friendlier, sociable and more flexible than using cars and enable people to use the train and take a guided walk to explore the countryside. We shared stand space with Coed Cadw/ Woodland Trust at the National Eisteddfod in Cardiff. Coed Cadw is also joining us in an office at Ramblers Cymru HQ.

Working with partners is one of the important themes of our future work. To paraphrase Tom Franklin, Chief Executive: We want Wales (and Britain) to be a place where people choose to go walking - and where it's easy and enjoyable to do so. We believe that, as a result, we will all be happier and healthier within communities that are stronger socially, economically and environmentally. This is the vision in the new strategy 'Fresh Air, Firm Ground'. This is really a challenge to ourselves and the options are only limited by our imagination.

So many of these activities are undertaken by volunteers and we are very keen to hear your thoughts in our volunteer survey at [www.ramblers.org.uk/wales](http://www.ramblers.org.uk/wales) by January 19th 2009. On the Wales scene, countryside access remains a key area of interest to the Assembly. Illustrating this is a commitment to ensure "there is sustainable, widespread and equitable access to the countryside and coast...".\* We will seek to hold the Welsh Assembly Government to account on this and support them and partners to achieve this splendid objective. To further this we have been making the access case to the Forestry Commission in their new plans; seeking to uphold cross compliance access whereby

agri-environment payments are conditional on public paths being useable; and developing our involvement in local authority work by improving paths through the action plans for Rights of Way Improvement Plans. In all these examples the focus is on improving environments for people to walk and enjoy - not solely paths for their own sake.

We are also really pleased with a new Ramblers Cymru project designed to support community walking and are busy identifying the best ways to do this. This is just starting (and we hope many of you will be involved) - We will tell you more in the next issue of Welsh Rambler!

### Enjoy walking!

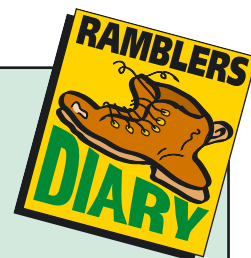
Beverley  
Director Wales

\* Environment strategy action plan.



Rail Rambles, Machynlleth, March 2008

Erfyl Lloyd Davies



2009

MARCH

14 - 15 Welsh Council, Flint

MARCH

28 - Volunteer Day, Swansea

June

6 - 7 Rail Rambles 20th Anniversary

## Welcome, Robert

Meet Robert Hanna, who has joined the Ramblers Cymru team as the new Project and Funding officer and is responsible for new development projects and support the existing portfolio of work.

"Walking has been a major part of my life and I have travelled far and wide, walking and climbing on four continents, but still find myself talking most about my local experiences. For me, walking is part of the whole understanding of the local environment; it's about socialising and making new friends.



One of the many ideas we are developing in Wales is the promotion of 'themed walks', building on the lessons we are learning from successful projects like Rail Rambles.

The Ramblers' Association has just published its forward strategy 'Fresh Air, Firm Ground' and I am excited about the opportunity to work with my new colleagues and help deliver the strategy.

I am looking forward to discovering the myth-soaked landscape of Wales at first hand. I spent a little time here in my youth - my parents had a house in Llantwit Major - and I have very fond memories of long walks along cliff tops, great open views of the Severn and watching the weather change.

## WELSH COUNCIL 2009 (14/15th March 2009)

Our annual get-together will be held in Flintshire at the Springfield Hotel. Exploring the fascinating Halkyn Mountain and visiting the coast will be part of the weekend as will considering how best to take forward the walking public's interest in Wales.

Our annual meeting will help guide our work in Wales and elect a new Committee for the year ahead. Ron Williams, Chairman of Ramblers Cymru said "We are keen to encourage anyone to come forward and contribute to our work at a Wales level - including putting their name forward for the Welsh Committee. At present women are

under-represented." Many thanks are due to Ron for his contribution over the last three years as Chairman. Ron has continued with the tradition of excellent, hard-working Chair people in Ramblers Cymru. We have been privileged to have his dedication, support and enthusiasm for many years on the executive and for the last three years as Chair. Thank you Ron.

Book early for Welsh Council 2009. Groups and Areas send representatives and many volunteer officers are entitled to attend with their costs paid by Ramblers Cymru. Please contact the office.

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## PROFILE &gt;&gt;&gt;

# Bob's vision is to encourage more diverse walkers

Bob Seabrook is Footpath Secretary for Powys Ramblers; he tells Welsh Rambler how he feels about walking.

## How did you get involved in walking and why is it special now?

When I moved to a country village surrounded by public footpaths I found it difficult to enjoy country walking because a great many paths were obstructed. When full-time work meant that I couldn't get away for hill walking I took up local walking but my main walking pleasure is really in moorland, hilly or coastal areas where the sense of freedom and open air is even more enhanced.

## Why did you join the Ramblers?

I felt I had to work to open up closed paths and only the experience and knowledge of the Ramblers' Association was going to be able to equip me with the expertise needed to achieve this. I prefer to work consultatively with the Rights of Way officers who do such a good job in my area – which is Powys and the Brecon Beacons National Park. But of course there are still occasions when we have to play the RA card firmly.

## What's your favourite walking place?

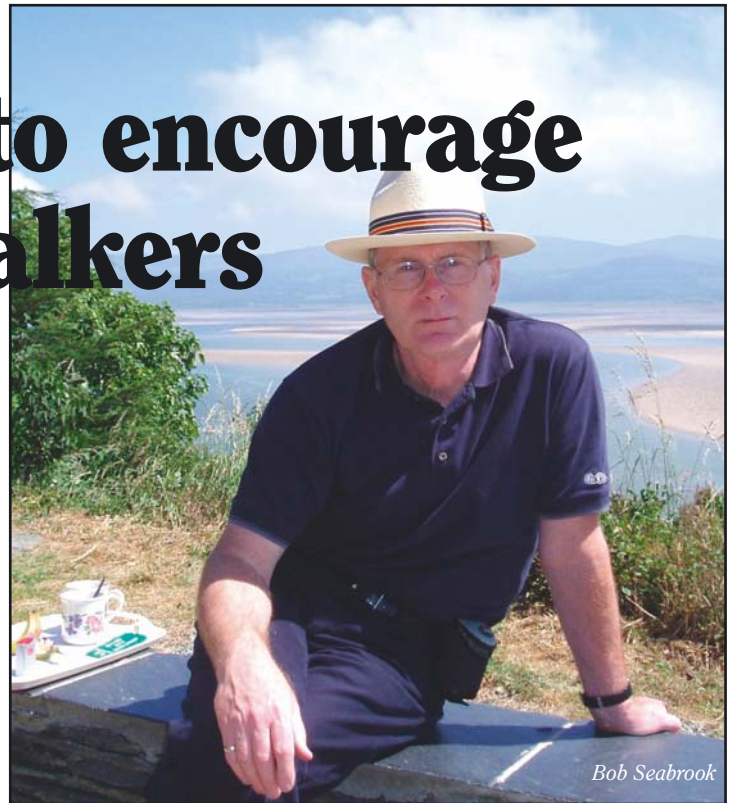
The Lake District, the South-West Coast Path and the South Shropshire Hills – where I live now.

## Who's your dream walking partner?

Renée Fleming – do I have to give a reason?

## Do you have a favourite bit of walking kit?

It's a GPS and a camera – but Explorer maps are indispensable for their mass of detail and what you can learn from them along the way.



Bob Seabrook

## What would you like to achieve with the Ramblers?

I would like the age and background of walkers to be more diverse. Presently most walkers fit into a white middle-age and middle-class stereotype but I believe that, apart from the well known beneficial physical effects of walking, the mental well-being and social benefits it affords are less often mentioned. Many young people who live in cities or come from other ethnic backgrounds seem to me to be missing out on broadening their social contacts and citizenship and I think that if we could do more to encourage them to become regular walkers it would help all of us.

Otherwise, of course I would like to see an end to blocked paths. We have most of the legislation and enough members working on the problem to help achieve this but highway authorities will always struggle to afford enough money for the task so we have to be watchful and protect and if possible help to increase councils' countryside budgets.



Jane Davidson opens the Wat's Dyke Heritage Trail – on her left is Conor Kendrick, a pupil of St Mary's School Ruabon, who designed the waymark.

## Launch of Wat's Dyke Heritage Trail

The Wat's Dyke Heritage Trail runs between Llanymynech, in Powys, and Greenfield, near Holywell, and follows the route of ancient defensive earthworks.

It was officially opened by Welsh Assembly Government Minister for the Environment, Sustainability and Housing, Jane Davidson AM, in the grounds of Erddig Hall, Wrexham, on September 11th 2008. Chairman of the Wat's Dyke Association, Ron Williams, said: "It has taken a long time but at last it's officially open and I hope it will prove popular with walkers and local residents along the route and I hope it brings many benefits to the area.

"I'd also like to take the opportunity to thank all the local authorities along the route for their support throughout the project."

# How To... with Mike Mills



For more information on the topics on these pages contact Mike Mills on 029 2064 4308 or email [mike.mills@ramblers.org.uk](mailto:mike.mills@ramblers.org.uk).

## Dealing with Path Orders and Changes to the Network

Lots of you have asked for advice on dealing with changes to public paths – and so here's some helpful tips should you come across a path order in your area.

Remember, if you have any doubts about the legality of a change to a footpath, then always contact the relevant local authority. Although the public rights of way network is constantly changing, it is important it is done through the appropriate legal process, which allows you to have an opportunity to make your views known, and for others to express their interest too.

The most common types of public path order are set out below:

Path Orders made under the Highways Act 1980

- \* **Section 26** – public path creation order – made by an authority where it appears that there is a need for a new path.
- \* **Section 118** – public path extinguishment order – made by an authority to stop up a path where it appears expedient to stop up the path on the ground that it is not needed for public use.
- \* **Section 119** – public path diversion order – made by an authority where it is satisfied that it is expedient to divert the path in the interests either of the public, or of the owner, lessee or occupier of the land crossed by the path. The authority must also be satisfied that the diversion does not alter any point of termination of the path, other than to another point on the same highway, or another highway connected to it, and which is substantially as convenient to the public. The path must not be substantially less convenient to the public as a result of the diversion, and account must also be taken of the effect the diversion will have on public enjoyment of the path as a whole.

Over the years, the basic provisions set out in sections 118 and 119 of the Highways Act 1980 have been added to, so that orders can now be made for a number of additional reasons.

- \* **Under sections 118A and 119A**, authorities are given powers to make orders to close or divert paths which cross railways.
- \* **Under sections 118B and 119B**, authorities are given powers to close or divert paths for crime prevention reasons (but only within areas which have been specially designated by the Secretary of State) or for reasons of school security; and,
- \* In due course when the relevant part of the Countryside and Rights of Way Act is commenced, it will be possible to use section 119D to divert paths in order to protect sites of special scientific interest.

There are of course other types of orders such as those issued under the Town and Country Planning Act or those brought under section 116 of the Highways Act 1980.

I will deal with these in future advice notes or on my training workshops. Please see Diary for workshop dates – or contact Mike on [mike.mills@ramblers.org.uk](mailto:mike.mills@ramblers.org.uk) or 029 2064 4308 for further advice.

**PETITION:** Please spare a moment to sign our petition to repeal sections 53 to 56 of the Countryside and Rights of Way Act 2000 that calls for the scrapping of the 2026 cut-off date. We need to take action to help save our country's precious paths.  
Link is: <http://petitions.pm.gov.uk/repeal2026/>



Staff inspect route of a proposed diversion in Carmarthenshire

## IF YOU LOVE WALKING, AND YOU LOVE WALES, YOU WILL LOVE WALKING WALES

**Walking Wales** is the Principality's only magazine devoted entirely to *walking in Wales*, packed full of fascinating new articles and superb landscape photography.

Published quarterly, it contains news, lively letters' pages, fantastic features by Wales' leading outdoor writers, gear reviews, the **Viewpoint** photo, 'Curious Places' for you to explore, book reviews, a personality profile, the **Ramblers' Pages**, plus a pull-out walks supplement for you to collect.

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# Walking On Rising Sunshine

Mike Mills talks about his recent visit to Japan to speak at the International Forum on Footpaths in Hokkaido.

Taking Coals to Newcastle? That's what sprung to mind when I received an invitation to go to Hokkaido, the northernmost island of Japan, to talk about footpaths.

Of course, I was delighted to have the opportunity to tell an influential international audience of the work of Ramblers Cymru. But why would a modern country with such stunning scenery, an enthusiastic walking population and an almost childlike excitement for nature and the natural world bring a Welsh representative from half way round the world to speak about footpaths?

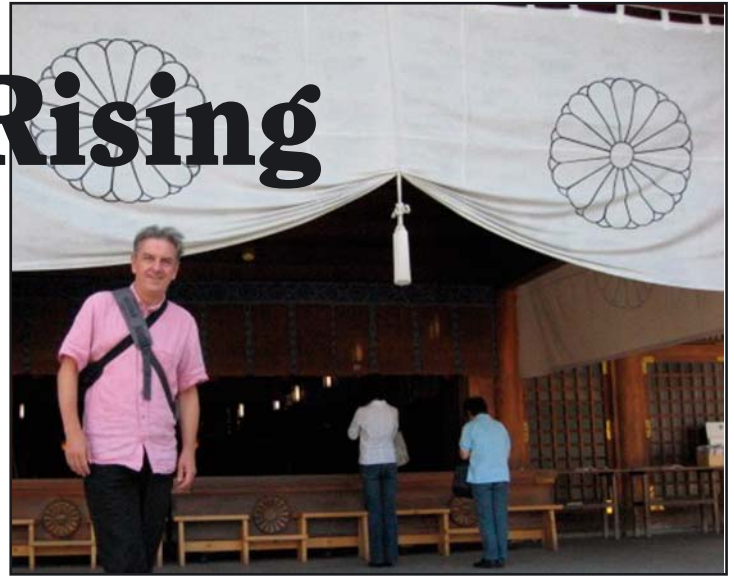
The answer was simple. Even on the opposite side of the world, the body of work that the Ramblers' Association has done over the last 70 years for the access movement in Britain is held in very high esteem. The newly emerging access movement in Japan recognised our efforts and saw us as a natural ally and source of inspiration at this fledgling stage in developing their own footpath network.

The brief was a simple one, 'to give a keynote speech to an "International Forum on Footpaths" in Hokkaido on the history of the access movement in Britain and the work of the Ramblers' Association'. The general idea was to advise local voluntary organisations and local government officers on how they can best work together with their partners to create a network of footpaths on Hokkaido. No simple feat since at present, the concept of 'footpaths' in Japan doesn't exist. Hence, their decision to seek the advice of the world's leading authority on 'rights of way' – and that's their words not mine!

The event, the first of its kind in Hokkaido, was organised by Hokkaido Government, Shiribeshi County Council, Kuromatsunai Town Council with the cooperation of local enterprise and local



Above: Mike looking at the 4 new 10km routes.  
Right: Imported Welsh weather didn't dampen spirits!



Mike at the Shinto Shrine Hokkaido

voluntary organisations such as EcoNetwork. The Forum had been assembled to help in establishing the first footpaths of what is hoped to be a comprehensive network for the future. At present, only four 10km

*"...the body of work that the Ramblers' Association has done for the access movement is held in very high esteem."*

footpaths exist on the island and during my visit I was lucky enough to be able to walk two of these with my hosts. It was a wonderful opportunity to witness first hand the beautiful Japanese countryside and I was overwhelmed by the enthusiastic hospitality of the Japanese people - they even managed to import some traditional Welsh weather - it poured down the whole time.

The trip was a great success and now that I have returned home, my experiences in Japan have left me with a wonderful sense of just how far our organisation has come since those early days on Kinder Scout. I hope that some of the work I did in Japan will help the access movement there avoid some of the pitfalls we encountered but whatever the outcome, I'd like to leave you with one last thought from my trip – and that's just how well respected the work of the Ramblers is, not just here in Britain but around the world. Something I made very clear to my hosts in Japan was how much of this work was down to you, our members and volunteers.



# PROMOTING WALKING >>>

## Help Get Wales Walking

Get Walking Day will be on May 30th, 2009 - so start planning now to make it even bigger and better than this year's successful inaugural event!

Get Walking Day was launched by the Ramblers' Association to encourage greater numbers of people to be healthier by making walking a regular part of their everyday life. Ramblers Cymru organised a walking bus and produced a 30-minute walking map for the Hay-on-Wye literature festival.



Promoting Get Walking Day with Jane Davidson

With your help, we can ensure everyone in Wales knows all about the special day and has the opportunity to join a Ramblers walk. Why not join the celebration and organise a Get Walking Day walk for your local Group?

Members report our most popular walks are those that cover smaller distances so why not take a popular ramble from your Short Walks Programme- say between two and five miles- and instigate a Get Walking Day walk for your group?

TAKE ACTION! Please put your Get Walking Day walks onto Walks Finder or alternatively send the details to the Led Walks Team ([ledwalks@ramblers.org.uk](mailto:ledwalks@ramblers.org.uk) or 0207 3398 500).

### Led Walks Update

## New Team Follows The Leaders

A new team has been set up to support the Led Walks Programme, a volunteer scheme responsible for around 500 walks every week across Great Britain.

Audrey Watson and Simon Barnett make up the Led Walks Team.

They have started gathering together examples of good practice in leading walks and training offered by groups to potential walks leaders. Audrey works from home and Simon is in Central Office and both work closely with colleagues in Scotland and here in Wales.

"There are lots of exciting things happening around the country and we just don't celebrate this enough" says Audrey, "that's why we are trying to visit groups to learn from the good

work they are doing and to offer any assistance that we can."

One priority for the new Led Walks Team will be to identify walk leaders and communicate directly with them through a new, occasional newsletter. Look out for further information in December's Walk Extra.

Simon and Audrey are also keen to encourage a variety of Led Walks, and to hear from groups who offer a good range of family friendly walks, short walks, unusual (special interest) walks or anything else that shows the variety and innovation of Ramblers walks. They can be contacted on [ledwalks@ramblers.org.uk](mailto:ledwalks@ramblers.org.uk)

Below: Led Walks Team Simon Barnett (2nd from left) and Audrey Watson (4th from left) with staff from the Wales Office



## Pass It On! New Recruitment Leaflets Are Available Now

The new recruitment leaflet is now with your local Group- so make sure you play your part and pass them on to potential new members of the Ramblers.

After all, new members are the lifeblood of our charity - and all efforts, big and small, that are aimed at increasing our membership are very much appreciated.



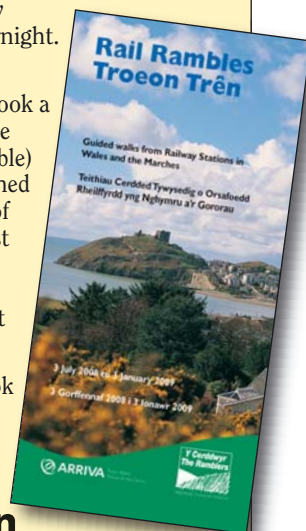
## 20 Years of Rail Rambles

It's a don't-miss date for your diary! The Ramblers Cymru Rail Rambles programme celebrates its 20th anniversary in 2009.

To mark this outstanding achievement, we are organising a weekend of celebratory walks and a special dinner in and around Machynlleth between 6th and 7th June 2009. It is hoped that many walkers will stay overnight.

Please find your own accommodation or book a place (hurry, there are only 16 spaces available) at the newly refurbished hostel in the centre of Machynlleth. The cost for this will be £16 a night. To book, telephone Mick Guest on 01902 756530.

To find out more, look out for a new Rail Rambles programme in the New Year.



## Celebration of North Wales Area's 20th Birthday

Chris Ruane MP and president of North Wales Area secured this delightful House of Commons Early Day Motion in celebration:

That this House congratulates North Wales Area Ramblers' Association on its 20th anniversary; notes that it has over 2,000 members and has produced its most comprehensive guided walks programme for the second half of 2008 with over 300 walks ranging from short strolls, longer walks over the lowlands, to strenuous walks and scrambles; and considers that such a programme is a reminder of just how many people enjoy walking, and how important catering for walkers is to the economy of North Wales, and how essential it is that local people strive to keep footpaths free of obstruction, and that they are clearly marked and signposted.

# Dawn Rises To A Wesley Group Invitation

By Dawn Davies, Secretary – Lower Wye Group

For many years the Lower Wye Group has held its committee and annual general meetings in the Methodist Church Hall in Chepstow, so it would have been somewhat difficult to refuse a request for a speaker from the local Ramblers to give a short talk to the Wesley Guild (the ladies section of the Methodist Church)! Having taken the initial telephone request I was duly nominated to fill the obligation.



Where do I start, I thought. I decided to break

the forty-minute talk into three sections; a brief history of the Ramblers Association, a description of the activities of the Lower Wye group and, to end on a lighter vein, some photos of recent walking holidays undertaken by the group.

I researched the history of the Ramblers on the website and approached the Ramblers Cymru office for some help in putting a presentation together. Anwen and Mike came to my rescue with a PowerPoint presentation

giving all the main pieces of information which I could then add to with specifics about the Lower Wye Group. Because I wanted the talk to be relatively informal I didn't use all the slides but did use the information in the body of the talk, so I am extremely grateful for the help this gave me in putting the presentation together.

Armed with all my notes and a disc full of photos I arrived at the Hall to be greeted by a charming group of people who made me very welcome. The evening started with a brief service with the choice of hymn – “One More Step Along the Way” – being a particularly appropriate choice! They were very interested to learn much more about the Ramblers' Association and the breadth of activities both at national and group level in addition to our well-known love of walking. This has proved to be a very good way of publicising our activities to a wider audience and having got a taste for ‘public speaking’ I'm now looking for other groups to address.

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Spread the word about walking and the Ramblers' Association and speak to local groups. Call us for a chat about getting the walking message across and, like Dawn, you may be able to tap into some of our useful free resources such as our presentation.

## Walking Into Front Rooms Across Wales



It was “*pure TV gold*” – that's how our Media Manager, Bruce Sparrow, described the appearance of Cardiff Ramblers, led by Kathryn Bennett, on the ITV Wales evening news recently! (writes Anwen Parker).

The capital's walkers described how walking with the Ramblers has changed their life, how it's a great way to beat the credit crunch and keep fit.

*Thanks to Cardiff Ramblers on a terrific bit of TV! Thanks also to Vice Chairman Helen Lloyd Jones for helping with the arrangements.*

## Your Top Tips *Avoid knee muscle damage... ..winter warmers... survival packs...*

*If you have tips to share with fellow walkers please send them to me – using the main contact e-mail point below*

### From Dave Rowley, Meirionnydd Ramblers:

“For those of us with odd knee problems it pays to keep the knees warm on the cold windy days. I cut off the top 8 inches (20cm) of a pair of woollen socks and wear them over the knees but under my trousers. The knees stay warm and comfortable that way and it helps to reduce muscle damage. (Cold muscles tear easily). If you prefer something more stylish normal elasticated sports supports do the same job but can cost several pounds.

As most mountain jackets do not fit comfortably around the neck. I use the easily obtainable “Buff” around the neck. It is extremely soft, does not chaff and seals the gap

between jacket and neck against wind and rain. I find it stays in position better than a scarf. It can also be used to protect the neck or head from the sun.

For the winter walker and camper who gets cold in the tent at night try this. Fill your water bottle with boiled water and put it inside one of your walking socks. It makes an excellent hot water bottle that will last up to 4 hours in the sleeping bag. Not only that, it helps to dry damp socks.”

### From John Thomas, Bridgend Ramblers:

“Winter's here so don't forget to put a few more items in your already overloaded rucksack!

I will be taking my warm hat with ear muffs, waterproof and wind proof gloves and my safety glasses (to keep the wind out of my eyes). Don't forget the survival bag or the foil blankets if you have them, and also think about making sure

your first aid kit is up to scratch. On the walks take plenty of hot drinks as well as comfort food. If your drinking hose freezes up then carry water inside your rucksack or a pocket instead.

Finally, if you go off on your own or with a small group tell someone where you are going and when you will be back. Don't put a note on your car windscreen, someone might see it and think it's their lucky day!

Oh, and take your mobile phone too... it could save a long walk to the nearest house when you might get a signal nearer to the emergency.”



For more information on the topics on these pages contact Anwen Parker on 029 2064 4308 or email [anwen.parker@ramblers.org.uk](mailto:anwen.parker@ramblers.org.uk).

**BOOKS >>>**

**New Heritage Trail**

**WAT'S DYKE WAY**

By Pete Lewis

*Reviewed by Val Walker Jones  
North Wales Area*

This is the essential walking guide to the new 61mile trail which goes through the border between England and North Wales. The route is based on the course of Wat's Dyke, a linear earthwork thought to have been constructed for the Saxon rulers of Mercia to protect their boundary with North Wales. Starting in Shropshire, it passes through Wrexham, ending near the River Dee in Flintshire.

The book is a convenient size, easily fitting into any decent map pocket. The walking route is in nine linear half-day sections. Information on public transport is included. There are also four circular walks.

The route is predominantly a lowland walk, the terrain varying from canal towpaths in the south to small wooded valleys and country lanes in the north. It passes through many historic towns and villages.

Each section gives exceptionally good references to the points of historic interest in the area, along with photographs, some black and white, some colour.

An excellent Christmas tree present.

*Published by Alyn Books £5.99*

**www.kittiwakebooks.com**

**Walk Guides by various authors**

*Review by James Norman*

Kittiwake Books have a new website to advertise their selection of walks-guides and updated books. The website greets you with a simple easy to use format and lightening speed loading times, cutting out the annoying wait that many other websites are dogged with. Sensibly avoiding a North or South Wales locality selector, instead the viewer can choose to view guides focusing on North, South and the equally as important Mid Wales. All the basic information – location, number of pages, and (a pleasantly cheap!) price tag of each guide are featured as well as a sample map of the walks included. This enables you to buy Kittiwake guides at any time or place with your debit/credit card – quickly, easily and safely.

*Published by Kittiwake Books – from £3.95*

**Ffordd y Tylwyth Teg / Way of the Fairies**

By Martin Smith

*Reviewed by Anwen Parker*

The booklet describes a walking journey starting in the Dare Valley and then around the Rhondda valleys. This is your chance to see the beauty of the area amidst its industrial heritage. The circular walk starting from Aberdare station covers 30 miles and can be completed in three stages taking advantage of the regular train service that serves Aberdare, Ton Pentre and Treherbert.

*£4.00 plus 50p postage and packing from  
40 Springfield Gardens, Hirwaun. CF44 9LY or  
email martinswalks@aol.com.*

**Cambrian Trailways**

These easy to use booklets have been produced by the Cambrian Railways Partnership. A series of four short walks have been designed to promote car-free walks in the Mid Wales area. To pick up your copy call 01654 700120 or download from [www.thecambrianline.co.uk](http://www.thecambrianline.co.uk).

**On This Mountain**

**Essays on Ten Welsh Mountains by various writers, images by Ray Wood**

*Review by James Norman*

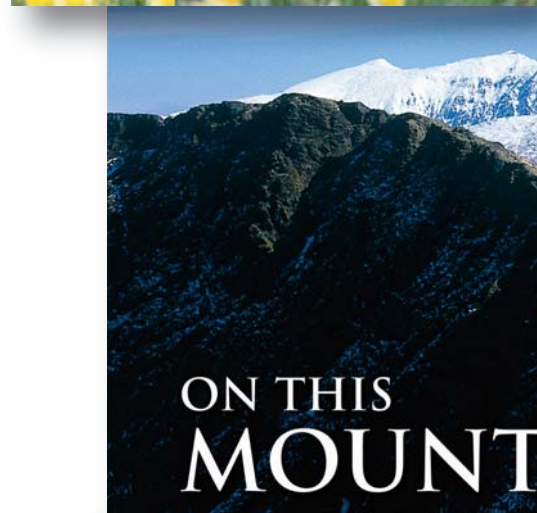
Don't let the title mislead you – 'On This Mountain' is not so much a novel about a single mighty mountain but a collection of short, sumptuous essays.

Inspired by Dr. Angharad Price's 'O! Tyn y Gorchudd' (a masterpiece in Welsh prose), the ten essays fuse together and form a celebration of Welsh peaks.

Each of the writers commands his/her own section with such vigour that even a small climb is shown to be very attractive to the reader and gives out an important message – that walking can be enjoyed by anyone. No matter how steep the climb may be, there is a mountain for everyone.

The vibrant photographs are magically captured by Ray Wood and are a real feast for the eyes. Stunning colours, interesting angles with passionate snippets from each writer's memories are an incentive to the reader to not only enjoy the book from the comfort of the armchair but also to experience at first hand the beauty of the Welsh outdoors – and to hopefully find a peak that you can proudly claim as your own special mountain.

*Published in 2008 by Gomer Press, – £19.99.*



# Ffordd y Tylwyth Teg / Way of the Fairies

Gan Martin Smith

*Adolygiad gan Anwen Parker*

Mae'r llyfr yn disgrifio tath gerdded sy'n dechrau yng Nghwm Dâr ac yna o gwmpas cymoedd Rhondda. Dyma'ch cyfle i weld prydfertwch yr ardal ymysg ei threfladaeth ddiwydiannol. Mae'r datblygiad, sy'n dechrau o orsaf Aberdâr, yn 30 milltir o hyd a gellir ei chyflawni mewn tair rhan gan elwa ar y gwasanaeth tren rheolaidd sy'n gwasanaethu Aberdâr, Ton Pentre a Threherbert.

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## On This Mountain

**Traethodau ar Ddeg o Fynyddoedd Cymru gan Amrywiol awduron, lluniau gan Ray Wood**  
*Adolygiad gan James Norman*

Feidwch â gadael i'r teitl eich camarwain – nid nofel mo 'On This Mountain' (ferswain Saesneg o 'Y Mynydd Hwn'), ond casgliad o ysgrifau byr a moethus.

Mae pob un o'r awduron yn rheoli ei h/adrannau ei hun mor egniol fel bod hyd yn oed llethrafach yn ymdangos yn ddeniadol i'r darlennydd, ac yn rhoi neges bwysig - y gall unrhyw un fwyhau cerdded. Faint bynag mor serth bo'r llethyr, mae yna fynydd i bawb.

Mae lluniau bywiog Ray Wood yn hudol ac syfrdanol, a'r omglau diddorol gyda darnau angredol o atgofion pob awdur yn anogaeth i'r darlennydd nid yn unig i fwyhau'r llyfr o gysur y gadarn freichiau, agored Cymru - a chydau lwc, dod o hyd i gopa i'w hawlio'n falch fel eich mynydd arbennig eich hun.

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Tath trwy'r iseldir yw hon gan fwyaf, a'r tith yn amrywio rhwng llybrau haliu camlesi yn y de i ddyffrynnoedd bach coediog a lonydd gwledig yn y gogledd. Mae'n pasio trwy lawer o drethi a phentrefi hanesyddol.

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