

RAMBLERS' ASSOCIATION: ABERYSTWYTH GROUP WALKS PROGRAMME : 1st May 2017 To 1st November 2017

Date	Time at Peacocks	Walk Description	Grade/Miles	Start Time	Start Place	Grid Ref.	Leader(s) / Contact telephone
Mon 01-May-17	2:00 PM	On the first & third Monday of each month, there will be a short leisurely walk of 1 - 2 miles (no stiles) in and around Aberystwyth, Borth, Ynyslas, Nant yr Arian, Devils Bridge and Aberaeron. Refreshments during or end of walks at a local café.		2:00 PM		SN	Anne MacMillan 01970 624475
Sat 06-May-17		Hinterland Challenge Walk(s) from Devils Bridge with 6, 10 & 15 mile walks - £20 Registration Fee. Walks to be self - led with route details provided. Two mile free walk available. SEE RAMBLERS CYMRU WEBSITE FOR DETAILS	C, B & A			SN	
Sat 13-May-17	7:10 AM	Linear - Penypass - Lliwedd - Watkin Path - Nant Gwynant. Initial Bus 0925 from Nant Gwynant to Penypass. CONTACT LEADER IF GOING	A- 5.5	9:15 AM	Nant Gwynant Parking Area	SH 628507	Dave Taylor Tel 01970 828815 / 07831 735208
Sun 14-May-17	10:30 AM	YOU ARE INVITED TO TEA AT GLANDYFI CASTLE AT 3PM - PLEASE CONTACT ANN ON 01970 624780 SOON AS NUMBERS ARE LIMITED Dave Taylor is leading the walk at 1030AM from Glandyfi Castle, Melindwr, Bwlch Einion, Cwm Einion, return to Melindwr & the Castle for 3PM	B- 5.5	11:00 AM	Glandyfi Castle, Eglwysfach.	SN 693967	Anne Burroughes 01970 624780 / 07511 088443
Sat 20-May-17	9:45 AM	Llanrhystud to Llanon along the coast, Afon Peris, Castell Mawr and Castell Bach.	C+ 6	10:30 AM	Layby opposite Village Hall, Llanrhystud	SN 536694	Jill Venus Tel 01974 272628 / 07815 581297
Sun 21-May-17	10:10 AM	Llanfarian, Aberllolyn Woods, Blaenplwyf, Chancery circular	C+ 6	10:30 AM	Road by Llanfarian Village Hall	SN 591778	Roy Haynes Tel: 01970828914
Sat 27-May-17	9:30 AM	09.44am Bus No 512 from Aberystwyth Bus Station (Stand 2) to Borth, then walk Mal Evans Way to Talybont. Bus X28 back to Aberystwyth	C 4	10:15 AM	Borth Promenade opposite Railway Station	SN 608901	Michael and Val Deaville Tel: 01970 832937
Sun 28-May-17	9:30 AM	Abercorris - Aberllefenni and Cwm Ratgoed. The walk is on field paths and tracks in the Dulas and Ratgoed valleys with higher sections on forestry tracks & paths	B 8	10:30 AM	NRW Forestry Carpark just before Aberllefenni	SN 769092	Bill Green Tel: 01970 832663
Sun 04-Jun-17	9:00 AM	Coed Maenarthur & Lisburne Mines. Walk from the Level Fawr Mining Tunnel at Pontrhydygroes across the Ystwyth Ravine to Grogwynion Mining Dam and ascent up to Coed Maenarthur to the extensive Frongoch Mine Buildings & Reservoirs. Return to Pontrhydygroes	B 8.5	9:45 AM	Working Waterwheel in Pontrhydygroes opposite path down to Miner's Bridge	SN 738722	Stephen Hughes Tel:- 01970617644
Sat 10-Jun-17	9:00 AM	New Precipice Walk from Penmaen Pool across the Toll Bridge and along the New Precipice Walk to Llanelltyd and back along the old railway line to Penmaen Pool	C+ 6	10:30 AM	Penmaen Pool Car Park	SH 696185	Elizabeth Thompson Tel : 07763196608

Sun	11-Jun-17	9:00 AM	A two and a half mile perhaps pioneering ascent of Tarren Hendre from Abergynolwyn, sympathetically and gently led, followed by a five mile or so descent along the ridge, down to the pack horse bridge, Bryn Eglwys and Nant Gwernol	A 8	10:00 AM	Abergynolwyn Narrow Gauge Railway Station	SH 671064	John Morgan 01970 832525
Sat	17-Jun-17	10:00 AM	'Adopt a Path' Bus Ramble using T5 from Aberystwyth, Change at New Quay to Cardi Bach to Cwmydyu. Walk from Cwmydyu to New Quay to return on T5 Bus. CONTACT LEADER IF GOING	C+ 8	11:15 AM	Option to park at New Quay and board the Cardi Bach at 11.15 am	SN 389599	Wyck G Lohman 01545 560499
Sat	24-Jun-17	8:00 AM	Pembrokeshire Day Coach Trip with three walks from Newport & Nevern, price of £25 per person to include Coach, led walk of choice and buffet supper at the Salutation Inn. To book & more information contact Dwynwen on 01970 820166 or dbelsey@hotmail.co.uk		8:00 AM	Coach will leave Plas Crug Leisure Centre at 08:00 AM 24th June 2017 Closing Date for Booking :- 3rd June 2017	SN	Chris and Dwynwen Belsey Tel 01970 820166
Sat	01-Jul-17	9:30 AM	Clwb Meithryn, Penrhyncoch, Grassland Research Station, Llwyn Gronw, Lead Mines, Penbontrhydybeddau, Cefn Llwyd, Penrhyncoch. Tea and biscuits at Alan's house at end of walk	C+ 6.5	9:45 AM	Penrhyncoch Football & Social Club car park	SN 644841	Alan Evits & Gerald Makaruk Tel 01970 828854, 01970 822110
Sun	02-Jul-17	9:00 AM	Penmaenpool, Mawddach Estuary cycle track, Arthog Waterfalls, Llynnau Cregennon, Kings YH, Abergwynant. Possible refreshments at George 111	C+ 10	10:30 AM	Penmaen Pool, Dolgellau	SH 696185	Jill Venus Tel 01974 272628 / 07815 581297
Thur	06-Jul-17	5:45 PM	Llanilar Circular with optional meal at Falcon Inn. Please contact Jan or Ken Young to pre-book your (optional) meal by June 28th	C+ 4	6:00 PM	Llanilar Station Yard / Road	SN 625753	Jan & Ken Young Tel: 01974 241342 / 07812 671335
Sat	08-Jul-17	9:00 AM	Pendam - Craig-y-Pistyll (not Gorge) - Nant y Moch, return via Llyn Syfydrin - circular walk	C+ 8	9:30 AM	Pendam Car Park	SN 709838	Chris and Dwynwen Belsey Tel 01970 820166
Sun	09-Jul-17	9:30 AM	Dylife, Afon Twymyn Gorge, Pennant, Ceulan, Graig y Gath, Bryn Moel.	B .8.5	10:45 AM	Parking area near access to Star Inn, Mountain Road, Dylife.	SN 861940	Malcolm Tunley 01970 828565
Sat	15-Jul-17	8:45 AM	Allt Fawr, Moel Druman and the upper Lledr Valley. CONTACT LEADER IF GOING	A 8	10:30 AM	Crimea Pass layby	SH 702489	Jacky Cross Tel: 01654 761561 or 07929 062412
Sun	16-Jul-17	10:00 AM	Moel y Llyn and upper Ceulan Valley, Carregcadwgan, Rhyd yr Onnen	B+ 8	10:45 AM	Bwlch y Garreg track junction for Anglers Retreat on Mountain road from Tal y Bont to Nant y Moch	SN 723909	Malcolm Tunley 01970 828565
Sat	22-Jul-17	8:00 AM	Llandrillo, Moel Ty Uchaf, Moel Pearce, Cadair Bronwen and return to Llandrillo. Option extension to Cadair Berwyn and return (9.5 miles if going to Cadair Berwyn)	A 8	10:00 AM	Llandrillo car park	SJ 035372	Timothy Cutts / Haydn Foulkes 01970 617506 ; 01970 828889
Sun	23-Jul-17	9:40 AM	Circular walk from Maesnant up the remote Hengwm valley. Llyn Bugeilyn, Llyn Cwm Byr, Siambyr Trawsfynydd, Hyddgen Valley & Maesnant. JOINT WALK WITH CAMBRIAN MOUNTAIN SOCIETY. CONTACT LEADER IF GOING.	C+ 10	10:30 AM	Near to end of tarmac road at Maesnant	SN 774878	Dave Taylor Tel 01970 828815 / 07831 735208

Sat	29-Jul-17	8:45 AM	Initial car shuttle from Cross Foxes to top of Tallyllyn pass. Mynyd Ceiswn, Waun Oer, Slate Quarry to Cross Foxes where refreshments are available. CONTACT LEADER IF GOING	B+ 7	9:45 AM	Cross Foxes Car Park	SH 767168	Dave Taylor Tel 01970 828815 / 07831 735208
Sat	05-Aug-17	10:15 AM	Linear walk from Cardigan to Mwnt, using the Cardi Bach. CONTACT LEADER IF GOING	C+ 7	11:45 AM	Mwnt Carpark (fee)	SN 195519	Wyck G Lohman 01545 560499
Wed	09-Aug-17	12:00 PM	Centre for Alternative Technology Walk. A circular walk along firm tracks, roads and open grassland.	C+ 4.5	12:45 PM	C.A.T. car park	SH 754044	Iris Richards Tel: 01970 820024
Sat	12-Aug-17	9:00 AM	Circular walk from Llandinam to Hornby, Rhydfaes and return along part of Severn Way	C+ 6	10:30 AM	Meet at Public Carpark near Lion Hotel	SO 026884	Penny Miller Tel: 01970 627379 / 07732688910
Sun	13-Aug-17	8:45 AM	Rhinog Fach from the east. Parking Area,Grugle, Bwlch Drws Ardudwy,Llyn Cwmhosan,Llyn Hywel, Rhynog Fach. Descend to east alongside stone wall, through forestry to Grugle and back to the cars. CONTACT LEADER IF GOING- bring two binbags for stream crossing		10:10 AM	Parking Area near cattle grid. To get there from A470 look for phone box on right in dip of road, turn left 1/3 mile after this. BRING TWO BIN BAGS FOR STREAM CROSSING	SH 684302	Dave Taylor Tel 01970 828815 / 07831 735208
Wed	16-Aug-17	9:00 AM	From Parking Area descend along Afon Lluesgota and cross it. Hyddgen, Bryn Moel, Foel Fras, Hadodwnog, top of Pistyll Llyn, Plas y Mynydd and back to cars	B 9	10:00 AM	Parking Area on track to Angler's Retreat, off the Talybont - Nant-y-Moch road	SN 732913	Dave Taylor Tel 01970 828815 / 07831 735208
Sat	19-Aug-17	9:15 AM	Twll yr Ogof and Trawsfynydd	B+ 10	10:30 AM	Parking Area by Church, Llanfihangel-y-Pennant, LIMITED PARKING	SH 672088	Jacky Cross Tel: 01654 761561 or 07929 062412
Sun	20-Aug-17	9:30 AM	Mwnt - Coastal Path - Traeth Bach - Penpeles- Allt Gwrddon - Mwnt Bach - Mwnt Fawr - Graig - Ty Gwyn - Mwnt	B 8.5	10:30 AM	Mwnt Car Park (fee)	SN 195519	Jan & Ken Young Tel: 01974 241342 / 07812 671335
Wed	23-Aug-17	10:00 AM	A short circular walk starting at Borth Life Boat Station - mainly on tarmac roads with a short section on the coastal path, wending our way to Dolybont and back to Borth.	C 4	10:30 AM	Borth Life Boat Station	SN 609901	Iris Richards Tel: 01970 820024
Sat	26-Aug-17	9:00 AM	Dolaucothi and surrounding countryside - a moderate hill and country road walk, with some steep climbs.	B- 7.5	10:30 AM	Dolaucothi Gold Mine car park - National Trust (parking fee)	SN 662403	Elizabeth Thompson Tel : 07763196608
Sun	27-Aug-17	10:30 AM	Hinterland (official) of Mynydd Bach area around Llyn Fanod. Tea & cakes at Brynacroiau afterwards. CONTACT ROB OR MARY IF GOING FOR TEA ETC	C 4	11:00 AM	Brynacroiau	SN 613642	Rob & Mary Osborne 01974 251282
Wed	30-Aug-17		START CONSIDERING YOUR WALK IDEAS FOR THE WINTER WALKS PROGRAMME,CONTACT CHRIS BELSEY FOR ADVICE AND WALK SUBMISSION FORMS				SN	Chris and Dwynwen Belsey Tel 01970 820166
Sat	02-Sep-17	9:15 AM	Mynach Valley, up and over to Ysbyty Cynfryn and Parson's Bridge. Down Rheidol Valley then ascend near VoR Railway, back to Devils Bridge	B 10	10:00 AM	Devils Bridge small car park (with Toilets) behind Sarah Bunton's Chocolates. Addition parking opposite at VoR Railway (small fee)	SN 739769	Michael and Val Deaville Tel: 01970 832937

Sun	03-Sep-17	9:00 AM	Cwmystwyth Mines & Gorge. Buildings & Mine Tunnels on the valley floor up to Upland Reservoirs and down via early open mining and structures on Copa Hill.	B 7	9:50 AM	Parking area by River Ystwyth at the centre of the site on the side of the Cwmystwyth to Rhayader Mountain Road opposite the main ruins.	SN 802745	Stephen Hughes Tel:- 01970617644
Sun	10-Sep-17	9:00 AM	Circular walk from Llanidloes along Glyndwr's Way and Clywedog Valley	C+ 6	10:00 AM	Meet at car park by river in Llanidloes	SN 953848	Penny Miller Tel: 01970 627379 / 07732688910
Sat	16-Sep-17	9:00 AM	Walk to the summit of Robell Fawr and surrounding area	B+ 9	10:30 AM	Car Park adjacent to the School at Llanfachreth	SH 756226	Glynne Jones Tel: 01970 625244
Sun	17-Sep-17	9:30 AM	Circular from Broadwater Tywyn up to the Beacon and north on Wales Coastal Path.	B 6.5	11:00 AM	Tywyn Broadwater	SH 567028	Isobelle McGuinness Tel 01970 612890 / 07751383716
Sat	23-Sep-17	8:00 AM	Strumble Head Seal Pup singing walk. CONTACT LEADER IF GOING AS LIMITED PLACES ON STRUMBLE HEAD SHUTTLE	C+ 8	10:00 AM	Car park near Garn Fawr, to board Strumble Head Shuttle. - Richard Bros 404 - last Shuttle Bus of season.	SM 899388	Wyck G Lohman 01545 560499
Sat	30-Sep-17		Catch the 512 Bus at 09:44am from Stand 2 at Aberystwyth Bus Station and get off at Railway Crossing Llandre. From Llandre Church Car Park walk along lanes and fields to Upper Borth, through Caravan Park and onto the Coastal Path, and back to Aberystwyth.	B 7	10:20 AM	Llandre Church Car Park	SN 623868	Pat Sani Tel:01970 828018
Sat	30-Sep-17		****CLOSING DATE FOR WALKS SUBMISSIONS FOR THE WINTER WALKS PROGRAMME				SN	Chris and Dwynwen Belsey Tel 01970 820166
Sat	07-Oct-17	7:30 AM	Carmarthenshire Coast Path - Llanstephan to Carmarthen	C 9.5	10:00 AM	Llanstephan Beach Car Park	SN 353104	Susan West Tel: 01970 611805
Sun	08-Oct-17	9:30 AM	Circular from Tywyn Seafront along coast to Broadwater and back inland.	D 8	11:00 AM	Tywyn Seafront	SH 577004	Isobelle McGuinness Tel 01970 612890 / 07751383716
Mon	09-Oct-17		Five Day Coach Trip to the Peak District to include all transport, four nights dinner, bed & breakfast in a 4* Hotel, Choice of daily walks. Cost £325 per person for two people sharing & four singles, a single supplement of £25 per night will then apply			For more information and to book contact Dwynwen on 01970 820166 or dbelsey@hotmail.com Closing Date for booking - 30th June 2017	SN	Chris and Dwynwen Belsey Tel 01970 820166
Sun	15-Oct-17	8:30 AM	Cnicht and the Moelwyns circular walk	B+ 7.5	10:30 AM	Croesor Car Park	SH 631447	Rob & Mary Osborne 01974 251282
Sat	21-Oct-17	9:30 AM	Exploring the Mynydd Bach (Trefenter) - burial chambers, Llyn Eiddwen, Hafod Ithel (Note some sections will be on rough ground)	C+ 5	10:30 AM	Cattle Grid by Llyn Eiddwen	SN 609675	Jill Venus Tel 01974 272628 / 07815 581297
Sat	28-Oct-17	9:30 AM	A circular walk from Llanafan Church through woods and farmland- Cefn Blewog Hill Fort, Banc Cwmnewyddion and Coed Ty'n-y-Cwm	B 8	10:00 AM	Roadside parking by Llanafan Church	SN 685722	Sue Fisher Tel: 01974241270 / 07534889768

RAMBLERS TERMS AND CONDITIONS FOR WALKS

WALKS MAY BE MODIFIED AT LEADER'S DISCRETION * BUSES LEAVE FROM ABERYSTWYTH NEXT TO THE RAILWAY STATION - CHECK BUS STAND NOS AND TIMES WITH LEADER

MEETING PLACE. Unless otherwise indicated the meeting place is on the car park side of the Peacocks, Park Avenue, Aberystwyth.

TRAVEL. Meeting centrally will ensure that the number of cars taken can be reduced and possibly provide transport for those without cars. If you do not have private transport, please contact the leader who may be able to arrange transport.

WALK GRADES 'A' Strenuous. Experience of hill walking desirable. Will involve steep ascents and descents; mileages shown should not be taken as an indication of effort.

'B' Moderate. May involve steep ascents, descents and rough/wet or boggy ground, but not prolonged.

'C' Flat or gentle gradients.

'D' Easy walks taken at a slow pace.

'+' or '-' added to above indicates harder (+) or easier (-) variations of the walk grade.

WALKS MAY BE CANCELLED AT SHORT NOTICE due to unforeseen circumstances such as bad weather, accident, illness etc, walkers are advised to check with Leader's prior to the walk to confirm that the walk is taking place to avoid disappointment and unnecessary journey's etc

FOOD AND EQUIPMENT. On short walks please bring a snack and a drink. On longer walks, bring sufficient food and drink for the day. All routes will be muddy and rough, so suitable footwear must be worn (stout shoes or walking boots). Waterproof clothing is essential and is best carried in a small rucksack.

LEADERS' RESPONSIBILITY. Leaders may refuse to take on their walks any person who does not appear fit enough for the proposed route or who is not properly equipped for the conditions. If in doubt consult the leader or another contact on the list. FIRST AID. A First Aid kit is carried by leaders but no medication, ointment or spray is available. Leader's to provide map or route details to Back Markers prior to walk (except in case of Joint Recce)

NO DOGS PLEASE. On all walks we will encounter sheep, therefore the Group requests walkers not to bring their dogs.

MEMBERSHIP. Non-members are welcome on Ramblers' walks but are asked to join the Association after 3 walks.

THE RAMBLERS' ASSOCIATION CANNOT ACCEPT RESPONSIBILITY FOR ANY LOSS OR INJURY INCURRED DURING THESE WALKS.