

**RAMBLERS' ASSOCIATION: ABERYSTWYTH GROUP WALKS PROGRAMME : 1st May 2018 to 1st November 2018 Final**

Date	Leisure Centre	Walk Description	Grade/Miles	Start Time	Start Place	Grid Ref.	Leader(s) / Contact telephone
Tue 01-May-18	02:00 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.		02:00 PM		SN	Anne MacMillan 01970 624475
Sat 05-May-18	08:45 AM	9.30 am X28 Bus from Aberystwyth Bus Station (Stand 4) to Talybont, then walk tracks and lanes to Bow Street. Option of refreshments at Pennau Crafts before return Bus	C+ 5	10:00 AM	Talybont Square, Talybont	SN 655892	Michael and Val Deaville Tel: 01970 832937
Sat 12-May-18	08:45 AM	Bus Ramble - Coastal Path - Moylgrove to Newport (Linear walk) - Contact Leader If Going	B 8	10:15 AM	Meet at Parrog Beach Car Park (free) at 10:15am for 10:28am Bus to Moylgrove	SN 052396	Dave Taylor Tel: 01970 828815 /07831 735208 Contact leader if going
Sun 13-May-18	10:00 AM	Borth, Llandre Circular	C+ 6	10:30 AM	Car Park on Right hand side opposite Bryn Owen Holiday Park	SN 609889	Roy Haynes & Sue Evans 01970 828914
Wed 16-May-18	08:15 AM	The Wonderful Rhinogydd Badlands. Llyn Cwm Bychan-Bwlch Gwilym-Llyn Pryfed-Roman Steps-Llyn Cwm Bychan. PLEASE CONTACT LEADER	B+ 6	10:15 AM	Llyn Cwm Bychan C.P.	SH 645315	Dave Taylor Tel 01970 828815 / 07831 735208
Sun 20-May-18	09:30 AM	From the Miners' Bridge - a scenic walk in the Ystwyth Valley following tracks & woodland paths towards Llanafan. Tea at the Cwtch after the walk.	B 9	10:15 AM	Pontrhydygroes - By Old Water Wheel	SN 738722	Sue Matthews-Fisher Tel: 07534889768
Sat 26-May-18	09:30 AM	Cwm Rheidol, Hafodau Cottage, Bwa-Drain, Llyn-yr-Oerfa, Glyn Rheidol, Rheidol Falls, Cwm Rheidol Reservoir.	B 7	10:00 AM	Cwm Rheidol Picnic Area Lay-By (on Right just before Visitor Centre)	SN 695796	Bill Green Tel: 01970 832663
Sun 27-May-18	08:30 AM	Cnicht circular walk from Croesor	B+ 7.5	10:30 AM	Croesor Car Park	SH 631447	Rob & Mary Osborne 01974 251282
Sat 02-Jun-18	08:00 AM	Big Welsh Walk - Ramblers Cardiff. For more details contact : Ramblers Cymru Cardiff	B 6	08:30 AM	Ty'n Rhyd, Devils Bridge	SN 729767	Chris and Dwynwen Belsey Tel 01970 820166
Sat 09-Jun-18	08:30 AM	On the edge of the Berwyns - Craig Rhiwarth, Y Clogydd, Pistyll Rhaeadr. Return along Afon Rhaeadr and over bwllch to foot of Cwm Glan-hafon	A 10	10:30 AM	Llangynog car park	SJ 054262	Jacky Cross Tel: 01654 761561 or 07929 062412
Sun 10-Jun-18	10:00 AM	Black Covert, Coed Alltffedw, old railway to Pen-y-banc and return along river	C 6	10:30 AM	Black Covert Car Park	SN 667729	Jill Venus Tel 01974 272628 / 07815 581297
Sat 16-Jun-18	09:00 AM	Circular walk from Arthog around Cregennan Lakes and Cwm Gwynant. Very scenic with fabulous views of the Mawddach Estuary and surrounding mountains.	B+ 9	10:30 AM	Lay By at Arthog Village Hall	SH 637142	Sue West / Sue Harris 01970611805/07443492651

Sun	17-Jun-18	09:15 AM	A leisurely, fairly flat, clockwise walk around the Trawscoed estate, returning through Cwm Rhydyfelin nature trail (rough underfoot) and past the site of the Roman Fort.	C 4	10:00 AM	Black Covert, Trawscoed	SN 668728	Michael and Val Deaville Tel: 01970 832937
Wed	20-Jun-18	08:45 AM	A summer solstice walk (almost), from Tynant carpark nr Dolgellau, up Cader Idris via The Pony Path and return the same way. Mixture of good tracks, rocky paths, loose scree and a tricky scramble to and from the summit. Must Contact Leader If Going	A 6.5	10:00 AM	Tynant Carpark (£5 Parking Fee)	SH 698154	Pat Sani Tel 01970 828018 / 07505038474
Sat	23-Jun-18	08:00 AM	Church Stretton Day Coach Trip. Choice of three walks. Buffet Supper. Further details and information in the Newsletter. Cost £26 per person to include Coach & Buffet at Severn Arms, Penbont. Contact Dwynwen for booking on 01970 820166		08:00 AM	Coach will leave Plas Crug Leisure Centre at 08:00 AM 23rd June 2018  Closing Date for Booking :- 10th June 2017	SN	Chris and Dwynwen Belsey Tel 01970 820166
Wed	27-Jun-18	01:00 PM	Furnace Circular	C+ 4	01:30 PM	Furnace Car Park	SN 684952	Roy Haynes & Sue Evans 01970 828914
Sat	30-Jun-18	08:30 AM	Cwm Mynach- Crib y Rhiw - Llethr - Llyn y Bi - Pontybrenin - Blaen Cwm Mynach - Cwm Mynach Canol. PLEASE CONTACT LEADER.IF GOING	A 8	10:10 AM	Along very narrow road to end of tarmac . Very limited parking.	SH 684218	Dave Taylor Tel 01970 828815 / 07831 735208
Sat	07-Jul-18	09:00 AM	Penrhyncoch Cylch Meithrin, Tynpynfach, Coed Gruffydd, Penbonrhydybeddau, Llwyngronw then back to Cylch Meithrin, Penrhyncoch, tea and biscuits will be at Alan's house at the end of the walk	B 7	09:30 AM	Penrhyncoch Cylch Meithrin Lay-by OR Penrhyncoch Sports Club		Alan Evits & Gerald Makaruk Tel 01970 828854, 01970 822110
Sat	14-Jul-18	08:30 AM	A Walk around the Dolaucothi Estate followed by a Tour of the Dolaucothi Gold Mine and /or the Roman Tour . Further details to follow	C 5	10:00 AM	Dolaucothi National Trust Car Park	SN 662403	Iris Thompson 07763196608
Sun	15-Jul-18	09:30 AM	From the Nant-yr-Arian Visitor Centre along the ridge route to Llyn Pendam, higher route to Llyn Syfdrin and Llyn Blaenmelindwr and return to Visitor Centre	C+ 6	10:00 AM	Nant-yr-Arian	SN 717213	Moira Convery Tel 01970 612998
Sat	21-Jul-18	08:00 AM	Plymlimon Circular: Y Garn, Pumlumon Fawr, Pumlumon Llygad-bychan, Pumlumon Arwystli, Carnfachugeilyn.	A 19	09:00 AM	Eisteddfa Gurig	SN 798841	Timothy Cutts / Haydn Foulkes 01970 617506 ; 01970 828889
Sun	22-Jul-18	10:00 AM	Rheidol Valley Circular - Lower and Upper Rheidol Falls	C+ 6	10:30 AM	Rheidol Power Station Car Park	SN 698795	Jan & Ken Young Tel: 01974 241342 / 07812 671335
Sat	28-Jul-18	09:00 AM	Cae Adda - one of the Darganfod Dyfi series of walks over fields and rough tracks with some steep sections (Contact Leader If Going As Parking Is Limited)	B 7	10:30 AM	Dovey Valley Shooting Centre car park	SH 804050	Iris Richards Tel: 01970 820024
Sun	29-Jul-18	09:00 AM	Rivers, streams and tracks in Coedy y Brenin with views of a 460 million year old volcano (now extinct).	C+ 9	10:30 AM	Car park off lane in woods: turn east into the lane a few hundred yards north of Ganllwyd, on A470 north of Dolgellau	SH 734251	John Morgan 01970 832525

Sat	04-Aug-18	10:30 AM	A circular from the Statkraft visitors centre in the Rheidol valley. Through the woods and a steep climb up to castel Bwa-drain, Pen rhiw gam, across the river and back through Coed Pant-maws.	B 6	11:00 AM	Statkraft visitor centre car park,	SN 695796	Isobelle McGuinness Tel 01970 612890 / 07751383716
Fri	10-Aug-18	08:10 AM	10:00 am Train from Barmouth to Llanbedr. Flat walk from there back to Barmouth along the sandy beach. (bring light shoes & small towel for crossing small river). PLEASE CONTACT LEADER- FOR WEATHER & TICKET ADVICE.	C- 9	09:50 AM	Barmouth Station.	SH 612158	Dave Taylor Tel 01970 828815 / 07831 735208
Sat	11-Aug-18	09:30 AM	From the Arch, cross road and join path behind Pwllpeirin over to Hafod, cross bridge join B -DB-P Trail, through Cwmystwyth circumvent Glog easterly with Ascent and Descent then NW with v. Steep ascent, Bryn Gwydd - Coed y Ceuleth. Return to The Arch	B 9	10:15 AM	The Arch	SN 765775	Stephen Johnson Tel : 07421087707
Sat	18-Aug-18	09:30 AM	Bridleways and paths through woodland, fields and valleys around Llanarth	C+ 6	10:30 AM	Llanarth Garden Centre - parking by arrangement with owner	SN 421574	David Billingsley 01970 871057
Thur	23-Aug-18	05:30 PM	Borth Circular - Walk Cancelled		06:00 PM		SN	
Sat	25-Aug-18	09:00 AM	Circular walk from Clywedog Dam along lakeside and back along Glyndwr's Way	B 7	10:15 AM	Clywedog Dam	SN 911869	Penny Miller Tel: 01970 627379 / 07732688910
Sun	26-Aug-18	09:00 AM	Creigiau Camddwr, Waun Camddwr, ARAN FAWDDWY, Drws Bach, Drysgol, Hengwm. PLEASE CONTACT LEADER IF GOING	A 8	10:30 AM	Parking area at head of Cwm Cywarch North of Dinas Mawddwy	SH 853185	Bill Green Tel: 01970 832663
Fri	31-Aug-18		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	01-Sep-18	08:20 AM	8:30 am train from Aberystwyth to Aberdyfi. Walk from Aberdyfi to Machynlleth, using Wales Coast Path route via Carn Arthur and Pennal, Return to Aber by train from Machynlleth.	B 12	09:10 AM	Aberdyfi Train Station	SN 607960	Jill Venus Tel 07815 581297
Sat	08-Sep-18	09:45 AM	Tanybwllch Beach, River Ystwyth Path, Pendinas, River Rheidol Path, Harbour.	C+ 6	10:00 AM	Tanybwllch Beach	SN 579806	Judith Thomas Tel : 01970 822082
Sun	09-Sep-18	08:45 AM	In and around Coed y Brenin - Mynydd Pen-Rhos, Cae'n-y-coed, Hermon, Bwlch Gwyn, Llanfacreth, Arboretum, copper mines.	B 10	10:00 AM	Coed y Brenin Ty'n-y-groes car park	SH 730234	Jacky Cross Tel: 01654 761561 or 07929 062412
Sat	22-Sep-18	09:00 AM	Circular Walk from Aberdyfi seafront along "Roman Road" towards picnic island, uphill to Cwm Maethlon and back to seafront via Golf Course & beach	B 6	10:15 AM	Aberdyfi seafront carpark (Parking Fee)	SN 613958	Iris Richards Tel: 01970 820024
Sat	29-Sep-18	08:50 AM	Bus Ramble - Coastal Path walk from Gwbert via Mwnt to Aberporth	B 7	10:05 AM	Meet at Aberporth Beach at 10:05am for 10:15am 554 Service bus to Gwbert	SN 387598	Dave Taylor Tel: 01970 828815 /07831 735208 Contact leader if going

Sun	30-Sep-18		****CLOSING DATE FOR WALKS SUBMISSIONS FOR THE WINTER WALKS PROGRAMME			SN	Chris and Dwynwen Belsey Tel 01970 820166
Fri	05-Oct-18		Week -End Away -Carmarthenshire, - 5th-7th Oct -two nights away, Choice of daily walks. Cost for two nights dinner, bed & breakfast £154 per person sharing, £184 person single in a 4* Hotel. More information in Newsletter.		For more information and to book contact Dwynwen on 01970 820166 or dbelsey@hotmail.co.uk Closing Date for Booking & Deposit - 25th June 2018	SN	Chris and Dwynwen Belsey Tel 01970 820166
Sat	13-Oct-18	09:30 AM	Abbeycwmhir circular:- Cwncynydd Bank - Ty'n-y-Berth - Glyndwr Way - Llidiart-y-Dwr, return to Abbeycwmhir	B 7	10:30 AM	Abbeycwmhir Village Hall Car Park	SO 054712 Rob & Mary Osborne 01974 251282
Sun	14-Oct-18	09:45 AM	A circular walk from the George Borrow hotel down the Rhiedol gorge, Ystumtuen, Bwa-drain, Llyn Yr Oerfa and back over the hills.	B 8	10:30 AM	George Borrow Hotel , Ponterwyd	SN 746805 Isobelle McGuinness Tel 01970 612890 / 07751383716
Sun	21-Oct-18	09:00 AM	From Soar-y-Mynydd - A circular walk which in the middle section follows the descent of the beautiful Doethie Fawr. Return past Nant Llwyd.	B 6	10:15 AM	Soar-y-Mynydd	SN 785533 Sue Matthews-Fisher Tel: 07534889768
Sat	27-Oct-18	09:00 AM	From Ty Nant Car Park, to Abergwynant, Penmaenpool, Graig, Llyn Gwernan and return	C+ 8	10:30 AM	Ty Nant Car Park	SH 697152 Moira Convery Tel 01970 612998

#### 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 in the Car Park, Plas Crug Leisure Centre, Llanbadarn Road, Aberystwyth - Grid Ref: SN594812

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.