

**RAMBLERS' ASSOCIATION: ABERYSTWYTH GROUP WALKS PROGRAMME : 1st November 2018 to 30th April 2019 Final**

Date	Leisure Centre or as listed	Walk Description	Grade/Miles	Start Time	Start Place	Grid Ref.	Leader(s) / Contact telephone
Thur 01-Nov-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 03-Nov-18	08:45 AM	1040 bus from Penrallt Garden Centre (Moylgrove) to Poppit Sands. Walk coast path to Moylgrove. Optional refreshments at garden Centre.(CONTACT LEADER )	B 7	10:20 AM	Penrallt Garden Centre	SN 116453	Dave Taylor Tel 01970 828815 Denise Jones Tel 01970 828752
Sat 10-Nov-18	10:00 AM	Following the Borth to Devils Bridge trail before going on tracks/paths with views of the Rheidol and Goginan Valleys.	C+ 5	10:30 AM	Lay-by outside Bwlch Nant-y-Arian	SN 718814	Roy Haynes Tel: 01970828914 / 07968011590
Sun 11-Nov-18	09:15 AM	A circuit of Foel Fadian, including Wynford Vaughan Thomas' viewpoint, Glaslyn and part of Glyndwr's Way. Please Contact Leader if Going as parking is limited at meeting point	B+ 7	10:30 AM	Aberhosan Village	SN 812975	David Billingsley 01970 871057
Sat 17-Nov-18		From Aberystwyth Bus Station, take the 9.10am bus from Aberystwyth to Llanrhystud and walk the Coastal Path back to Aberystwyth - an interesting 10 mile walk with good sea & coastal views.	B+ 10				Susan West Tel: 01970 611805
Sun 18-Nov-18	10:00 AM	Llanbardarn Church Yard, Waunfawr, Coastal Path, Consti, Penglais Woods, Circular	C+ 7	10:00 AM	Plas Crug Leisure Centre	SN 594812	Roy Haynes Tel: 01970828914 / 07968011590
Sat 24-Nov-18	09:50 AM	Ascend Cerrig Llwydion at Parcgwyn, to Llechwedd Mawr, track to Tymawr, road to pick up path to Parsons Bridge, over Bryn Bras descend to main rd.	B 6	10:30 AM	Playground at Maesyrawel, Ponterwyd off A4120	SN 752808	Stephen Johnson Tel : 07421087707
Sat 01-Dec-18	10:30 AM	Ramblers Area 2018 AGM in to be held in the Royal British Legion Hall in Aberaeron between 2.00 - 5.00pm to be preceded by a short walk of around 4 miles finishing by 1.00pm - Details to follow	C+ 4				Chris Simpson Tel: 01970 636670
Sat 01-Dec-18	09:00 AM	A circular walk from Aberdyfi seafront along the "Roman Road" toawrds picnic island, then uphill to the road overlooking Cwm Maethlon and back to the start via the golf course and the beach	B 6	10:30 AM	Aberdyfi seafront carpark ( parking fee of approx £5.00)	SN 613958	Iris Richards Tel: 01970 820024
Sat 08-Dec-18	09:00 AM	Ceinws to Llanwrin circular	B 8	10:00 AM	Old forestry huts, Ceinws	SH 758060	Jacky Cross Tel: 01654 761561 or 07929 062412
Sun 09-Dec-18	09:30 AM	North to Aberarth; South on Coast Path back through Aberaeron to Gilfach-yr-Halen; return to Aberaeron via Henfynyw. (First section of walk back to Aberaeron can be walked as 4 mile walk grade C+)	C+ 8	10:15 AM	Market Street Car Park, Aberaeron	SN 457629	Bill Green Tel: 01970 832663

Sat	15-Dec-18	10:00 AM	Circular Walk around Llanilar followed by Mince Pies, Tea & Coffee at 30 Cwm Aur, Llanilar	C+ 6	10:30 AM	Old Station Yard	SN 626753	Jan & Ken Young Tel: 01974 241342 / 07812 671335
Sun	30-Dec-18	10:15 AM	All meet at North End Prom to walk off Xmas excesses on paths around Constitution Hill followed by tea/coffee at Chez Glynne	C 5	10:15 AM	All meet at North End of Prom	SN 584826	Glynne Jone Tel: 01970 625244
Tue	01-Jan-19	10:00 AM	Greeting the New Year on National Trust land, moorland and forest paths as well as crossing the historic Parson's Bridge over the Afon Rheidol. For our return, tea, coffee and cake has been ordered at the George Borrow Hotel .	C+ 6	10:30 AM	The back car park of the George Borrow Hotel , Ponterwyd	SN 746805	John Morgan 01970 832525 / Chris Hodgson 01970 617827
Sat	12-Jan-19	09:30 AM	Llyn Pendam, Cwmsymlog, Banc Llety Ifan Hen, Craig y Pistyll, Llyn Syfydryn (short, steep, exposed section of path at Craig y Pistyll)	B 8	10:00 AM	Car Park at Llyn Pendam	SN 710839	Bill Green Tel: 01970 832663
Sat	19-Jan-19	09:15 AM	From Llyn Pendam to Llyn Craigyppystyll dam, then follow Afon Leri downstream to Bont-goch. Return via Banc Llechwedd-ddu.	B 8	10:00 AM	Pendam car park	SN 710840	Michael and Val Deaville Tel: 01970 832937
Sat	26-Jan-19		A circular walk from and back to Aberystwyth Bandstand via Constitution Hill, Clarach, Cwm woods, Rhyd Hir and the riverside path.	C+ 5	10:00 AM	Aberystwyth Bandstand	SN 573819	Iris Richards Tel: 01970 820024
Sun	27-Jan-19	09:45 AM	Paths Tracks & Trails from the Arch to Trisant and return via Devils Bridge	C+ 6	10:30 AM	The Arch Car Park	SN 767755	Chris and Dwynwen Belsey Tel 01970 820166
Sat	02-Feb-19	10:00 AM	Annual Lunch at The Black Lion, Talybont preceded with a circular walk around Talybont - walk details to follow.	C+ 5	10:30 AM	Talybont Square - Contact Leader to Book Food by 19th January 2019 at:- janyoung01@hotmail.com	SN 684892	Jan & Ken Young Tel: 01974 241342 / 07812 671335
Sun	03-Feb-19	09:30 AM	Moelyllyn and Foel Goch circular	B+ 5	10:15 AM	Cwm Einion Picnic area (Ystrad Einion)	SN 707940	Wyck G Lohman 01545 560499
Sat	09-Feb-19	09:00 AM	Aberdyfi, Allt Goch, Llechwedd, Dyffryn-gwyn, Llyn Barfog, Caenenewydd, Picnic Island. Country paths and tracks.	B 9	10:15 AM	Aberdyfi seafront car park	SN 614659	Moira Convery Tel 01970 612998
Sat	16-Feb-19		From Tre Taliesin take the coastal path to Borth and then to Aberystwyth. Anyone who wants to can finish at Borth which is 4 miles and a C	B 10	10:00 AM	Everyone take the X28 from Stand 4 in Aberystwyth Bus Station at 9.30am	SN 657914	Pat Sani Tel: 01970 828018
Sun	17-Feb-19	09:30 AM	From Llanrhystud to Llannon via Castell Mawr and Castell Bach, Cwm Peris. Return via Coast Path	C+ 6	10:30 AM	Village Hall, Llanrhystud	SN 539695	Rob & Lloyd Osborne 01974 251282 / 202043
Sat	23-Feb-19	09:30 AM	Plas Crug Avenue, coast path up Constitution Hill, then Clarach to Wallog before turning inland to Llandre, Coed Alltgoch to Talybont. Optional refreshments at White Lion. Return to Aberystwyth on X28 bus.	B 10	09:30 AM	All meet at Plas Crug Leisure Centre.	SN 594812	Michael and Val Deaville Tel: 01970 832937
Sat	02-Mar-19	09:00 AM	Pines, bogs, banks & bridleways - Gors y Cwn, Gors Caranod to Joppa.	C 8	09:45 AM	Forestry entrance on B4577, not far from Cross Inn.	SN 551644	Sue Matthews-Fisher Tel: 07534889768

Sat	09-Mar-19	08:00 AM	0853 train from Machynlleth to Llwyngwriol. Walk to Barmouth mostly along Wales coast Path, over Barmouth bridge to Barmouth. 1455 train to Machynlleth. CONTACT LEADER IF GOING - Bring Bus Pass for Free Train Travel	C+ 7	08:45 AM	Machynlleth Station.	SN 744014	Dave Taylor Tel 01970 828815 / 07831 735208
Sun	10-Mar-19	09:00 AM	A circular walk from Carreg Cennen Castle, perched on a dramatic cliff top. Good views, Oak woodland and moorland.	C+ 6	10:30 AM	Car park (Parking Fee) below Carreg Cennen Castle. ( Castle Farm)	SN 667193	Sue Harris Tel: 07443492651
Sat	16-Mar-19	08:20 AM	From Aberystwyth take 8:30am train (8:53 Mach) to Talybont. Then walk coast path, Taith Egryn circuit, Talybont. Return by train or bus. CONFIRM TRAIN TIMES WITH LEADER - Bring Bus Pass for Free Train/Bus Travel	C+ 8	10:05 AM	Talybont Station	SH 586215	Jacky Cross Tel: 01654 761561 or 07929 062412
Sun	17-Mar-19	09:00 AM	Walk from Hafren forest to source of Severn River	B 7	10:30 AM	Hafren forest picnic site	SN 857869	Penny Miller Tel: 01970 627379 / 07732688910
Sat	23-Mar-19	08:10 AM	09.50 T3 (free) bus from Barmouth to Bontddu. Ascend to top of Southern Rhinogydd ridge , thence follow top of ridge & descend into Barmouth.	B+ 11	09:40 AM	Barmouth bus station	SH 613158	Dave Taylor Tel 01970 828815 / 07831 735208
Sun	24-Mar-19	09:30 AM	Disgwylfa Fawr and Carn Owen circular	B+ 8	10:15 AM	Nant y moch by Cattle Grid below Trwyn-y-Fegin	SN 737867	Wyck G Lohman 01545 560499
Wed	27-Mar-19		All meet at Aberystwyth Station for 0830 train to Criccieth. Walk coastal path mostly beach to Porthmadog. Refreshments at Porthmadog then 1600 train to Machynlleth & Aberystwyth arriving 1825. CONTACT LEADER FOR TICKET INFO & BRING BUS PASS	C 7.5	10:55 AM	Criccieth Station	SH 585815	Dave Taylor Tel 01970 828815 / 07831 735208
Sat	30-Mar-19		All meet at Aberystwyth Bus Station for T5 Bus at 10.10am from Aberystwyth to New Quay (probably free to all). Walk coast path to Aberaeron. Bus back to Aberystwyth (free) after optional refreshments.	C+ 7	10:00 AM	Aberystwyth bus station near Pizza Shop.	SN 585817	Dave Taylor Tel 01970 828815 / 07831 735208
Sun	31-Mar-19	09:30 AM	A lovely varied walk with valley views, oak woodlands and river paths from the historic village of Abergynolwyn encircling Foel Cae'r Berllan and visiting Mary Jone's Chapel and the mountain fortress of Castell Y Bere.	C 6	10:30 AM	Abergynolwyn. Car park at village hall, cafe, on the main road (Opposite the Railway Public House).	SH 677070	Sue Harris Tel: 07443492651
Sat	06-Apr-19	09:00 AM	Strata Florida: beginning at Pontrhydfendigaid, Pen y Bannau, Frongoch, Nant Egnant Valley, Strata Florida, Pontrhydfendigaid (actual distance 9 1/2 miles)	B+ 10	10:15 AM	The Black Lion Hotel, Pontrhydfendigaid	SN 732667	Haydn Foulkes / Timothy Cutts 01970 828889 & 01970 632924
Sun	07-Apr-19	09:00 AM	Garn Gron	B 7	10:00 AM	Strata Florida Car Park	SN 746657	Rob & Mary Osborne 01974 251282
Wed	10-Apr-19	01:00 PM	Pendam to Bwlch Nant yr Arian, return via Mynydd March. Refreshments available at Visitor Centre	C+ 5	01:30 PM	Car Park at Pendam	SN 709838	Chris and Dwynwen Belsey Tel 01970 820166

Sat	13-Apr-19		All meet at Aberystwyth Bus Station for T1 Bus at 09.40 to Llanrhystud. Walk coast path to Aberaeron, optional refreshments there. Return by Bus (every 30 mins to Aberystwyth).	C+ 7	09:30 AM	Aberystwyth Bus Station (near Pizza shop)	SN 587816	Denise Jones - Tel 01970 828752
Sun	14-Apr-19	09:00 AM	Rhayader, Llawr Dderw, Maen Serth, Gilfach NR and back to Rhayader for coffee. Contact Leader If Going	B 9	10:15 AM	Car Park , near Rhayader Leisure Centre - Parking Fee	SN 970682	Glynne Jone Tel: 01970 625244
Sat	27-Apr-19	09:30 AM	A circular walk over common land & old tracks -Banc Bwadrain, Banc Creignant Mawr, Bryn-bràs.	B 8	10:00 AM	Roadside parking by Llyn-yr-Oerfa, Ystumtuen.	SN 728799	Sue Matthews-Fisher Tel: 07534889768
Sun	28-Apr-19	09:00 AM	Wye Valley track, Ochr Lon, Coed y Cefn, Treheslog Farm, muddy path beside the river, Esgair Dderw and return	C+ 7	10:15 AM	Cwmdeuddar car park on road just east of the mountain road	SN 967678	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 are likely encounter sheep and, therefore the Group requests walkers not to bring their dogs, trained assistance dogs excepted.

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.