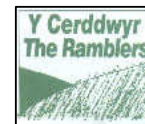


FOUR WELLS GROUPGRWP Y FFYNHONNAU *Web Site: fourwells.powysramblers.org.uk***Spring 2010 WALKS PROGRAMME**

Date	Description	Grade	Start / Map Ref.	Leader
JANUARY				
4-Jan	Riverside Wye Valley Walk Stepping Stone Walk	Easy 4 miles	A470 Trericket Mill SO 112 414	Joan 01597 824866
9-Jan	Woods and Lanes	Moderate 7 miles	A470 Trericket Mill SO 112 414, short onward drive to start of walk	Jonathon 01982 570476
23-Jan	Allt-yr-Esgair and Llangorse Lake	Moderate 8 miles	*A481 Llanelwedd Ind Est SO 055 517 at 9:15 or Layby on A40 1mile west of Bwlch SO 129 227 at 10am	Peter 01874 625278
FEBRUARY				
1-Feb	Aberedw Rocks & Llewellyns Cave Stepping Stone Walk	Easy 4 miles	Aberedw Village Nr Church at 2pm	Joan 01597 824866
6-Feb	Bucknell circular via Bucknell Wood, Stowe Hill & Ragged Kingdom	Moderate 9 miles	*A44 Knills Garage Crossgates SO 089 649 at 9:30 or Baron of Beef Car Park Bucknell SO352 741 at 10am	Chris 01591 620248
20-Feb	Linear Walk - Newtown to Caersws via Severn Way	Moderate 8 miles	*Rhayader Cattle Market SN 970 680 at 8.45am or Railway Station, Caersws to Catch Bus at 9.30am	Derek 01597 860519
MARCH				
1-Mar	Dolfallen and Glyn Bridge Stepping Stone Walk	Easy 4 miles	Cwmdeuddwr Car Park SN 965 675 (Opposite Millenium Trail) at 2pm	Joan 01597 824866
6-Mar	Craven Arms, Flounders Folly, Westhope and returning along Wenlock Edge	Moderate 9 miles	*A44 Knills Garage Crossgates SO 089 649 at 9am or The Discovery Centre, Craven Arms SO 435 825 at 10am	Peter & Geraldine 01982 570482
20-Mar	Craig y Nos to Cribarth Ridge, crossing the Tawe river up the Llech valley to Henrhyd Waterfalls	Moderate 9 miles	*A481 Llanelwedd Ind Est SO 055 517 at 9am or Craig y Nos SN 840 152 at 10am	Robin 01597 825861
APRIL				
3-Apr	Llanbedr, Table Mountain, Pen Allt Mawr and Pen Cerrig-calch	Energetic 9 miles	*A481 Llanelwedd Ind Est SO 055 517 at 9am or T-junction West of Llanbedr: SO 234 202 at 10am	Brian & Barbara 01597 860174
12-Apr	Water Break's It's Neck Stepping Stone Walk	Easy 4 miles	A44 Water Break's it's Neck Car Park SO 193 592 at 2pm	Joan 01597 824866
24-Apr	Elan Valley Trail, Crugyn Ci, Penygarreg Dam and Cwm Elan	Energetic 11-12 miles	*Rhayader Cattle Market CP SN 970 680 at 9.15am or Nantgwyllt chapel car park at SN 909 639 at 10am	Ian & Rosemary 01597 851710

New members and visitors are always welcome, regular walkers are encouraged to join the Ramblers

For further information on a particular walk phone the leader as shown above.

For general information phone either: Johnathon Beagley 01982 570476 or Derek Cosslett 01597 860519

"Stepping Stone Walks" easy walks for those new to walking: contact Joan Annetts 01597 824866

Notes

All walks start at 10.00am (except where otherwise stated).

1. Wherever possible car share!
2. * Indicates a local meeting point with car sharing to start of walk.
3. The leader has the right to alter or postpone a walk if weather conditions are unsuitable.
4. Please come suitably clad with walking boots or stout shoes, warm clothing and waterproofs.
5. Please bring food and a warm drink.
6. Everyone Welcome, but no dogs please.
7. Please note that walkers walk at their own risk

Grading of Walks

Easy: taking it an easy pace; for any level of walker

Moderate: some ascent involved; steady pace

Energetic: some steep ascents; reasonable level of fitness required

Strenuous: several steep ascents; good level of fitness required

Stepping Stones walks which:

take less than half a day of your time

help you progress from very short, easy walks

give you the chance to make new walking friends

will help keep you fit

Walking is friendly, fun and free.