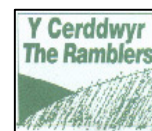


FOUR WELLS GROUP**GRWP Y FFYNHONNAU** Web Site: fourwells.powysramblers.org.uk**Summer 2008 WALKS PROGRAMME**

Date	Description	Grade	Start / Map Ref.	Leader
MAY				
3-May	Crickhowell to Table Mountain, Llanbedr, Llangenny and the River Usk	Moderate 10 miles	*A481 Llanelwedd Ind Est SO 055 517 at 9am or Crickhowell Car Park Grid Ref SO 218 185 at 10am	Robin 01597 825861
12-May	Stepping Stone Walk at Navages Wood	Easy 4-5 miles	Lay By on A44, 1/4 mile east of Walton at 2pm	Joan 01597 824866
17-May	Llanfihangel Nant-Melan, Birl Hill, Court of Gladestry and Caety Traylow	Moderate 9-10 miles	*A44 Knills Garage Crossgates SO 089 649 at 9.30am or A44 near Red Lion, Grid Ref SO 180 581 at 10am	Peter 01982 570482
31-May	Drum Ddu and Gamrhiw Hillwalk	Energetic 9-10 miles	Llanwrthwl Village Grid Ref SN 975 637 Limited parking, please car share	Ian & Rosemary 01597 851710
JUNE				
2-Jun	Stepping Stone Walk - Circular walk from near The Pales Meeting House	Easy 4 miles	Pales Meeting House North of Llandegley Grid Ref SO 135 645 at 2pm	Joan 01597 824866
14-Jun	Brecon Beacons Horseshoe to include Pen-y-fan and Cribyn	Energetic 9-10 miles	* A481 Llanelwedd Ind Est SO 055 517 at 9am or Lower Neuadd Reservoir Grid Ref SO 031 181 at 10am	Vic & Anne 01597 829363
28-Jun	Minffordd to Penygadair, Mynydd Moel and Gau Craig	Strenuous 8 miles	*Rhayader Cattle Market SN 970 680 at 8.30am or Minffordd Car Park at 10pm Grid Ref SH 732 115	Brian & Barbara 01597 860174
JULY				
7-Jul	Stepping Stone Walk Castle Bank and Llwyn Madoc	Easy 4 miles	Howey to Hundred House Rd, Old Quarry Grid Ref SO 080 569 at 2pm	Joan 01597 824866
12-Jul	Dylife to Aberhosan Circular	Energetic 10 miles	*Rhayader Cattle Market SN 970 680 at 9.15am or road side at Dylife Grid Ref SN 862 940 at 10am	Peter 01982 570482
26-Jul	Llangurig, Clochfaen, Dernel, and Bryn Titley	Moderate 11 miles	*Rhayader Cattle Market SN 970 680 at 9.30am or Llangurig Car Park Grid Ref SN 908 797 at 10am	Derek 01597 860519
AUGUST				
4-Aug	Rhos-y-meirch to Dolley Green Linear Walk along Offa's Dyke	Easy 4 miles	B4357 Rhos-y-meirch Junction near phone box at Grid Ref SO 279 697 at 2pm	Joan 01597 824866
9-Aug	Titley & Little Brampton Via Bradnor Hill and the Bower	Moderate 12.5 miles	*A44 Knills Garage Crossgates SO 089 649 at 9.30am or B4362 Ditchyeld Bridge Grid Ref SO 279 607 at 10am	Dave 01982 552310
23-Aug	Dolifor Wood, Carn Gaffalt, The Clyn to Caban-coch. Return via Fron-dorddu and Carn Gaffalt	Moderate 8 miles	*Rhayader Cattle Market SN 970 680 at 9.45am or Dilifor Farm Grid Ref SN 958 658 at 10am	Alan 01597 811051

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: Jonathon 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.

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