





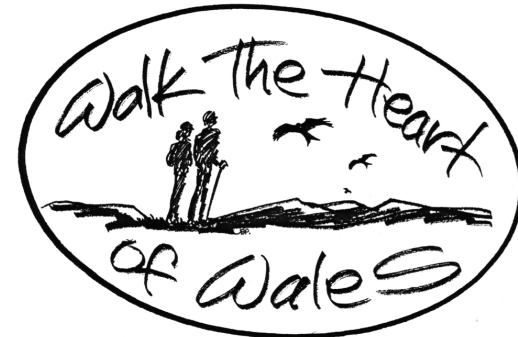
SUNDAY, 13TH SEPTEMBER

<p>Walk 6 - River, Rocks, Cave & Grave</p> <p>Meet at Erwood Station Crafts Centre at 10am</p> <p>10 miles </p> <p>Leader: Tony</p>	<p>This walk starts by following the banks of the River Wye for a short distance and then a climb up to Aberedw Rocks and over to Llewelyn's cave. The route follows good paths over open hill to Twm Tobacco's grave then returning to the craft centre, where a cup of tea and a cake are available.</p>
<p>Walk 7 - The Open Hills 10.00 am Llanwrthwl</p> <p>10 miles </p> <p>Leaders: Barbara & Brian</p>	<p>The walk starts with a steady climb up Y Gamriw to 400 m then crossing the valley to Drum Ddu at 500 m then over to Trembyd with views down the Wye Valley returning to Llanwrthwl sheep pastures and woodland.</p>
<p>Walk 8 - A bit of War History 10.00 am Elan Visitor Centre</p> <p>6 miles </p> <p>Leader: Vic</p>	<p>An exciting walk passing a part of World War 2 history and a nature reserve before dropping down to pass through Elan Village finishing at the Visitor Centre, where tea and cakes are available</p>
<p>Walk 9 - Llandrindod Town Walk</p> <p>Meet at Llandrindod Lake at 10am</p> <p>2.5 miles </p> <p>Leader: Michiel</p>	<p>This is a gentle stroll in and around the outskirts of Llandrindod Wells, including the Rock Spa and Lovers Leap. Taking in some of the Architecture, History and Sculptures of our Town</p>



Three Wells Water Company (www.3wthreewellswater.co.uk)
 Three Wells Farm itself is steeped in history it hosts a medieval farmhouse and the site of an old Forge. There is also an ancient headstone located on the farm. There are old title maps from the same era naming the road from Howey Village to the farm as Three Wells Road. During the late 1800's the farmhouse was a private school before being vacated for use as a cattle shed in 1901. Luckily it has been preserved, and retains most of its original features. The new farmhouse was built the other side of the springs and has developed over the years to become a successful guest house. The farm still remains in the family and in the last few years the opportunity has arisen for the water to be captured and distributed in this unique pouch.

The 4th Annual Heart of Wales Walking Festival



11th, 12th and 13th September 2009

Llandrindod Wells

Powys

For more information contact:

**Llandrindod Wells Spa Town Trust,
Rock Park Centre, Llandrindod Wells, Powys, LD1 6AE**

Telephone: 01597 824102 or E-mail: mrb@actionteam.org.uk

or visit www.llandrindod.co.uk

Llandrindod Wells





Town Council






Llandrindod Wells
Spa Town Trust





2009 Programme

FRIDAY, 11TH SEPTEMBER

<p>Walk 1 – Abbeycwmhir</p> <p>Meet at Llandrindod Wells Lake at 10am using own cars to Abbeycwmhir.</p> <div style="border: 1px solid black; padding: 2px; display: inline-block;">9 miles</div>  <p>Leader: John</p>	<p>This is a fairly easy walk which keeps mainly to the high ground above the village of Abbeycwmhir, some 8 miles from Llandrindod. It starts at 400m and goes 3 miles SE along the ridge with views to the NE. It then drops down SW to cross the Camlo brook at about 300m, before turning gradually N and climbing quite sharply for a short distance to regain the high ground. It continues N and NW along the ridge with views to the SW to a high point of 500m before dropping gently back to the start.</p>
<p>Walk 2 - Alpine Bridge & Shaky Bridge</p> <p>Meet at Llandrindod Lake 10am</p> <div style="border: 1px solid black; padding: 2px; display: inline-block;">6 miles</div>  <p>Leader: Chris</p>	<p>This walk passes the old quarries to the east of the town and goes through open woodland and sheep pastures to Alpine Bridge then follows the river Ithon to Shaky Bridge. It continues up Happy Valley and finishes with a climb over the ridge (400m) and back to the start. The final climb is short but quite strenuous.</p>
<p>Talk by Julian Jones of the Radnorshire Wildlife Trust</p> <p>7 pm Rock Park Heritage Centre Admission £2.00 includes refreshments</p>	<p>The role and work of the Radnorshire Wildlife Trust in and around Llandrindod.</p> <p>The official launch of the Festival and the launch of Llandrindod as a Walkers are Welcome town, will take place before the talk</p>

SATURDAY, 12TH SEPTEMBER

<p>Walk 3 - The Llandrindod Wells Challenge Walk</p> <p>£10.00 includes refreshments (£6.00 for under 18's and over 60's) Maximum time allowed 11 hours</p> <div style="border: 1px solid black; padding: 2px; display: inline-block;">22 miles</div> 	<p>Starting at Rock Park a self guided 22 mile walk/run along country lanes, drovers roads, sheep pastures, open hill and river side. Via Builth Wells and Newbridge on Wye. All participants are responsible for ensuring that they are fit enough to complete the walk within the time allowed. Participants under 18 must be under the supervision of an adult at all times.</p> <p>Contact Heart of Wales Walking Festival To request an entry form. Walkers start at 8.00 and runners from 10.00 am</p>
<p>Walk 4 - Mini Challenge.</p> <p>Public transport to Builth Wells (Fare extra) £4.00 includes refreshments</p> <div style="border: 1px solid black; padding: 2px; display: inline-block;">12 miles</div> 	<p>Starting from Builth Wells this walk follows the Wye Valley Walk upriver to Newbridge on Wye then across sheep pastures to Disserth and then to Llandrindod. Walkers can start between 12 noon and 2.00 pm and must finish within 6 hours.</p>
<p>Walk 5 - Howey walk</p> <p>Start 10.00 am at the Lake</p> <div style="border: 1px solid black; padding: 2px; display: inline-block;">4.5 miles</div> 	<p>This walk starts at the Lake climbing up through the woods towards the Old Parish Church then following footpaths across the fields and sheep pastures to Howey on the return we pass the Pentrosfa Mire which is a R.W.T. reserve and Llandrindod Hall.</p>
<p>Country and Western Evening</p> <p>7.30 pm admission £ 5.00</p>	<p>Royal British Legion Hall Tremont Road.</p> <p>With: Russ Hughes</p>

<p><u>GRADING OF WALKS</u></p>	 EASY
	 MODERATE
	 ENERGETIC
	 STRENUOUS

- Pre-registration is essential for the Challenge walks and desirable for other walks, the Festival Information Centre at the Lakeside will be open from 08.30 on Friday and Sunday of the festival.
- Walkers participate in the Festival at their own risk.
- Well controlled dogs allowed

There is a charge of £1 per person per walk, other than the Challenge walks, payable at the start of the walk.