



The Programme

President: Peter K:
Vice Presidents Roy C, Brian D, Ruth T, Kevin H



Committee: Chair Anne H 2048 6291
Secretary Steve B 2030 7272, Treasurer Jane O 2040 2571
Members Kate P 01446 792154, Gary W 2033 9704, Lyndon M 2075 6122
Chris L 2023 8576, Julian L 2056 7013, Enid L 2065 5253, Nigel F 01874 676402

March 2003

Saturday 1 Celebrate St David's Day Either in Andalucia fly to Malaga from Cardiff and visit Cordoba and Seville. If you make your own flight arrangements you're welcome to meet up with the gang. Contact Anne H 2048 6291



or
At the Celtic Festival of Wales at Trecco Bay, Porthcawl. An evening of Celtic music and ceilidh is in store not to be missed. Tickets £8. Caravan accommodation available! Contact Enid 2065 5253

Sunday 2 Black Mountains walk. Recover from the St David's Day celebrations with a walk with our own Mr Bees, 15 miles starting from Llanbedr. Packed lunch required Meet Museum at 9am. Contact Steve B 2030 7272



Tuesday 4 Badminton Evening. Dust off those badminton rackets – don't miss this opportunity to improve your badminton skills with exclusive training Western Leisure Centre at 8.30 pm. Julie R. 2056 8095



Sunday 9 Henllys Walk. An 8.5 mile walk in the hills west of Cwmbran with views of the Bristol Channel and Somerset. Packed lunch required Meet Museum at 10am. Contact Bob H 2075 6203



Tuesday 11 Night Walk. A 3-4 mile walk starting at the Holly Bush, Draethen. Torch essential! Meet Museum at 7 pm at or at the Hollybush, Draethen at 7.30 pm. Contact Steve B 2030 7272



Sunday 16 Treasure Hunt Come and hunt for treasure at the Museum of Life, St Fagans Meet Museum at 10.30am or at the Oaxdale Institute St Fagans 11.00am Contact Sarah & David 2030 1662



Tuesday 18 Renewable Energy Talk. Nigel F. tells us about the development of renewable energy in the Brecon Beacons National Park. **Chapter 8pm** Nigel F. 01874 676402

Chapter

Friday 21-Sunday 23 Kings YH Dolgellau with NOGS. Spaces limited in this country house with views of Cader Idris. Reserve your bed immediately with Steve B 2030 7272



Sunday 23 Toddler Walk A choice of 2 strolls in Llantwit Major, for toddlers along the beach and for those being carried a 4 mile walk to the beach. Meet at Museum 10.30am. Contact Jane & John D 2075 9980



Tuesday 25th Three Peaks Trial Briefing. This briefing is for all those who have volunteered to help with this year's annual COG event. **New venue-ground floor room at Chapter 8pm** Chris L 2023 8576

Saturday 29 40th Three Peaks Trial Your help is required. Please volunteer for this event. There is a lot to be done to ensure safe running but fun to be had as well. If you would like to help out this year please contact Enid L 2065 5253



Visit <http://www.bigfoot.com/~c.o.g> or email c.o.g@bigfoot.com

We are trialling **Chapter** as a new Tuesday night venue. Chapter is situated in Canton, behind Cowbridge Road East, between Llandaff Road and Market Road.

Weather wear.

It's your responsibility to have suitable clothing and footwear

Fancy arranging any events. Your ideas are very welcome please contact Anne (weekends) or Kate (Tuesdays).

Roy C is organising regular climbing events. If you're interested phone 01443 710828



If you would like to bring children or dogs, please check first with the event organiser.

The grade key below refers to the terrain, not the distance, which is shown separately for each event.

The group regularly plays 5-a-side Soccer. For details, contact Russell Hon 2039 5229



New members welcome

Easy Strenuous
Moderate Very strenuous