



The Programme

President: Peter K
Vice Presidents: Brian D, Bob H, Kevin H, Lyndon M, Ruth T
Committee:
Chair: Anne H 20486291, **Secretary:** Bob N 20575229,
Treasurer: Jane O 20402571, **Members:** Andy C 20764987,
 Chris L 20238576, Colette L 20492054, Julian L 20567013,
 Kate P 01446 792154, Steve B 07812 586949



chapter is our Tuesday night venue. Why not join us in the bar after the meeting.



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

New Members Welcome

April 2004



How to find **chapter**

Saturday 3 Ultimate Valleys Walk Part 1 - Pontypool to Hengoed

This time we're doing the route in three sensible sections using the railway. Today is about 14miles, the other bits to Ton Pentre then Port Talbot will come in later months. Packed lunch required. Names in advance to Steve B 20307272



Tuesday 13 Pub evening

Let's gather for an evening of bonhomie at the Church Inn, Llanishen. From 8pm. Contact Bob H 2075 6203



Sat 24 The Black Mountains Roundabout

Organised by NOG, this is a hard-going challenge walk through the superb scenery of the Black Mountains, taking in many of the highest peaks. 25miles, 2000m of ascent. Entry fee £6 for pre-booked & £8 on the day. Book with Martyn R 01633257632



Sunday 4 Walk Around Cardiff's Northern Ridge

Relax with a 6mile walk in the Lisvane/Rudry area. Packed lunch required but (look at who's leading!) there will be a pub stop. Meet at Museum 10.00am
Organiser: Ruth T 20413348



Saturday 17 Long Gower Walk

A 20mile circuit from Penmaen calling at Rhossili, Port Eynon, Oxwich & much of Gower's most impressive coastline. Packed lunch required & curry in Swansea later. Organisers: Dave G & Claire L (but names in advance to Steve B 20307272



Sunday 25 Gower walk

A 10mile circular walk taking in Worms head, the Beacon and Llangennith Village & Burrows. Packed lunch required but pub stop en route. Meet at Museum 9am or Rhossili Visitor Centre 10.30am
Organiser: Sian D 01446719697



Tuesday 6 Skiing for beginners

Sample the pistes of Cardiff at this one-hour beginners' coaching session. Session is from 8-9pm at Cardiff Ski Centre, Fairwater Road & costs £10.50. Names to Colette on 20492054 by 23 March quoting your height, weight and shoe size (in confidence)!



Sunday 18 Mynydd Egwylsilan Walk

More hedonism on this 8-10 mile walk from Caerphilly over local hills, followed by local tea & cakes. Packed lunch required but there'll be a pub stop. Meet at Museum 9.30am
Organisers: Roger & Rachel G 20851176



Tuesday 20 Cardiff Bay walk

Julian takes us on the first of his series of walks along the Taff Trail. Starting at the Norwegian Church, we will walk some 2miles into the city centre, then either walk back, or if you're flagging, catch the clipper! Afterwards at Eli Jenkins. Meet Norwegian Church 7pm. Contact Julian L 2056 7013



Tuesday 27 Guided birdwatching

Come along to the Gwent Levels Wetlands Reserve & see what can be spotted under the expert guidance of Mr C. Later at The Farmer's Arms Goldcliff. Meet at museum 6.30pm. Contact Andy C 20764987



Friday 9 - Monday 12

Easter at Hathersage YH

Spend the Bank Holiday with Colette & Co in the beautiful Peak District. History, attractive villages & windswept moors await your attention.
Contact Colette L 20492054



NOG: Newport Outdoor Group

Friday 30 - Monday 3 May Snowdonia bank holiday weekend

3nights, including 2days' fairly tough slackpacking between Llanberis & Pen-y-Pass via the Glyders & Snowdon. Otherwise, the option of doing your own thing at Llanberis for 3days. Organiser Sue C 20747192



Visit <http://www.cardiffoutdoorgroup.org.uk> or email info@cardiffoutdoorgroup.org.uk

Fancy arranging any events? Your ideas are very welcome; please contact Steve (weekends) or Colette (Tuesdays).

The group has maps & equipment available for the use of members. Contact Malcolm 2038 7243

Weather Wear.

It is your responsibility to have suitable clothing & footwear

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.

