



# 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**

## August 2004



How to find **chapter**

### Sunday 1 Grwyne Fechan Horseshoe

15 miles starting near Crickhowell, taking in Pen Cerrig Calch, Pen Allt-mawr, Waun Fach and several other peaks in the area.

Meet at Museum 9.30 am  
Contact Dave G (2041 2860)



### Tuesday 3 Cefn Onn walk

Bob leads us on a 4-mile stroll around delightful Cefn Onn Park.

Meet at the Old Cottage, Lisvane 7pm.  
Contact Bob H 2075 6203



### Sunday 8 Llangattock Caves Walk

8-10 miles from Crickhowell including a "thigh burning" ascent to Llangattock Caves (take a torch if you want to investigate). Packed lunch required.

Meet at Museum 10.00 am or car park in Crickhowell 11am  
Contact Julie R



### Tuesday 10 Jazz at Pizza Express

Pizza with a difference!  
Enjoy your quattro stagioni to the mellow strains of a jazz ensemble. Names to Colette L by Tuesday 3.

The table will be booked for 7.30pm.  
Contact Colette L 2049 2054.



### Saturday 14 - Sunday 15

#### COG 60th Anniversary Walk(s)

Celebrate the years 1944 to 2004 with a trip to walk up a 1944 feet high mountain (Llan Ddu Fawr) near Strada Florida. We move on to spend Saturday night at Bala YH with a celebratory meal. On Sunday we walk up the nearby 2004 feet high Foel Goch with a bottle of bubbly at the summit.

Contact Chris L 2023 8576



### Sunday 15 Bloreng Walk

8 miles taking in a lake, canal and river as well as fine views from one of the pinnacles of the Three Peaks Trial.

Packed lunch required.

Meet at Museum 10.00 am  
Contact Julian L 2056 7013



### Tuesday 17 Gwaelod-y-Garth walk

Enjoy the views of Cardiff and surrounding area on this 3-mile walk, from the Gwaelod-y-Garth Inn to the top of the Garth.

Meet museum 7pm or 7.30pm outside the Inn. Bring a torch just in case.  
Contact Andy C 2076 4987



### Sunday 22 Vale of Usk Walk

8 circular miles of field, hedgerow and river around Bettws Newydd, just north of Usk. Packed lunch required though there will possibly be a pub stop.

Meet at Museum 10.00 am  
Contact Bob N 2057 5229



### Tuesday 24 Ten Pin Bowling

Meet at the Hollywood Bowl, UCI, at 8pm.

Contact Kate P 01446 792154



### Friday 27 - Monday 30

#### Trip to Portland Bill Youth Hostel

Pack your bathers for another of Bob's jaunts to the cream-tea laden south coast. The South West Coast Path, Chesil Beach, and Weymouth are all within easy reach.

Three nights will cost about £33. If you want to come along please pay Bob at an event or send a cheque made payable to R. Hall to 5 Hunt Close, Llanishen, Cardiff CF14 5AT  
Contact Bob H 2075 6203



### Tuesday 31 Pub evening

Let's hope we can catch a few last rays of evening sunshine in the garden of Bar Essential, Windsor Place. From 8pm.  
Contact Colette L 2049 2054



Visit <http://www.cardiffoutdoorgroup.org.uk> or email [info@cardiffoutdoorgroup.org.uk](mailto: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.

