



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.

New Members Welcome

September 2004



How to find **chapter**

Sunday 5 Canoeing on the Wye

A journey by water from Lydbrook to Monmouth (approx. 12 miles). There will be a pub stop but bring packed lunch just in case. NB. There will be no instruction. Names in advance to Wayne McG. 2073 3883



No Tuesday event, but:

Wednesday 15
Talk by Derek Brockway
 Effervescent BBC Wales weatherman Derek shares his meteorological wisdom with COG, ever mindful as we are of the vagaries of the elements. Tickets £3 including a glass of wine. Chapter 8pm.
 For tickets contact: Julian L 2056 7013 Or Andy C 2076 4987



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Sunday 19 Taff Trail part 3 - Tongwynlais to Nantgarw.

This section of the trail takes in the magical Castell Coch and the woods of Fforest Fawr to Nantgarw. Bring a packed lunch, though we'll visit the Lewis Arms afterwards. The Welsh Rally is on, so take the 09.58 train from Cardiff Central to Taffs Well or meet at Taffs Well railway station 10.15am. Contact Julian L 2056 7013



Tuesday 7 Cha Cha

Let's face the music and dance. Colette and Andy put you through some beginners' paces in this easy and elegant dance. Chapter 8pm. Contact Colette L 2049 2054



Sunday 12 Pontardawe Walk

12 miles in this unspoilt area of the Swansea valley, including Cwm Clydach and Mynydd Gwair. Packed lunch required. Meet at Museum 9.00am. Contact Enid L 2065 5253



Saturday 18
COG 60th anniversary Ceilidh
 The social event of the year takes place at the Electricity Club, Pontcanna. Tickets available from Colette, Kate, Chris L (numbers above) and Bob H (2075 6203), £6. Don your finery and bring some friends. From 7.30pm.



Tuesday 21 Room 101

Find out what COG members' *bêtes noires* are this year, and whether they will be consigned to Room 101. Suavely compered by Peter K. Chapter 8pm. Contact Peter K 2048 4431

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Sunday 26

No volunteer = no event.

Tuesday 28 Cardiff quiz

What do you know about the city in which we reside? Kevin's searching questions will put us to the test. Chapter 8pm. Contact Kevin H 2076 2407

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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 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.

