



# The Programme

**President:** Peter K  
**Vice Presidents:** Brian D, Bob H, Kevin H, Lyndon M, Ruth T  
**Committee:**  
**Chair:** Clive C 20902164, **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, Jane S



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

## New Members Welcome

## January 2005



How to find **chapter**

### Tuesday 4 Mine rescue talk

Barry Hall, the former Superintendent of South Wales Mine Rescue gives us an illustrated talk on the 98-year history of mine rescue in South Wales, where a number of dramatic & extraordinary events have occurred. Chapter 8pm. Contact Colette L 20492054

### Sunday 9 Llanthony Valley Walk

8-ish miles in the hills around the fabulous Vale of Ewyas from the ruins of Llanthony Priory. Top-notch views of the airy Black Mountains & that strange, disturbing land over the border. Museum 9.30am. Organiser Julie S-R

### Tuesday 11 Friends of Nant Fawr

Isabel Good of the Friends of Nant Fawr Community Woodlands conservation group shows us a video of this two-mile 'wildlife corridor' leading from the top of Roath Park out to open countryside. Chapter 8pm. Contact Colette L 20492054

### Sat 15 -Sun 16 Walk Leader Training

To show that we care, walk leader training has been booked for two days from Crickhowell for regular & prospective leaders. Saturday night at Brecon YH or B&B. There's a £20.00 cost to individuals for the training. If interested contact Steve B asap on 20307272 or 07812586949.

### Tuesday 18 Walk leaders' evening

Would you like to lead your fellow COGs on a walk, but don't quite have the confidence? This is the session for you, as some of our most illustrious walk leaders talk you through risk assessments, & share other valuable tips & guidelines. Chapter 8pm. Contact Julian L 20567013

### Saturday 22 Tramps' dinner!

A logistical *tour de force* masterminded by our very own Kevin. Enjoy each course of this unique meal with various companions in different homes. Names in advance to Kevin H 20762407

### Sunday 23 Wye Valley Walk

A circular walk of 8 miles from Monmouth to Newland on its hill above the Wye Valley. Bring packed lunch though a pub stop at Newland's quality hostelry is anticipated. Museum 10am. Contact Brian D 20494645

### Tuesday 25 Which cuisine?

Not so much a quiz, more of a grilling (ahem). How sophisticated are the COG palates? Find out as we answer questions on matters culinary & epicurean, including 'blind' tastings! Chapter 8pm. Contact Colette L 20492054

### Fri 28 - Sun 30

### Llanddeusant YH Working Party

Jo, the Warden needs YOU to clean, paint &, yes, STRIP (the walls). The fun we have! Beside the tea breaks there are the temptations of a walk on Sunday & a communal meal & beer tasting (for scientific purposes) on Saturday night.... Contact Steve B 20307272 or 07812586949

### Further ahead & further afield....

### Trip to Prague.

Visit one of Europe's most attractive cities, taking advantage of cheap flights (about £60.00) from Cardiff. This will be a long weekend, probably in March, with further details to be determined later. If interested contact Julian L 20567013

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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 Andy (weekends) or Colette (Tuesdays).

The group has maps & equipment available for the use of members. Contact Malcolm 20387243

### 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.

