



# The Programme

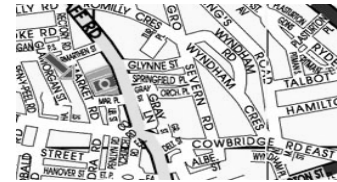
**President:** Peter K  
**Vice Presidents:** Brian D, Bob H, Kevin H, Lyndon M, Ruth T  
**Committee:**  
**Chair:** Clive C 20902164, **Secretary:** Bob N 20575229,  
**Treasurer:** Jane O 20402571, **Members:** Andy C 20764987,  
 Chris L 20238576, Catherine H 20624416, Julian L 20567013,  
 Kate P 01446 792154 Jane S 20759980



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

## New Members Welcome

### April 2005



How to find **chapter**

#### Sunday 3 Taff Trail Part 6 Quakers Yard to Aberfan

The most scenic section of the Taff Trail we've walked yet as the Taff plunges into wooded gorge. More industrial archaeology, including one of the silliest humpback bridges you've ever seen. Views on the return from the ridge separating the Taff and Cynon valleys. Seven miles.

Meet museum 10am.  
 Contact Julian 20567013



#### Tuesday 5 Graig Lisvane / Llanishen

Easy evening walk over Graig Llanishen, taking in views over the Severn estuary and the Rhymney Valley 4 miles approximately.

Meet at 6.30pm in the Old Cottage car park, Cherry Orchard Road, Lisvane, and afterwards in the pub at approximately 8.30pm  
 Contact Tony R 20747743



#### Sunday 10 Llanthony Priory Walk

An old favourite but worth repeating. A 13-mile walk through some of the most beautiful scenery that the Black Mountains have to offer. Grid Reference SO 288 278. Packed lunch required.

Meet museum at 9am  
 Contact Spencer on 20193816



#### Tuesday 12 Jazz at Pizza Express

By popular demand, following the success of Jazz at Pizza Express last Summer. Enjoy your quattro stagioni to the mellow strains of a jazz ensemble. The table will be booked for 7.30pm.

Names to Kate P. 01446 792154, by Tuesday 5<sup>th</sup> April.



#### Saturday 16 to Sunday 17 Mid Wales Weekend

Join us on this weekend in a part of Wales seldom visited by COG. We will be staying somewhere in the mountains of Mid Wales - possibly the Builth / Abergwesyn area. Accommodation to be decided (B&B or hotel).

Names by 19<sup>th</sup> March to Dave & Claire 20412860



#### Tuesday 19 Highlands & Islands talk

Ian R. has taken many trips to the land of Haggis and whisky and tonight will recount some of his highlights walking in our northern mountains.

Chapter 8pm.  
 Contact Ian R. 01633 881447.

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#### Sunday 24 Porthkerry Walk

A 4-mile circular walk. Bring a mid morning snack and drink. There will be an opportunity to have lunch at the Cwm-Cidy after the walk.

Museum 9.30am or the car park of the Cwm-Cidy public house 10am.

Contact Sian D 01446 719697



#### Sunday 24 Sugarloaf Walk

A walk of about 13 miles, starting in Llanbedr and going up Sugarloaf and down to Partrishow. Packed lunch required.

Meet Museum 9am.  
 Contact Malcolm 20387243



#### Tuesday 26 Michaelston walk

An easy 3-mile walk in the Rhymney valley, starting at the Cefn Mably Public house, Michaelston-y-fedw. Meet at Museum 7pm.

Contact Andy C 20764987



#### Further afield...

#### Friday 27<sup>th</sup> to Monday 30<sup>th</sup> May Llanbedr (Harlech)YH

Sue will be leading us through the Rhinog mountains, to the top of Cadir Idris and down to the Mawddach estuary, but not all in one day!

Contact Sue C 20747192



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 Catherine (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 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.

