



# 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.

**Advance Notice:** 23-24 July, Taff Trail, and Monmouthshire and Brecon Canal Cycling Weekend with the NOG. Contact Clive C. 20902164 by Sunday 3 July to organise overnight bookings.

## New Members Welcome July 2005



How to find **chapter**

### Sunday 3 Llanbedr Horseshoe

A 17-mile walk starting from Llanbedr, going up Pen Cerrig Calch & around over Waun Fach & down the ridge, possibly ending up going over Crug Mawr. Packed lunch required. Meet Museum 9am.

Contact Malcolm 20387243



### Tuesday 5 Rudry Walk

A 2-3-mile stroll around Rudry. All welcome. Meet at the museum at 6.30, or 7.00pm at the Maenllywd car park. Drinks later at the pub.

Contact Jane S 20759980



### Saturday 9 Cycling with NOG

A 35-mile cycle ride with the NOGs, heading through the Sirhowy Country Park, then back through the lanes down the Rhymney Valley. Packed lunch recommended, although a pub or tea stop is highly likely. Meet Museum 9am.

Contact Clive C 20902164



### Sunday 10 Mitchel Troy Walk

An 8.5-mile circular walk to the south west of Mitchel Troy in Monmouthshire. The route follows little used footpaths, green lanes, and old tracks. There are magnificent panoramic views far into Wales and across the border to Herefordshire. Packed lunch required. Meet Museum 9.30am

Contact Bob N 20575229



### Sunday 10 Small COGs Walk

A short walk for the family.

Contact Rowena & John F 20915562

### Tuesday 12 Rounders

Meet at Roath Park recreation ground car park corner of Ninian Road & Penylan Road at 7pm. After displaying our sporting prowess we will partake of a cooling G&T at the Allensbank pub. Contact Lyndon M 20756122



### Friday 15 to Sunday 17 Llandeusant Hostel

Roman road walk of 8 miles & BBQ. To ease booking, please call JO on 0870 770 5930 & leave a message saying that you are with COG & staying for Roger & Rachel's weekend. Then for travel arrangements, contact Roger & Rachel 20851176



### Tuesday 19 Italian meal

Enjoy an evening meal at the Mediterraneo Restaurant on Penarth's sun-drenched Esplanade. Table booked for 8.00pm. The restaurant is next door to the yacht club & parking is available just up the hill from the Esplanade.

Contact Clive C 20902164 by 12 July to book a place.



### Friday 22 Glow worm & Bat evening

Come & have a drink at one of South Wales' oldest pubs – the Blue Anchor at East Aberthaw. Later, after dark, we will be taking a torch-lit walk through the nature reserve to look for glow worms & bats! (We saw them last time.) Meet at Blue Anchor at 8pm. **Torch essential!** Contact Kate P 01446 792154

### Saturday 23 to Sunday 24 Cycling Weekend with NOG

Cardiff to Brecon along the Taff Trail (50 miles). Overnight hostel or B&B at Brecon. Then to Newport along the Monmouthshire and Brecon Canal path (50 miles), then cycling or taking the train back to Cardiff. Meet NOG cyclists Saturday morning, 9.30am at Cardiff YH, Wedal Road. Contact Clive C. 20902164 by Sunday 3 July to organise overnight bookings.



### Tuesday 26 Monkswood Walk

A 3-mile walk around the village of Monkswood nr Usk. The walk incorporates part of the Usk Valley Walk.

Meet at the Museum 6.30pm  
Contact Bob N 20575229



### Sunday 31 Henrydd Falls Walk

An 8.5-mile walk from Craig-y-nos country park. The southern fringes of the Black Mountain, provides the setting for this unusually varied walk in the upper reaches of the Swansea valley. Meet Museum 10am.

Contact Sian D 01446 719697



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 (under 17) 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.

