



# 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:

Weekend 16<sup>th</sup> – 18<sup>th</sup> September at Exford Youth Hostel. A Victorian Villa on the banks of the river Exe. There will be scenic walks and the usual after walk activities. Contact Sian D 01446 719697


## New Members Welcome

## August 2005




How to find **chapter**


### Tuesday 2 Penarth Walk

An evening walk around Penarth area - about 3 miles. Museum 6.30pm or opposite the RNLBI Station on the Esplanade at 6.50pm, park just up the hill from the esplanade. Have a drink at the Chandlers Wine Bar on the esplanade after the walk.  Contact Katherine T 20881572


### Saturday 6 to Sunday 7 Gower Camping Weekend

We make a return visit to the Gower area of Wales for a weekend under canvas. Walks Sat & Sun, and a BBQ Sat night. If you lack camping equipment and would like to try, please contact me, as some surplus equipment is available. For those of us who are not inclined to the joys of camping B&B accommodation could be arranged.  Contact Lawrence T 20733012


### Sunday 7 Taff Trail Part 8 Merthyr Tydfil to Pontsarn.

On this 8-mile circular walk, we follow the Taff Trail along out of the South Wales valleys & into the Brecon Beacons before returning along the pretty banks of the Taf Fechan. On this section, we cross the first of the railway viaducts on the Taff Trail at Cefn Coed. Bring a packed lunch, but there is a pub Meet Museum at 10am.  Contact Julian L. 20567013

### Tuesday 9 Llantwit Major walk

An easy walk through lanes and fields down to the sea. We will be using the new Vale of Glamorgan train line! Catch the 6.52pm from Cardiff Central to Llantwit Major and meet 7.30pm at the Llantwit Major train station car park. Later at the Old Swan Inn, Llantwit Major Old Town Square.  Contact Kate P 01446 792154

### Sunday 14 Resolven Walk

A 12-mile walk over the hills and through the valleys south of Resolven in the Vale of Neath, with a waterfall and a Roman camp along the way. Packed lunch required.  Meet Museum at 9.30am. Contact Clive C 20902164


### Sunday 14 Small COGs Walk

A short walk for the family. Contact Jane S & John D 20759980

### Tuesday 16th Beach BBQ and Evening Swim.

Ring Enid to book your sausages/veggie burgers. There will be a small charge for food. Please bring your own drink. Meet Museum 6.30pm or Southerndown beach car park at 7.15pm. Later at the Three Golden Cups pub at Southerndown.  Contact Enid 2065 5253

### Sunday 21 Gower Walk

An 8-10-mile walk taking in Bishopston valley, Pwll Du, 3 Cliffs bay and Ilston valley. Packed lunch required. Bring your costumes & a towel, we are going in!  Meet Museum 9.30am. Contact Sue C 20747192


### Tuesday 23 Games Evening

An evening of outdoor summer games of boules, croquet and darts Bring your own games too. If wet, games indoors at 5 Hunt Close, 7.30pm. Contact Bob H 20756203

### Saturday 27 to Monday 29 Broadhaven, Pembrokeshire

Join us at this 3 star hostel, right on the Pembrokeshire Coastal path, over the Bank Holiday weekend. A chance to get in a few days' walking along the coastal path or just laze by the sea - your choice.  Contact Jane O 20402571

### Tuesday 30 Pub night


Catch up with all the gossip after the bank holiday  Meet at the Nine Giants off Caerphilly Road at 8.00pm Contact Catherine H 20624416

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.

