



Cardiff Outdoor Group



April 06

New Members always welcome

President
Bob Hall

Committee

Chair:
Clive C 2090 2164

Secretary:
Bob N 2057 5229

Committee Members:
Chris L 2023 8576
Catherine H 2062 4416
Katherine T 2088 1572
Jane O 2040 2571
Julian L 2056 7013
Lyndon M 2075 6122
Jane S 2075 9980
Rhona 2086 0181

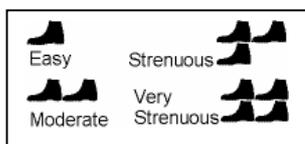
chapter (Market Rd, Canton) is our Tuesday night venue. Why not join us in the bar after the meeting.

If you would like to bring children (under 17) or dogs, please check first with the event organiser

Fancy arranging any events? Your ideas are very welcome; please contact Rhona or Katherine T (Weekends) or Catherine H (Tuesdays)

Walk Grading

The grade key below refers to the terrain, not the distance, which is shown separately for each event.



Sunday 2nd St Illtyd's Way & Gower Way Walk

8 to 10 miles in the hills north of Swansea along some of St Illtyd's Way & the Gower Way, incl. 2 reservoirs with a vista spanning from the Black Mountain in the north to Gower and beyond in the south. Red kites also often seen. Meet Museum at 10.00am. Contact Chris L 2023 8576



Sunday 2nd Small Cogs Walk

For details contact Sarah L & Dave L 029 2030 1662

Tuesday 4th Film Night

Meet in the Prince of Wales in Wood St at 7.00pm to plan which film we are going to see. Contact Jane S 2075 9980



Saturday 8th Bike Ride

A 30 mile circular cycle ride up the Rhymney Valley & back over Senghenydd Dyke, with some light off roading and a pub stop. Meet 10.00am at Lisvane & Thornhill railway station. Contact Clive 2090 2164



Sunday 9th New Members Walk The Salmon Leaps Walk

A delightful 5 mile walk taking us through a glacial valley, wooded ravines & past impressive cascades around Dinas Powis. Meet at Museum at 10.00am. Contact Bob N 029 20575229



Tuesday 11th Table Tennis Night

Llanishen Leisure Centre 8.30pm. A charge will be made on the evening to cover the hire cost. Contact Phil S on 20471072 by 3rd April to book your place.



Fri 14th to Monday 17th Easter at Arundel YHA Breathtaking seascape, rolling wooded downland, buzzing Brighton and an 11th Century castle await you.. Accommodation for 3 nights (incl breakfast) is £60. payable to COG. Contact Clive 2090 2164

Friday 14th Monday 17th Easter Backpacking in the Lleyn Peninsular

Spend Easter in the beautiful Lleyn Peninsular – hills, coastline & the eternal ocean. For further details contact Steve B by Tuesday 4th April on 07812 586949



Tuesday 18th Pub Night

Join us at the Ty Mawr pub in Lisvane. From 7pm if you fancy a bar meal. Otherwise just turn up for a drink. Contact Phil & Gill 2075 7663



Sunday 23rd Bloreng Walk

A 7 mile (approx) circuit of the Bloreng & Garndyrus Tram Rd, which explores the countryside around Llanellen. Meet at Museum at 10.00am. Contact Rhona 20860181



Tuesday 25th Corsica talk Chapter at 8.00pm

Contact Mark B 2088 1658

Sunday 30th Part 12 Taffs Trail

Talybont Reservoir to Talybont. By the end of this 9 mile stage we will have crossed the Beacons and be safe in the hostelries of Talybont. The loop will include a stretch along the Brecon & Monmouthshire Canal & the hills around Tor-y-Foel. Meet Museum at 10.00am Contact Julian L 2056 7013



Forthcoming Events

28 – 30 July – Lulworth Cove weekend in Dorset – A choice of energetic(ish) coastal & inland walking awaits along with the stunning horseshoe shaped bay at Lulworth Cove. Contact Jane O 20402571. Email jane.ormrod@ntlworld.com

16-23rd September COGs late summer holiday in Southern France

Visiting the Languedoc Region, plus the opportunity to visit the Carmargue with its flocks of wild flamingos and famous wild horses. Size of party: 12. If interested contact Sian D 01446 719697. 1st payment by 7th March

Visit www.cardiffoutdoorgroup.org.uk or email info@cardiffoutdoorgroup.org.uk