

# April 2008 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Tuesday 1 **France talk and slideshow**, given by members who went on the COG France trip in the summer of 2006. **8.00 p.m. Chapter**, Boardroom.
- Fri 4 – Sun 6 **Mendips Backpacking Weekend**. The backpackers go soft on the airy ridges and levels of Somerset. Cheesy Friday night at Cheddar, and Saturday at Wookey Hole. Hotel/B&B also available. Names by 2nd April to Steve B on 07812 586949.
- Sunday 6 **Ogmore Walk ●●** (7-8 miles). Over Ogmore Downs to Afon Ogmore and back along the coastal path. **Meet 10.00 a.m. Chapter or the top car park at Southerndown at 11.15 a.m. BPL**. Contact Sian D on 01446 719697.
- Tuesday 8 **Comedy Night**. A visit to the No Jokes Comedy Club at the Muni Arts Centre, Pontypridd (admission £8.00). Contact Sian D on 01446 719697.
- Sunday 13 **Small COGs walk**. Contact Rowena and John for more details on 2091 5562.
- Sunday 13 **Waun Fach Walk ●●** (7 miles). Gradual climb up to Waun Fach followed by a descent to an ancient castle, then the pub. What more could you ask? [Someone to carry our bags? Ed.] **Meet 10.00 a.m. Chapter. BPL**. Contact Viv on 20763810.
- Tuesday 15 **Mountainbiking in the Pyrenees and the Atlas Mountains**. Slideshow by Clive C on his recent mountainbiking holidays. **8.00 p.m. Chapter**, Boardroom
- Saturday 19 **Vale of Glamorgan Cycle Ride ●●** (40 miles). Around the scenic lanes of the Vale. Length may vary depending on how we feel. Cafe refreshment stop and pub finish. **Meet 9.30 a.m. Llanishen Railway Station**. Further details from Tony R on 2074 7743.
- Sunday 20 **Wentwood East Walk ●●** (7-8 miles). Taking in the eastern side of Wentwood, Wentwood reservoir and Gray Hill. **Meet 10.00 a.m. Chapter. BPL**. Contact Bob N on 20575229 or 07780 701365.
- Tuesday 22 **Visit to Gwynt Y Ddraig Cider & Perry Company** at Llantwit Fadre, talking us through the cider making process, followed by tasting and buffet. **Meet 7.00 p.m. Taffs Well Train Station**. Trains leave Cardiff Central at 18.36 p.m. Contact Katherine T on 2088 1572 for more details and to book your place by 18th April. **Visit starts 7.30 p.m.**
- Sunday 27 **Llangorse Walk ●●** (12 miles). Onto Mynydd Llangorse to see some stunning views and back along the lake. **Meet 9.30 a.m. Chapter. BPL**. Contact Enid on 2065 5253.
- Tuesday 29 **Evening walk ●** (3 miles approx) through Cefn Onn Park and along the Rhymney Valley Ridgeway Footpath. **Meet 7.00 p.m. at the Old Cottage pub** in Lisvane. Train leaves Cardiff Central at 18.31 and Queen St at 18.35 Contact Lyndon 2075 6122.

## Forthcoming events:

- ◆ 2-5 May, **Alfriston YHA** May Day Bank Holiday Weekend.
- ◆ 2-5 May, **Plynlimon Backpacking** May Day Bank Holiday Weekend.
- ◆ 23-26 May, **Boscastle YHA** Late May Bank Holiday Weekend.
- ◆ Saturday 14 June, **Gower Gallop Challenge Walk**.
- ◆ 13-20 September, **Switzerland Holiday**.

See over for more details of all forthcoming events.

## For more details, contact:

Sian (Chair) 01446 719 697  
Viv (Secretary) 029 2076 3810  
Bob G. (Membership) 029 2020 4165

**Fancy organizing a walk, a weekend, or an event?** Please contact the programme organizers below. Your ideas are very welcome:

Weekends: Rhona 029 2086 0181  
Tuesdays: Bob N. 029 2057 5229

**Meeting point for walks:** Chapter main entrance, Market Road, Canton, Cardiff, CF5 1QE. If you would like to bring children (under 17) or dogs, please check first with the event organiser.

## Walk and cycle ride grading:

- easy
- moderate
- strenuous
- very strenuous

**BPL** = bring a packed lunch



New members always welcome  
[www.cardiffoutdoorgroup.org.uk](http://www.cardiffoutdoorgroup.org.uk)