

August 2008 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Sat 2 – Sun 3 **Camping weekend at Pencelly, Brecon.** A weekend under canvas staying at this pleasant campsite with all facilities. Walks will be arranged on the Saturday and Sunday. There is some COG camping equipment available for hire. Contact Lawrence 2073 3012.
- Tuesday 5 **Lisvane Walk ●** (4 miles) followed by drinks in the Griffin. Contact Lawrence 2073 3012. **Meet 6.30 p.m. Museum or 7.00 p.m. Church Lane,** adjacent to Griffin Inn.
- Saturday 9 **Abercynon Walk ●●●** (13 miles). Along footpaths, bridleways, through forest and alongside streams, and with good views. Some lane walking. Some ascent and descent, but most of the second half is on a ridgeway. Contact Chris L on 20238576. **Meet 9.30 a.m. Chapter or 10.00 a.m. Abercynon Leisure Centre. BPL.**
- Sunday 10 **Small COGs Walk.** Contact John and Rowena on 2091 5562.
- Tuesday 12 **Beach BBQ at Southerndown.** COG will provide burgers, sausages and the eternal mystery that is fire. To book your sausages or veggie burgers, phone the COG Sausage Hotline (Kevin) on 2076 2407. There will be a small charge for food. Please bring your own drink. If members so desire, they may bring other delicacies for roasting. **Meet 6.00 p.m. Museum or 6.45 p.m. at Southerndown beach.**
- Saturday 16 **Golf Croquet Afternoon.** Come and have some relaxed yet competitive exercise in the splendid grounds of Dyffryn House. Dyffryn Croquet Club is hosting an Open Golf Croquet Afternoon starting at 1:30 p.m. Why not join Kevin for lunch at the Horse and Jockey, Tywn yr Odyn prior to the croquet? Contact Kevin H on 2076 2407.
- Sunday 17 **Dinas Powys, Sully and Cosmeston Walk ●●** (8 miles). A flat walk from Dinas Powys out to Sully and back via Cosmeston Park. There may be a pub stop too. Contact Bob N on 2057 5229 mobile 07780 701 365. **Meet 10.00 a.m. Chapter. BPL.**
- Tuesday 19 **The Highlight Trail ●●** (3.5 miles). Discover the history of one of the many lost villages of the Vale on this circular walk, followed by drinks in the Cwm Cidy. Contact Sian D 01446 719697. **Meet 6.30 p.m. Museum or 7.00 p.m. at entrance to Barry Tesco.**
- Fri 22 – Mon 25 **Marloes Sands YHA Weekend.** Spend the weekend on the beautiful Pembrokeshire coast, with a traditional Welsh farmhouse as our base. Full payment of £41.85 to Julian L (20567013) required by 16th June. For more details, call Charles on 01633 856 403.
- Tuesday 26 **Pub Night and Programme Planning Meeting.** Contact Bob N 2057 5229. **Meet 7.30 p.m. in The Gatekeeper,** Westgate Street, Cardiff.
- Sunday 31 **Porthkerry to West Aberthaw Walk ●●** (12 mile). Industrial archaeology and the wildlife of the Vale of Glamorgan coast, plus a pub stop at the Blue Anchor. Return by bus, so bring change for the fare. Contact Sian D on 01446 719 697. **Meet at 10.00 a.m. Chapter or 10.40 a.m. at Porthkerry car park. BPL.**

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

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

Meeting point for Sunday walks:

Chapter main entrance, Market Road, Canton, Cardiff, CF5 1QE.

Meeting point for Tuesdays

(unless otherwise stated): steps outside National Museum of Wales.

Walk grading:

- easy
 - moderate
 - strenuous
 - very strenuous
- BPL** = bring a packed lunch



New members always welcome
www.cardiffoutdoorgroup.org.uk