

September 2008 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Tuesday 2 **Taff Riverside Rail Ramble** ● (2.5 miles) from Llandaff North to Cathays, with a drink in Inncognito at the end. **Meet 6.30 p.m. Cathays Station** to get the 6.33 p.m. train.
- Sunday 7 **Ebbw Vale Walk** ●● (10 miles) along Sirhowy Valley to Manmoel (and possible pub stop), back via the former Garden Festival site. **Meet 10.00 a.m. Chapter or 11.00 a.m. at Ebbw Vale Parkway station car park. BPL.** Contact Jane O 2040 2571 or janeormrod@ntlworld.com
- Tuesday 9 **Thailand Talk** by Richard on the country's national parks, wildlife sanctuaries and hill areas. **8.00 p.m. Chapter Media Point.**
- Sunday 14 **PantyWern – PantyGadair near Llwyn On** ●● (6 miles) A moorland walk with its own integral challenges. Bog resistant boots essential for some short sections. Car parking c. £2.00. Phone Michael for directions and car-sharing on the Friday before as he may meet us at the start of the walk. **Meet 10.00 a.m. Chapter. BPL.** Michael 2075 5457.
- Sunday 14 **Central Beacons** ●●● (15 miles) Through Fforest Fawr and over Fan Dringarth and Fan Fawr. Meet at Chapter 9.00 a.m. BPL. Leader: Malcolm, tel. 2038 7243.
- Sunday 14 **Small COGs.** Contact Gabby and Pedro 01656 742962.
- Tuesday 16 **New Members Evening.** Share your tales of wonderful COG times and places with prospective new members. **8.00 p.m. Chapter Market Place.**
- Sunday 21 **Forest of Dean Sculpture Trail** ●● (9 miles) Artistic and natural beauty on this forest walk with a tea shop to finish. **Meet 9.30 a.m. Chapter. BPL.** Contact Clive 2090 2164.
- Tuesday 23 **Meal at the Bell Inn, Old Caerleon.** A traditional Welsh hostelry with a unique Breton twist that acknowledges the cultural and culinary kinship between the two regions. Contact Katherine T on 029 20881572 **by 16 September** to book and to arrange lifts.
- Sunday 28 **Llanhennock Walk** ●● (8 miles) starting and finishing at Llanhennock, north of Caerleon, and including Newbridge on Usk. Opportunity for a pub stop. **Meet 10.00 a.m. Chapter. BPL.** Phone Bob 029 2057 5229 mob 07780 701365.
- Tuesday 30 **Theatre Evening. Enjoy** by Alan Bennett at the New Theatre, Cardiff, starring Alison Steadman and David Troughton. With the demolition of their housing estate, Wilf and Connie are soon to be re-housed in a brand new maisonette with a waste disposal unit and non-slip vinyl flooring! When a sociologist comes to observe them, normality takes a decidedly atypical turn. Contact Judy for details via Bob N on 2057 5229.

Forthcoming event

New Year 2009 **Bath or Oxford YHA.** Plans are underway for a three-day New Year visit either to Bath or to Oxford, staying at the youth hostel. Check COG website for latest information.

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