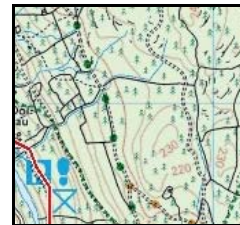


October 2008 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Sunday 5 **Cadair Idris Backpack** ●●●● Explore one of Wales's finest hills, taking in the mountain lakes, Tal-y-Llyn and the bright lights of Dolgellau. Contact Steve B before 1st October on 07812 586949 or stevebees13@yahoo.co.uk.
- Sunday 5 **Llanishen Cross to Trellech United** ●● (9 miles) Steep hills but good views north-east of Tintern. Pub stop at end of walk. Phone Charles for directions as he will meet us at the start of the walk. **Meet at 9.30 a.m. Chapter. BPL.** Charles 01633 856403 or 07525 731737.
- Tuesday 7 Event details to be confirmed. Check website for details.
www.cardiffoutdoorgroup.org.uk
- Fr 10 – Su 12 **Liverpool YHA Weekend.** Enjoy the many attractions of this year's European Capital of Culture. The hostel is next to Albert Dock, a 10 minute walk from the city centre. Cost of the YHA booking (two nights with breakfasts): £49.00. Contact David M on 2076 5815.
- Sunday 12 **Small COGs.** Contact Sarah and Dave on 2030 1662.
- Tuesday 14 **Israel and Jordan Talk** by Bob H on his recent visit, including city life in Jerusalem, the desert of Wadi Rum, floating in the Dead Sea, the ancient city of Petra, and bird-watching on a Kibbutz. **8.00 p.m. Chapter Market Place.**
- Sunday 19 **Mynydd Garnlochdy-Goytre Wharf** ●● (9 miles with 450m ascent). Superb views to the River Severn, passing by a holy well set in a wooded glade. Occasional leg protection advisable. Phone Michael for directions and car-sharing on the Friday before as he may meet us at the start of the walk. **Meet 9.30 a.m. Chapter. BPL.** Michael 2075 5457.
- Tuesday 21 **Pub Night and Programme Planning Meeting.** Contact Bob N 2057 5229. **Meet 7.30 p.m. in The Gatekeeper,** Westgate Street, Cardiff.
- Sunday 26 **Cowbridge Food and Drink Festival visit** with a ● 5 mile walk around the Cowbridge area, taking in Beaupre Castle. The festival offers over 80 stalls selling food and drink products from across Wales and beyond. Additional attractions include cooking demos, wine talks, children's activities, and a carnival atmosphere with fringe activities throughout the town. **Meet at 9.30 a.m. Chapter or 10.00 a.m. in Cowbridge main car park** behind war memorial. Phone Sian 01446 719697 for details.
- Tuesday 28 **Himalayas Talk** by Richard Thompson based on his recent crossing of the Thorung pass, the highest point on the famous Annapurna circuit, 4850m above sea level. He also trekked through Sikkim: a slither of mountainous country sandwiched between Nepal, Tibet and Bhutan. 8.00 p.m. Chapter Boardroom.
- Fr 31 Oct – Su 2 Nov. **Cheddar YHA weekend.** Put on your pointy hats, jump on your broomsticks, and join us for a Halloween spookfest at Cheddar. Two ●● walks: Saturday 8-10 miles in the Mendips; Sunday a local walk plus optional visit to Cheddar Caves. £28.00 payment to Sian by Tuesday 26 August. Phone Sian 01446 719697 for further details.

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