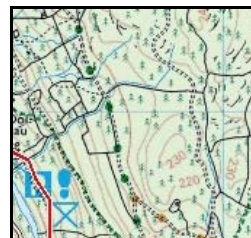


# January 2009 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

Wed 31 Dec – Sat 3 Jan. **Bath New Year YHA Weekend.** Fully booked.

Sunday 4 **Penarth Walk •** (4 miles). Walk off those festive indulgences with a leisurely walk into Penarth and back, taking in views of the Channel, the lake and medieval village. Meet **10.30 a.m. Chapter or 10.50 p.m. Cosmeston Lakes Car Park. BPL**, but time for food and drink available on Penarth Esplanade. Contact Katherine on 029 2088 1572.

Tuesday 6 **Drink at Chapter Bar** from 8.00 p.m.

Sunday 11 **Cardiff Bay Circular Walk •** (7 miles). Now the temporary path from the Norwegian Church to the barrage has been opened, we can walk right round the lake, taking in part of the docks, the barrage, Penarth Marina, and Windsor Quay. Boots necessary as there will be some mud. **BPL. Meet 10.30 a.m. Norwegian Church, Cardiff Bay.** This is accessible by public transport. Cardiff Bus Baycar runs from the city centre every 15 minutes on Sundays. Contact Julian L. on 029 2056 7013 or 07773 228290.

Sunday 11 **Small COGs Walk.** Contact John and Rowena 20915562

Tuesday 13 **Ghost Tour of Cosmeston Medieval Village.** Experience some spookiness Mediaeval-style at Cosmeston Mediaeval Village, including a glass of wine round the fire with the final story. The cost is £10 per person with full payment a week beforehand. Bring warm clothes to avoid the chills! To confirm a place, contact Chris L. on 029 2023 8576.

Sunday 18 **Ystradfellte Walk •••** (15 miles). Limestone caves, windswept moorlands, atmospheric woods and maybe a waterfall or two. BPL and bring a torch. Contact Steve B. on 07812 586949.

Tuesday 20 **Canada talk** In July Julian visited the Maritime Provinces of Canada with friends. Come and see a slide show of this little-explored corner of North America.. **8.00 p.m. Chapter, Media Point.**

Fri 23 – Sun 25 **Llanddeussant Weekend and continuation of the Usk Valley Walk.** Our annual working party at Llanddeusant Youth Hostel in the Western Brecon Beacons. There will be food and wine on the Saturday night in front of a roaring open fire, followed by Julian's Usk Valley Walk part 3 on the Sunday. Names in advance to Julian on 029 2056 7013 or 07773 228290.

Tuesday 27 **Indonesian Meal** at the Bali Indonesian restaurant in Caroline Street. Meet **7.30 p.m. at the Yard** in the Brewery Quarter for a drink or **8.00 p.m. at the restaurant.** Contact Katherine on 029 2088 1572 by 20 January.

**Forthcoming event:** **Early Spring Bank Holiday, 1-3 May 2009, at Pantyrathro Independent Hostel, Llansteffan.** Laugharne and the beautiful Tywi estuary. Contact Sian on 01446 719 697.

#### 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.

#### Walk grading:

- easy
- moderate
- strenuous
- very strenuous

**BPL** = bring a packed lunch



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