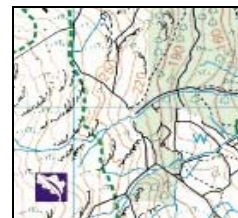


February 2009 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Sunday 1 **Caerphilly Mountain Walk ●●** (9 miles). Taking in ridges and woodland around Caerphilly Mountain, Tongwynlais and Rudry, including the Maen Llwyd pub, finishing at Old Cottage. Meet **9.45 a.m. Lisvane and Thornhill railway station car park. BPL.** Contact Tony R. on 029 2074 7743 or 07813 874 976.
- Tuesday 3 **The UK with a Taste Of Scotch.** Slide show in which Ian Reese recounts his recent travels in the UK and Scotland. **8.00 p.m. Chapter. Room TBC.**
- Sunday 8 **Bryn Arw Walk ●●** (8 miles). Not the best known hilltop in the Black Mountains but it offers glorious views of its better known neighbours: Sugar Loaf, Ysgyryd Fawr (Skirrid) and Blorenge. A chance to refuel at the Crown pub in Pantygelli at lunchtime before returning via the Deri Ridge. **Meet 9.30 a.m. Chapter. BPL.** Contact Jane O. on 029 2040 2571.
- Sunday 8 **Small COGs Walk.** Contact Wayne on 01633 894809.
- Tuesday 10 **Table Tennis.** Meet **8.30 p.m. Llanishen Leisure Centre.** A drink afterwards in the Ty Glas pub. Contact Lyndon on 029 2075 6122.
- Fri 13 – Sun 15 **Shropshire Hills Backpack ●●●.** The perennially popular February backpack this year visits the Area of Outstanding Natural Beauty around Church Stretton. Mileages will average around 12 miles both days and there should be a pub each night. Contact: Steve B. on 07812 586 949.
- Sunday 15 **Goldcliff and Newport Wetlands ●●** (6-8 miles). Through the RSPB Wetlands Nature Reserve and along the coastal footpath of the wetland levels. We will return via the surrounding countryside to enjoy a hot drink at the RSPB visitors' centre and cafe. Meet **10.00 a.m. Chapter** or **11.00 a.m. at the RSPB visitors' centre. BPL.** Contact Sian D. on 01446 719697.
- Tuesday 17 **Swiss Alps Talk** by Viv, on walking a stretch of the Haute Route to Zermatt. **8.00 p.m. Chapter Board Room.**
- Sunday 22 **Snowdrop Walk ●●** (6 miles approx). Circular walk from Skenfrith, visiting unusual Templar Church and with a pub stop for refreshment. Meet **10.00 a.m. Chapter. BPL.** Contact Brian on 029 2049 4645.
- Tuesday 24 **Pancake Night** at Julian's. Phone him for details on 029 2056 7013.

Forthcoming event: **Early Spring Bank Holiday, 1-3 May 2009, at Pantyrathro Independent Hostel, Llansteffan.** Walk in the footsteps of Dylan Thomas as we explore Laugharne and the beautiful Tywi estuary. For further details 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

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.

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.



Affiliated to

YHA

New members always welcome
www.cardiffoutdoorgroup.org.uk