

June 2009 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Tuesday 2 **Cycle ride to Draethen** (● 15 miles), stopping for a drink at the pub. **Meet 7.00 p.m.** top of the hill above Llandaff Cathedral. Bring lights. Contact Clive on 029 2090 2164.
- Saturday 6 **Ultimate Valleys Walk Part 3** (●●● 22 miles). Ton Pentre to Port Talbot. The third and final stage is through more unfamiliar territory, via Werfa, Mynydd Caerau, Afan Argoed and Pontrhydyfen. Contact Steve B. on 07812 586 949 by Thursday 4 June.
- Sunday 7 **Usk Valley Walk Part 4** (●● 8-9 miles). Trecastle to Sennybridge, following the ever-broadening Usk further down stream as moorland gives way to farmland. **Meet 9.30 a.m. Chapter. BPL.** Contact Julian on 029 2056 7013 or 07773 228 290.
- Tuesday 9 **Social Tennis Tournament.** An evening of social mixed doubles at The Welsh National Tennis Centre, Ocean Way, Cardiff (Esporta). Meet in the bar from 6.45 p.m. to be ready to play at 7.00 p.m. Bar and outdoor seating area for afterwards. Cost approx £5.00 per person. Please confirm place by Thursday 21st May. Contact Pauline 07708 439 848.
- Sunday 14 **Brockweir – Cleddon – Wye Valley Walk** (●● 8 miles). Extensive views and wildlife-rich woodland. **Meet 10.00 a.m. Chapter. BPL.** Contact Bob N on 029 20575229.
- Tuesday 16 **Llanhennock walk**, north of Caerleon (● 3 miles). Afterwards at the Wheatsheaf Inn <http://thewheatsheafllanhennock.co.uk>. Led by Bob N. **Meet 6.30 p.m. Museum.**
- Fri 19 – Sun 21 **Berwyns Backpack** (●●● 12 miles approx each day). We head north to the mysterious Berwyns, possibly seeing fabled cloudberry plant and Wales's highest waterfall. Wild camp on Saturday night. Contact Steve B. on 07812 586 949 by Wednesday 17 June.
- Sunday 21 **Orchid Walk** (● 5-6 miles). Around Kenfig Burrows and passing the site of a medieval village and castle. **Meet 10.00 a.m. Chapter. BPL.** Contact Rhona on 07816 499 754.
- Sunday 21 **Small COGs Mini-Gallop.** Contact Sarah and Chris on 029 2023 8576.
- Tuesday 23 **Midsummer walk.** See website for details or contact Sian D. on 01446 719 697.
- Saturday 27 **Llwyn y Celyn to Penderyn Walk** (●●● 12 miles). A nature reserve, mountains, and a spectacular waterfall. Public transport will be used, cost approx. £4.00. **Meet 8.30 a.m. Chapter. BPL.** Contact Chris L. on 029 2023 8576.
- Tuesday 30 **Rudry Mountain Walk** (●● 4 miles) with a picnic on the common. Meet **6.30 p.m.** Coed Parc-y-Van car park, end of Van Road, Caerphilly. Regular trains from Cardiff. Contact Katherine (2088 1572) if you require a lift from Caerphilly Station. Bring a picnic.

Forthcoming Events

- ◆ Fri 14 – Sun 16 Aug **Ty'n Cornel Weekend.** Fully booked for hostellers and campers.
- ◆ Fri 25 – Sun 27 Sept **Ridgeway Walking Weekend.** Staying in a bunkhouse at a CAMRA pub: white horses, stone circles, quaint villages, pub grub and great walking. Contact Jane O. on 029 2040 2571 or e-mail at janeormrod@ntlworld.com.

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