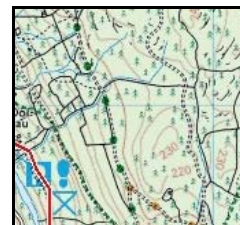


# October 2009 Cardiff Outdoor Group



## walking weekends away back-packing cycling evenings out

- Sunday 4 **Bridgend walk** (●● 10 miles approx) starting from Bryngarw Country Park, we walk northwards up the Garw Valley before returning via Pen y Foel. Rolling countryside, woodland, open moors and couple of pubs en route. **BPL. Meet 10.00 a.m. Chapter.** Contact Jane O 029 2040 2571, email [janeormrod@ntlworld.com](mailto:janeormrod@ntlworld.com).
- Tuesday 6 **Nov/Dec programme drink and optional meal** at The Central Bar, 39 Windsor Place. A chance for members to suggest ideas for events and walks etc. for November and December over a drink or a meal. **From 7.30 p.m.**
- Sunday 11 **Craig y Nos Walk** (●●/●●● 10 miles approx). A more energetic and varied walk in Glyn Tawe, the upper reaches of the Swansea Valley on the southern fringes of the Black Mountain. This includes a visit to the Henrhyd Falls in the beautiful Llech Gorge. **BPL. Meet 9.30 a.m. Chapter.** Contact Brian D on 029 2049 4645.
- Tuesday 13 **New members evening and photo competition.** A chance for new members to see what we get up to via a slide show competition to select the best photographs from group events over the year. Digital or digitized photos only please. Email photos or send them on a disc. Contact Clive on [clive.cazeaux@ntlworld.com](mailto:clive.cazeaux@ntlworld.com) or 029 2090 2164. **8.00 p.m. Chapter Media Point.**
- Sunday 18 **Small COGs walk.** Contact Wayne and Mary Mcgrath on 01633 894 809.
- Sunday 18 **Brockweir-Cleddon-Wye Valley Walk** (●● 8 miles). Extensive views and wildlife rich woodland. A joint walk with NOGs. **BPL. Meet 9.30 a.m. Chapter.** Contact Bob N on 029 2057 5229.
- Tuesday 20 **Annual General Meeting.** A review of the COG year plus a chance to have a say in the running of the group. Subjects for motions may include: ● price of membership; ● cost per mile of car sharing; and ● distribution of Three Peaks Trial profits. **8.00 p.m. Chapter Media Point.**
- Sunday 25 No walk scheduled.
- Tuesday 27 **Spooky Walk.** Check website for further details.

### Forthcoming event

New Year weekend at Perranporth. More details to follow.

#### 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](http://www.cardiffoutdoorgroup.org.uk)