

June 2010

Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Wednesday 2nd **Tai Chi Evening** - Nigel Williams introduces this ancient exercise method in the perfect surroundings of Bute Park. You will be joining in, so wear loose, comfortable clothing and avoid eating a heavy meal beforehand. Meet 6.50pm at the Mochyn Du, Sofia Gardens. Contact Nigel on 029 20692448
- Sunday 6th **Melincourt Walk ●●** - A 10 mile circular walk visiting a nature reserve, wooded gorge & waterfall and hilltop wind farm. BPL. Meet 9.30am at Chapter. Contact Richard T on 07748 883843 or waxcap@gmail.com.
- Tuesday 8th **Market Garden Visit** - Run by COG members growing vegetables, salads and cut flowers, all on organic principles. Join Viv on the 6.12pm train Cardiff Central to Pencoed then 20 mins. walk to farm, or meet at Pencoed Growers, Felindre, at 7pm. Drinks/eats at the nearby Harvester then return on the 8.44 or 9.44 train. Contact Yvonne on 01656 861956 or Viv on 07791 470212.
- Saturday 12th **Gower Gallop ●●** - Join Enid on the 20 mile route of SOG's challenge walk, enjoying the wonderful scenery of the Gower (shorter routes available) There maybe an option to camp - weather permitting!! BPL. Contact Enid before 8th June on 029 20655253 or enid.lewis@ntlworld.com
- Sunday 13th **Lower Wye Valley Walk ●●** - Scenic 6 mile walk, taking in the Eagles Nest Viewpoint overlooking the Wye Gorge and Severn. Estuary and continuing to Tintern for the best Chocolate Brownies you've ever tasted. BPL. Meet 10am at Chapter. Contact Phil Sz on 07967 381243 or Sarah B on 07539 832843.
- Tuesday 15th **Summer Meal** - Come for a French meal at Café Rouge in Cardiff Bay. Contact Rhona on 07816 499754 to book a place by Tuesday 25th May. Meet 7pm at the Terra Nova beforehand or 7.30pm at the restaurant.
- Saturday 19th **Port Talbot to Black Mill Walk ●●●** - 17 linear miles, using **public transport** at either end, visiting woodland, valley, hilltop & many historic monuments. Prepare to be enchanted. BPL. Contact Steve B on 07812 586949 or stevebees13@yahoo.co.uk
- Sunday 20th **Llancarfan, Vale of the Stags Walk ●●** - 7/8 mile walk takes in some of the Vale's most breathtaking scenery and some fascinating landmarks from iron age fortress right through to the present day aeronautical architecture. BPL. Meet 10am at Chapter or 10.45am at the back of the Fox & Hounds, Llancarfan. Contact Sian D on 01446 719697
- Friday 25th **Mountain Walk ●●** - Come join us for our annual mid summer pilgrimage up South Wales' highest hill. Meet Museum at 6.00pm or at the Storey Arms car park at 7.00pm. Contact Jane O on 02920 402571 or janeormrod@ntlworld.com
- Sunday 27th **Usk Valley Walk (Part 4) ●●** - 8/9 mile walk from Trecastle to Sennybridge, following the ever-broadening Usk further down stream as moorland gives way to farmland. BPL. Meet 9.30am at Chapter. Contact Julian on 029 2056 7013 or 07773 228 290.
- Tuesday 29th **Pont-y-Weryn Walk ●** 3 miles -. Our first walk over the new bridge at the mouth of the River Ely. We will be using this to walk right around Cardiff Bay. Meet 6.30pm at the Norwegian Church. Drinks at the Terra Nova after walk. Contact Julian on 029 2056 7013

Forthcoming Events **August Bank Holiday Weekend** - This year we'll be going to Pembrokeshire, staying at Lawrenny Millennium Hostel. Contact Jane O for further details 029 20402571 or janeormrod@ntlworld.com



New members always welcome
www.cardiffoutdoorgroup.org.uk