

# July 2010

## Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Saturday 3<sup>rd</sup> **Rhymney Valley walk (Part 2) ●●●** - 12 mile route continues from Aber Station, Caerphilly up around Mynydd Eglwysilan, over the historic Senghenydd Ridge and finishes at Hengoed. BPL. For details contact Roger on roger\_rachel\_gimblett@hotmail.com
- Sunday 4<sup>th</sup> **Margam Mountain Walk ●●** - 8 miles approx. from Margam Abbey through Margam Deer Park and ascending Mynydd Margam. Great views weather permitting. If lucky we will see the large herd of deer and if time permits also visit Margam Abbey and Mansion. Meet at Chapter 9.30am. BPL. Contact Brian on 029 20494645
- Tuesday 6<sup>th</sup> **Coastal Walk ●** - A pleasant three mile circular walk taking in the natural history and industrial archaeology of this haunting coastline, finishing at one of the Vale's most popular pubs. Walking conditions moderate. Meet in the car park of the Blue Anchor, Aberthaw at 7.30 pm. Contact Sian on 01446 719697
- Friday 9<sup>th</sup> to Sunday 11<sup>th</sup> **Wye Valley & Forest of Dean Youth Hostel Slackpack ●●●** - Enjoy two days with around 15 miles walking each day, spending Friday night at St Briavels Castle and Saturday night at Welsh Bicknor both in the environs of the Wye Valley. BPL. Contact Steve on 07812 586949  
**& Sunday 11<sup>th</sup> Small C.O.G's Walk** - Contact Chris and Sarah on 029 2023 8576
- Tuesday 13<sup>th</sup> **Coed Cefn-Pwll-Du Woods ●** - A three mile evening walk in the Coed Cefn-Pwll-Du woods between Machen and Draethen. Meet on Museum steps at 6.30pm. Contact Bob N on 029 20575229 or 07780 701365.
- Sunday 18<sup>th</sup> **Craig Cerrig-Gleisiad Walk ●●●** - COG's natural man takes us on a 13-15 mile walk which takes us through a National Nature Reserve within the empty fastness of Fforest Fawr. BPL. Meet at Chapter 9.30am. Contact Richard on 07748 883843 or waxcap@gmail.com
- Tuesday 20<sup>th</sup> **Let's Go Italian** - Come along for a meal at Pizza Express in Cardiff Bay at 8.00p.m. Book your place with Judy by 13<sup>th</sup> July.
- Saturday 24<sup>th</sup> **Blackmill to Taffs Well Linear Walk ●●●** - The odyssey continues with this 15 mile stretch of woods, hills, fields and wind farms. Valleys to the left of us... Vale of Glamorgan to the right of us... and dinner at Taffs Well ahead of us... BPL. Contact Steve on 07812 586949 **(Walk via public transport)**
- Sunday 25<sup>th</sup> **Three Peaks in Bite-Size Pieces (Part 1) 8 miles ●●●** - Come and join us on the middle section of the Three Peaks Challenge. We will walk from Glangrwyne checkpoint over Sugar Loaf to the Crown at Pantygelli. BPL. There will be a charge for transport to get to the start and from the finish. Contact Enid on 07974 959415. Meet Chapter at 9.30am **(See picture of Sugar Loaf above)**
- Tuesday 27<sup>th</sup> **Summer Evening at St Fagans**- Join Rhona aboard the Pinafore. With Gilbert's usual sharp, satiric wit and some of Sullivan's most famous music, HMS Pinafore will be a nautical treat for everyone to enjoy. Contact Rhona on 07816 499754 to book your ticket. Meet at St. Fagans National History Museum, Cardiff at 7.30pm at the entrance.



#### For more details, contact:

Jane (Chair) 029 20402571  
Rosie (Secretary) 029 20613967  
Bob G. (Membership) 029 20204165

**Fancy organizing a walk, a weekend, or an event?** Please contact the programme organizers below. Your ideas are very welcome:

Weekends: Steve B 07812 586949  
Weeknights: Viv 029 20219226

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

In the autumn and winter, this is at Chapter Arts Centre, unless otherwise stated.

#### 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)