

# October 2010

## Cardiff Outdoor Group



### walking weekends away back-packing cycling evenings out

- Friday 1<sup>st</sup> to Sunday 3<sup>rd</sup> **Coalport YHA (Ironbridge Gorge) weekend** - Housed in the oldest surviving building of the famous Coalport China Works, within the Ironbridge Gorge World Heritage Site, this hostel offers easy access to its many attractions and museums as well as the countryside of the Ironbridge Gorge. There will probably be one day of walking and one day of visiting the museums. Charge £18 per night. Contact Lyndon on 029 20756122
- Friday 8<sup>th</sup> **A Night at the Opera.** Join Richard in celebrating his birthday by seeing Beethoven's Fidelio at the Millennium Centre. Tickets are £5 in the upper balcony. Please let Richard know if you'd like to come along as soon as possible Email Richard at waxcap@gmail.com or phone 07748 883843.
- Sunday 10<sup>th</sup> **Dinas Powys - Michaelston le Pit Walk** ● 6 Mile walk to explore the attractive countryside and introduce some of the local history of these 2 communities. Pub at the end of walk for drinks & lunch at about 1pm. Bring a snack for a coffee break. Meet at Chapter 9.30am.
- Sunday 10<sup>th</sup> **Small C.O.G's walk - Contact John and Rowena on 029 20915562**
- Tuesday 12<sup>th</sup> **LMRT Talk** - "Longtown Mountain Rescue Team are volunteers on call 24 hours a day, 7 days a week. Callouts can be for any situation where the police think their specialist expertise is required, this has been as diverse as crashed gliders to lost school children. Tonight's illustrated talk will cover the various aspects of their diverse range of work." Meet at Chapter 8pm.
- Saturday 16<sup>th</sup> **Monmouth/Wye Valley** ●●● - A 12-13 mile walk with a stretch of Offa's Dyke path up to the Kymin then woods to Symonds Yat and return along the Wye. BPL. Meet at Chapter 9.30 am. Contact Tina T on 07540 959229
- Sunday 17<sup>th</sup> **Rhymney Valley Ridgeway Footpath** ●● 6 mile walk. Meet at Cardiff Central Railway Station at 9.45 to catch the 10.06 train to Pontlottyn. Return by train from Bargoed. BPL. Contact David M 029 20765815 or 0773 6339013.
- Tuesday 19<sup>th</sup> **Rubbish Talk!** Following COG's involvement in several litter picks in recent years, Jeanie gives a talk on "Facts and Figures you Never Knew About Litter". Meet Chapter at 8pm.
- Sunday 24<sup>th</sup> **Newnham and Forest of Dean** ●● - 7 miles around Newnham and the Eastern Forest of Dean including some walking alongside the Severn and a fabulous view across the Severn Valley. BPL. Meet 9.30 a.m. Chapter. Contact Julian 029 20567013
- Wednesday 27<sup>th</sup> **Spooky walk** ●● - A 3-4 mile linear walk from Lisvane/Thornhill to Caerphilly through the wizard's wood and the hangman's hill, returning to Cardiff on the train of terror. (Train details nearer the time) Contact Steve B on 07812 586949
- Sunday 31<sup>st</sup> **Brecon Beacons walk** ●●● An adventurous walk of approx. 15 miles from Llanfrynach, taking the northern approach to the Beacons escarpment and a few peaks bagged en route. BPL. Meet at Chapter 9am. Contact Mark B 01291 671402

#### Forthcoming Events:

Tuesday 9<sup>th</sup> Nov

**Annual General Meeting** – A review of the COG year, plus a chance to have a say in the running of the group. Please contact Jane O if you have an item for the agenda. Chapter at 8pm – Media Point.

**New Year** - Liz L is going to arrange New Year in **Oxford**, dates & details will be available soon.

**We are looking for ideas/volunteers for the weekends away next year, please contact Steve on 07812 586949, if you would like to arrange a weekend away.**



**New members always welcome**  
[www.cardiffoutdoorgroup.org.uk](http://www.cardiffoutdoorgroup.org.uk)