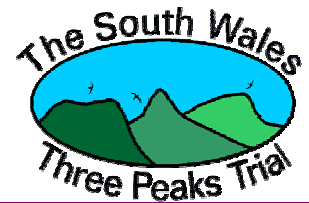


# March 2011

## Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Tuesday 1<sup>st</sup> **St. David's Day Meal** – Join Katherine at the Fox & Hounds, Whitchurch at 7pm to celebrate Wales National Day. If you fancy just coming for a drink later that's fine. Contact Katherine T on 029 20881572.
- Fri 4<sup>th</sup> to Sun 6<sup>th</sup> **Llanddeusant Working Party** - After a year's break we return to COG's unofficially "adopted" hostel for a bit of redecoration & cleaning before it opens to the public full-time. We normally get a day of work (not too strenuous) and a day off on Sunday for a walk. This year Julian will be continuing his Usk Valley walk ●●. If interested in helping out contact Julian on 029 20567013 or 07773 228290.
- Sunday 13<sup>th</sup> **Brecon Beacons - Neuadd Horseshoe Walk ●●●** - The classic 8-9 mile circuit taking in Graig Fan Ddu and the main peaks of the Beacons - Pen y Fan, Corn Du and Cribyn. If you haven't done it, firstly – why not? And secondly – see you at Chapter at 10am. BPL. Contact Ellie on 029 20565939.
- Sunday 13<sup>th</sup> **Small Cogs Walk** - Contact Jane and John on 029 20759980
- Tuesday 15<sup>th</sup> **New England in the Fall Talk** – Join Julian & Rhona as they talk about their holiday last September to New England. Chapter at 8pm - Media Point
- Sunday 20<sup>th</sup> **Daffodils Walk ●** - Come and walk through the splendid wild narcissi in southern Herefordshire, with the strong likelihood of tea and cakes en route (9 miles). BPL. Meet 9.30am at Chapter. Contact Julian on 029 20567013 or 07773 228290
- Tuesday 22<sup>nd</sup> **3 Peaks Briefing Volunteers** - On Saturday 26<sup>th</sup> March is our big annual charity fundraiser. With upwards of 600 walkers taking part we need as much help from COG members as possible. If you haven't volunteered yet it's not too late! Tonight is a chance for new volunteers to find out what's involved and for seasoned regulars to hone procedures. Visit the web site: [www.threepeakstrial.co.uk](http://www.threepeakstrial.co.uk). Chapter at 8pm - Media Point
- Saturday 26<sup>th</sup> **Three Peaks Trial** - This is COG's annual fundraising event, centered in Abergavenny. Your assistance is needed to help those hill-hungry hordes raising cash for local good causes. If you are able to help, please contact Chris L on 029 20238576

### Forthcoming event **Early May B/H. Friday 29<sup>th</sup> April to Monday 2<sup>nd</sup> May - Pembrokeshire Weekend**

We will be staying at Newgale Outdoor Activities Centre, Penycwm near Newgale, Solva and St David's in Pembrokeshire. Attractions include blue flag beaches at Newgale and Whitesands, walks along the coastal path and a boat trip to the RSPB reserve at Ramsay. Cost £60 for 3 night stay. Please contact Enid on 07974 959415 or e-mail [enid.lewis@ntlworld.com](mailto:enid.lewis@ntlworld.com) immediately if you are interested



#### For more details, contact:

Jane (Chair) 029 20402571  
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 &  
**Tuesdays:** Amanda 07929 001048  
E-mail them at the address below:  
[programmes@cardiffoutdoorgroup.org.uk](mailto:programmes@cardiffoutdoorgroup.org.uk)

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