

August 2011 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Tuesday 2nd **Vale of Glamorgan Evening Walk ●** - 5 miles of easy walking along the cliffs with spectacular sea view, plus local nature reserve and around the lakes of a country park. Pub option after the walk. Meet at front of Cosmeston Country Park Cafe ready to depart at 7pm. Train leaves Cardiff Central Station 18.31pm arrives at Penarth 18.46pm. Pick up available from Penarth train station if you contact Tina in advance on 07540 959229 or by e-mail tina.day241@gmail.com.
- Saturday 6th **Tretower & Pengenford Walk ●●●** - 17 lovely miles from Tretower topping out at Pen Cerrig-calch, Pen Allt-Mawr and the always noticeable Mynydd Troed. Option of a camp on Saturday night at Cwmdru to join a GMC walk (16 miles) on Sunday. Contact Steve B on 07812 586949 or stevebees13@yahoo.co.uk.
- Sunday 7th **The Far Side of Gower Walk ●●** - A 8 mile walk taking in the wildly beautiful and rarely visited North Gower including LLanrhidian sands, Weobley Castle and views of the Loughor estuary from the viewpoint of Arthurs Stone. BPL. If bringing dogs please contact Sian D in advance on 07866 310046 or shannycelt@hotmail.com. Leave Chapter at 9.30am prompt.
- Tuesday 9th **Wenvoe Wander ●** - A 3 mile (approx) gentle amble through the farmland on our doorstep. Leave 6pm from Museum. Contact Jane O on 07425 131017 for walk start point. Meet us afterwards in Walston Castle pub, Wenvoe - next door to Premier Inn for drinks.
(See picture above)
- Sunday 14th **Parc Penallta (Nelson) Walk ●●** - 8 miles crossing open countryside of Eglwysilian common with views into the Rhymney and Aber Valleys, taking in Parc Penallta, Senghenydd dyke and Llanfabon church. Leave Chapter at 10am prompt. Contact Jane O on 07425 131017.
- Small COG's Walk** - Contact Chris & Sarah L on 029 20238576.
- Tuesday 16th **Iron Bridge Circular Evening Walk ●** - 3 mile heritage trail that follows the footsteps of the Morgan family who lived in the area in the 17th century. Some steep inclines but mostly easy walking. May be muddy if wet. Bring a torch. Start from the Hollybush pub in Draethen at 7pm (finish approx.9.30pm). Contact Jeanie on 01633 891508 or jy.gray@ntlworld.com
- Sunday 21st **Three Castles Walk ●●●** - 20 miles approx. linking Skenfrith Castle, Grosmont Castle and White Castle following woods and hills and taking us over Graig Syfyrrdin for views of the Welsh Marches and the mountains of South Wales. Leaving Chapter at 8.30am. Contact Tina on 07540 959229 or by e-mail tina.day241@gmail.com.
- Tuesday 23rd **Castleton Evening Walk ●** - 4 mile circular walk from the Coach & Horses Inn, Newport Road Castleton CF3 2UQ. Meet there for 7pm start. Bring torch just in case. Contact Martyn by e-mail on Martyn_rogers@btinternet.com.
- Fri 26th to Mon 29th **Newport (Pembrokeshire) Youth Hostel** - We will be at Newport YH for 3 nights, within striking distance of Carningli and The Preselli Mountains. Good Pubs and beautiful countryside and coast! Book your place ASAP as space for 12 in 2 dorms for 6 per room. Cost is £49.20 per person for 3 nights. Contact Phil Sz for details on 07967 381243 or philswandt@yahoo.co.uk.
- Wednesday 31st **City Walk** - A circular walk to Llandaff Fields and Bute Park from Llandaff village and back. Meet at 6.20pm in front of Llandaff Cathedral. Drinks/supper in Llandaff after the walk. For details contact Katherine on 029 20881572.

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

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