

# October 2011

## Cardiff Outdoor Group



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

- Fri 30<sup>th</sup> Sept -Sun 2<sup>nd</sup> **Backpack Weekend - the empty quarter** - 2 days of backpacking around the hills between Hundred House and Painscastle, one of Mid Wales' finest quiet areas. Contact: Steve B on 07812 586949 or by e-mail to [stevebees13@yahoo.co.uk](mailto:stevebees13@yahoo.co.uk).
- Sunday 2<sup>nd</sup> **Usk & Bettws Newydd Walk ●●** - A 10 mile walk in the quieter parts of the Usk valley with plenty of wildlife, including kingfishers, and views from the higher ground to Bettws Newydd. There are 2 pubs en route which your leader is likely to visit. BPL. Leave Chapter at 9.30am. Contact Bob on 02920 575229 or 07780 701365.
- Tuesday 4<sup>th</sup> **Talk on London to Paris Cycle Challenge** - Talk by Jinny Santavy who is undertaking this trip on behalf of British Heart Foundation (50<sup>th</sup> anniversary this year). Donations welcomed at <http://original.justgiving.com/jinnysantavy>. Meet 8pm at Chapter - Media Point.
- Sunday 9<sup>th</sup> **Redbrook Ramble ●●** - A circular 7 mile walk overlooking the Wye valley taking in Penallt old church, a delightful mini arboretum and a tea stop en route at "the Inn at Penallt". BPL. Leave Chapter at 10am. Contact on Sarah B 07539 832843. **(See picture above)**
- Thursday 13<sup>th</sup> **Meal at Canteen on Clifton Street** - this place is run by a fellow walker and focuses on vegetarian dishes with one main course meat option. Menu also includes vegan and coeliac options. Menu changes every few weeks but current offerings can be seen on their website [www.canteenoncliftonstreet.com](http://www.canteenoncliftonstreet.com). Reasonable prices (3 courses for £14.50) and the food is great. Contact Tina by 14 September on 07540959229 or [tina.day241@gmail.com](mailto:tina.day241@gmail.com) - please note a non refundable deposit of £5 is required.
- Saturday 15<sup>th</sup> **Bath Skyline Walk & Prior Park Landscape Garden ●** - A 7 mile waymarked circular walk. Savour the magnificent views down into the picturesque World Heritage City of Bath, walk through history from an Iron Age hill fort to 18<sup>th</sup> century follies and stroll through the peace of hidden valleys, tranquil woodlands and patchworks of small meadows all rich in wildlife. BPL. Afterwards we will have time to look around Bath and have an early evening meal. (Optional). If interested contact Katherine T on 029 20881572.
- Sunday 16<sup>th</sup> **Small Cogs Walk** - Contact Jane and John on 029 20759980
- Tuesday 18<sup>th</sup> **Social Pub Night** - Meet at the Maltsters Pub, Llandaff from 8pm onwards for a drink and a chat. Hosted by Katherine, contact her on 029 20881572.
- Fri 21<sup>st</sup> - Sun 30<sup>th</sup> **Free National Trust property in the Beacons** - 2 consecutive weekends and a mid-week of free accommodation at the National Trust's property along the Taff Trail south of Brecon. The weekends are for the usual COGgers, the mid-week period for young COGs. For further details and to book contact Steve B by e-mail [stevebees13@yahoo.co.uk](mailto:stevebees13@yahoo.co.uk) for the weekends and Chris L by e-mail [chrislewis2007@fsmail.net](mailto:chrislewis2007@fsmail.net) for mid-week. A £20 returnable deposit is required to secure your stay.

#### Forthcoming event :

**Tuesday 1<sup>st</sup> Nov - COG AGM 2011**- Seems a long way off now but with a number of long standing committee members standing down this time, we need to start thinking about who will replace us and yes I'm one of those standing down so the post of chair will need to be filled. If interested please talk to a Committee member who will be delighted to fill you in.

Fri 25<sup>th</sup> - 27<sup>th</sup> Nov - **Manchester weekend** - Join us in this city centre hostel at bargain rate of £16.95 per night for half board (less than usual rate for B&B). Travel by public transport - train or bus. Lots to see and do incl. canal walks, industrial heritage, art galleries or just spend the time in one of the many real ale pubs. Contact Jane O 07425 131017 or by e-mail [j\\_ormrod@live.co.uk](mailto:j_ormrod@live.co.uk)



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