



Issue No. 32 A

Christmas 2008

Photo: Southerndown

Due to technical problems (my computer has packed up!) the full version of 'The View' is postponed until the next mail out at the end of Jan/early Feb. In the meantime this shortened version keeps you up to date with the latest from the COG Committee ED.

A message from your Madam

Firstly, I would like to apologise for the lack of a full edition of The View. Regrettably, 'Chris' our editor is experiencing a glitch with his computer. Never mind Chris, it happens to the best of us. So, 'for now' a short news letter and some ramblings from your madam will have to suffice.

As I have recently completed my first year in office as Chair of Cardiff Outdoor Group I was called upon to present a report at our recent AGM. In preparation for this report I took a look at what the group had achieved over the last twelve months.

Firstly I calculated how many weekends away had been presented to group members throughout the year. I was pleasantly surprised to conclude that fourteen trips had been organized by several able members of the group ranging from cultural city brakes to Dublin and Liverpool too weekends spent in the sweeping wilderness of the more remote parts of Wales.

I would also like to mention the wide and varied number of walks and events that have been provided by members of the group. Without their support and participation we would not be able to make the Tuesday, Sunday and occasional Saturday programs the success they are.

Another part of our membership that I would like to draw attention to is The Small COG's. Formed by existing members and proud parents of little Coglets, this active but little mentioned part of our group have continued to go from strength to strength offering a friendly and sociable environment to those who have young children.

At this point I would like to mention this Years Three Peeks Trial. Despite adverse weather conditions, 2008 was the most well attended 3PT in the history of the event with over 560 walkers taking part. This success was only marred by the lack of willingness shown by the majority of COG members to support the day as volunteers.

As you are all aware, for the past three years Cardiff Outdoor Group has been headed by that stalwart of the group 'Mr Robert Hall' in the post of President. Thank you Bob for all the hard work that you have put into your term of office. Although it is with sadness that we loose Bob, I am delighted to inform you that the post of President has been placed into the very capable hands of Jane Ormrod . On behalf of the group I would like to thank Jane for taking on this prominent and vital role.

Newsletter of



Last, but far from least, I would like to thank the members of COG's committee who have given their time so readily to maintain the smooth running of what has always been a widely respected and active group. I feel that the whole of the committee must derive satisfaction from their positions ,as 'thankfully' they have all agreed to a further year in office.

Sian.



OTHER NEWS



A very important date! -South Wales 3 Peaks Trial – Saturday 28 March 2009.

If you are a 3 Peaks virgin you may not have realised that this event, which attracts around 600 walkers and runners each year from all over the UK, is run almost entirely by COG volunteers. The South Wales 3 Peaks Trial is by far the biggest date in the COG calendar. It raises money for our own funds and for other organisations whose aims we support such as the Elenydd Wilderness Trust, the YHA and the National Trust for its work in maintaining footpaths in the area.

Saturday 28 March 2009 may seem a long way off right now, but please keep this date free, if you can, so that we can have as many members as possible helping out on the day of next year's Trial. The more Coggers there are, the more enjoyable the experience will be for all. New helpers are especially welcome; there will be a wide range of tasks to be done so it should be possible to find something you will feel comfortable with and enjoy doing. Even if you are only able to help out for a few hours, this will be greatly appreciated. Lots more information on this in due course but, for now, please try to keep free Saturday 28 March 2009!

Viv B. will be the Volunteer Coordinator for next year's event so let Viv know if you are able to help out.



Ghost Tour at Cosmeston Medieval Village

On Tuesday January 13th COG will be visiting the Cosmeston Medieval Village which has a reputation for very spooky goings-on. The venue promises that a very enjoyable evening finishing with a final ghost story round a fire with a glass of wine. The cost for the tour is £10. The full amount has to be paid in full beforehand. Numbers are limited so secure your place asap by contacting Chris L., tel. 029 20238576 or email: chrislewis2007@fsmail.net

Other Motions Passed at the AGM:

1. To keep the membership subscription at the current level for 2008/09.
2. To distribute the profit from the South Wales Three Peaks Trial as follows:
½ to Longtown Mountain Rescue Team; ¼ to Elenydd Wilderness Hostels Trust; ¼ to Cardiff Outdoor Group.
3. To deplore the new YHA policy of packing duvet covers, pillow cases and sheets in individual sealed plastic bags as environmentally unsound.
4. With the world facing a climate crisis a further motion was put forward by Steve B. and seconded by Chris L. that for a ½ of weekend walks COG members are requested to use public transport to get to the start point. This was modi-

Petrol Prices

At the recent COG AGM a motion was passed "to increase the guideline cost per mile for car use from 20p/mile to **24p/mile** to take effect from when you receive this Newsletter.

Time to breathe in and see how many COG members can we get in a car—send a photo to The View if you get more than 8!



Llanddeusant Working Party

January sees our annual working party at our adopted youth hostel, Llanddeusant in the western Brecon Beacons.

Although we have been supporting the fledgling Elenydd hostels since they separated from the YHA both with donations and our time, we have not forgotten the Llanddeusant is our hostel and we have been supporting it for many years.

Next year's working party is on the weekend of 23rd to 25th January. If you haven't been on one before, they are usually a lot of fun. After arriving on Friday evening, sometimes we go to the pub a mile away. Saturday sees a day of work - mostly painting and cleaning followed by a communal meal by a roaring log fire while the wind is whistling outside. On Sunday we do a local walk - this time it will be a continuation of our Usk Valley odyssey, taking us a little further towards the sea.

Needless to say, accommodation is free since we're helping the hostel. If you'd like to come, please contact Julian on 2056 7013 or email info@cardiffoutdoorgroup.org.uk



New path - new opportunities

The opening of a temporary foot and cycle path between the Norwegian Church and the Cardiff end of the barrage has made possible a circular walk around the impounded lake of Cardiff Bay.

COG will be doing this walk on Sunday 11th January 2009 starting from the Norwegian Church at 1030. This seven mile round trip is very varied and will take in a number of points of interest, including a previously inaccessible part of the coastline by the docks, the barage, Penarth Marina, a stretch of woodland behind Penarth, a view point on Penarth Moors and Hamadrayad Park.

This walk is accessible from all parts of Cardiff by public transport: the Cardiff Bus Baycar runs from the city centre every 15 minutes on Sundays. A suitable service would be the 1014 from the bottom of St Mary Street - alight at the Assembly (Pierhead Street) a few minutes walk from the Norwegian Church. Three pounds buys an all day Cardiff Bus ticket, which will be good for your connecting services as well. Price correct at time of writing.

Julian Langston