



The Programme

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Committee: Chair Anne H 2048 6291
Secretary Steve B 2030 7272, Treasurer Jane O 2040 2571
Members Kate P 01446 792154, Gary W 2079 0513, Lyndon M 2075 6122
Chris L 2023 8576, Julian L 2056 7013, Enid L 2065 5253, Nigel F 01874 676402

June 2003

Sunday 1 Circular Cwmcarn Walk.

A hilly 5 mile walk starting from Cwmcarn Visitor Center. Packed lunch required. Meet Museum 10.00am.
Contact Bob N 2057 5229

Tuesday 3 Penarth Evening Walk

A stroll of approx 4 miles. Meet at the Oystercatcher Pub opposite Tesco at 7.30pm.
Contact Ian W 2048 6291

Sunday 8 Valeways Millennium Walk

Join Kevin for part two of this 60 mile walk. This time strolling from Peterstone Super Ely to Duffryn. Packed lunch required. Meet Museum 11.00am.
Contact Kevin 2076 2407

Tuesday 10 Vanoise National Park Talk **chapter**

Last year Steve B visited the Vanoise Alps and he's got slides to prove it! Upstairs room Chapter at 8pm.

13-15 Three Cliffs Bay Camping Weekend.

Come and enjoy this beautiful cliff top campsite, walk this lovely Gower peninsula as well as evenings at the Gower Folk Festival.
Contact Anne H 2048 6291

Tuesday 17 Summer BBQ

Celebrate Sian & Kevin's birthdays at Sian's in sunny Rhoose. Food provided at £2 per person-just bring your chosen tippie. Meet Museum at 7pm or Sian's at 7.45pm. Phone Sian to book your place. 01446 719697



21-22 Cheddar Adventure Weekend

Join Bristol Outdoor Group for a weekend of rock climbing, abseiling and walking with the Mendip Outdoor Pursuits instructors. It will be a Saturday morning start. A deposit of £35 will be required and a minimum of 8 people for the climbing. Contact Geoff Parsons 01225 774540



Sunday 22 Vale Walk.

Join Mike S on an 8 mile walk starting at the Museum 10am, packed lunch required. Contact Mike S 01446 730389



or

Blaenavon Walk

15 hilly miles around the Taj Mahal of the South Wales valleys. Packed lunch required. Meet Museum 9.30am. Contact Steve B 2030 7272



Tuesday 24 Evening Walk to Pen y Fan

It's one of the longest days of the year and a rare chance to climb this peak on a summer's evening! Meet at the Museum at 6.00pm or the Storey Arms at 7.00pm. We should be down before dark but bring a torch just in case.
Contact Grahame 2030 8145



Saturday 28 Gower Gallop.

A choice of 35, 30, 19 or 12 miles around Britain's first designated area of Outstanding Natural Beauty. This excellent challenge walk covers forest, moorland, hills and beaches, something for everyone!
Contact Jane O 2040 2571



Sunday 29 Black Mountains Walk

12-15 miles. Meeting at the Museum at 9.00am. Packed lunch required. Contact Gary 2079 0513



or

Toddler Walk across Cardiff Bay Barrage.

A chance to exercise the Cog nippers! Views of boats and sea birds will hopefully help to entertain! Afterwards at the Oystercatcher family pub up the road from the barrage. Meet Museum 10.30 or barrage 11.00am
Contact Chris and Sarah 2023 8576



Visit <http://www.bigfoot.com/~c.o.g> or email c.o.g@bigfoot.com

Weather wear.

It's your responsibility to have suitable clothing and footwear

Fancy arranging any events? Your ideas are very welcome please contact Anne (weekends) or Kate (Tuesdays).

If you would like to bring children or dogs, please check first with the event organiser.

New members welcome

The grade key below refers to the terrain, not the distance, which is shown separately for each event.

Easy

Strenuous

Moderate

Very strenuous