



# The Programme

President: Peter K:  
Vice Presidents Roy C, Brian D, Ruth T, Kevin H



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

## August 2003

### Sunday 3 Cycle Ride

An approx. 30 mile cycle ride in the Vale of Glamorgan commencing at the Museum at 10:00am. There will be a pub stop although packed lunches should be brought.  
Contact: Wayne M. 2059 1794



### Tuesday 5 Beach BBQ and Evening SWIM in the SEA (the latter is optional – for the hardy souls of COG!).

Ring Kevin to book your sausages/veggie burgers. Meet at the Museum at 6.30pm or Southerndown beach car park at 7.30pm. Later at the Pelican pub, Ogmere-by-sea (opposite Ogmere Castle and the stepping stones).  
Contact Kevin H. 2076 2407



### 8-10 Backpacking in the Elan Valley

Enjoy the hills and woods of Mid Wales' Water Wonderland, averaging 11 miles for each of the two days. Saturday night will be a wild camp.  
Contact - Steve B. 2030 7272



### Tuesday 12 Malaga talk.

Earlier this year a **chapter** group from COG escaped to the warm sunshine of Malaga for a COG holiday. This is your opportunity to hear what they got up to and Bob H will be showing his slides. Upstairs room at Chapter at 8pm

### Sunday 17 Chew Valley Walk.

12-14 miles in this attractive rolling countryside south of Bristol. Museum 9 am. Packed lunch required.  
Contact Andy C. 2076 4987



or

### Toddler Walk along the Ridgeway

A 5 mile walk in North Cardiff including a pub stop but bring a packed lunch. Meet Museum at 10.30am  
Contact Jane S & John D 2075 9980



### Tuesday 19 Evening Walk in the Llantwit Major Area.

A walk from the historic town of Llantwit Major, including a short section on the Glamorgan Heritage Coast. Later at the Old Swan pub,



town square, Llantwit Major. Meet at the Museum at 6.30 pm or in the car park behind the old town hall, Llantwit, at 7.15 pm.  
Contact Kate P. 01446 792154.

### 22-25 August Bank Holiday

Bank Holiday trip to Manobier, Pembrokeshire. More sun, sea and sand we hope! Contact Anne H. and Ian W. 2048 6291



### Tuesday 26 Pub Evening.

Meet at the Old Cottage, Cherry Orchard Road, Thornhill, at 8pm Contact Sue C. 2074 7192



### Sunday 31 Brecon Beacons Walk

A 14 mile walk in the Fan Nedd Sarn Helen area of the Beacons. Packed lunch required. Meet at the Museum at 9am  
Contact Malcolm J. 2038 7243



Visit <http://www.bigfoot.com/~c.o.g> or email [c.o.g@bigfoot.com](mailto:c.o.g@bigfoot.com)

Chapter in Canton is our Tuesday night venue. Why not join us in the bar after the meeting?

### Weather wear.

**It's your responsibility to have suitable clothing and footwear**

Roy C is organising regular climbing events. If you're interested phone 01443 710828



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

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

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

The group has maps and equipment available for the use of members.  
Contact Malcolm 2038 7243

**New members welcome**

Easy

Strenuous

Moderate

Very strenuous