



The Programme

President: Peter K
Vice Presidents: Brian D, Bob H, Kevin H, Lyndon M, Ruth T
Committee:
Chair: Anne H 20486291, **Secretary:** Bob N 20575229,
Treasurer: Jane O 20402571, **Members:** Andy C 20764987,
 Chris L 20238576, Colette L 20492054, Julian L 20567013,
 Kate P 01446 792154, Steve B 07812 586949



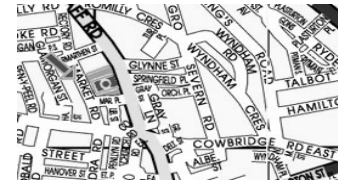
chapter is our Tuesday night venue. Why not join us in the bar after the meeting.



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

New Members Welcome

May 2004



How to find **chapter**

Friday April 30 - Monday May 3 Snowdonia Bank Holiday Weekend
 Three nights in total, including two days' fairly tough slackpacking between Llanberis and Pen-y-Pass via the Glyders & Snowdon.
 Contact Sue C 20747192



Tuesday 4 Panama talk
 Much-travelled Nigel Bolter from NOG shows us slides of the rainforest, Panama City, wildlife, native San Blas Indians on a remote island and, of course, the canal.
 Contact Colette L 20492054

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Saturday 8 Ultimate Valleys Walk Part 2 - Hengod to Ton Pentre
 The odyssey continues, calling at Mynydd Eglwysilan, Llanfabon Inn, Ynysybwl valley, Ferndale and Cefn y Rhondda. 17-ish miles of quality walking. Packed lunch required.
 Contact Steve B 20307272



Sunday 9 North Rhondda Walk
 An 8mile Valleys walk at a more leisurely pace in the dramatic hills around Treorchy. Spectacular views as you masticate your packed lunch.
 Meet at Museum 10am
 Contact Gill S 20757663



Tuesday 11 Caerau to Leckwith woods walk
 Explore this hidden area of woodland and discover more about a part of Cardiff that you pass through on your way along the A4232. Meet museum 6.30pm or car park of the supermarket that occupies the former Ely Hospital site 6.45pm.
 Drinks later at the Greendown, the Drope.
 Contact Sian D 01446 719697



Saturday 15 - Sunday 23 Scottish Highlands Holiday
 COG's finest (?) are off for a week of walking, whisky and kilts (but there'll be no tossing of cabers).
 Contact Steve B 20307272



Sunday 16 Ewenny Priory Walk
 Our leader (himself rather medieval) takes us on a walk in the Vale of Glamorgan, which includes a visit to this former monastic site.
 Meet at Museum 10am
 Contact Bob H 20756203



Tuesday 18 Pub evening
 A sophisticated city centre gathering at Henry's bar, Park Place. From 8pm.
 Contact Chris or Sarah L 20238576



Sunday 23 Sugar Loaf Walk
 If you haven't done the 3 Peaks, here's your chance to do one of the best. An 8mile valley and hill walk from near Crickhowell to the summit of SugarLoaf, returning via Llanbedr and its ancient Hostelry. Bring Packed Lunch. Meet Museum 10am.
 Contact Brian D 20494645



Tuesday 25 Lisvane walk
 A 3mile stroll through leafy Lisvane, with a drink afterwards at the Ty Mawr Arms. Meet Ty Mawr Arms 7pm.
 Contact Lyndon M 20756122



Friday 28 - Monday 31 Camping on Gower
 Sun, sand, the waves breaking along the shore - another opportunity to view Lawrence's knees? Surely the ideal way to relax over the Bank Holiday. For further details contact Lawrence T 20733012



Visit <http://www.cardiffoutdoorgroup.org.uk> or email info@cardiffoutdoorgroup.org.uk

Fancy arranging any events? Your ideas are very welcome; please contact Steve (weekends) or Colette (Tuesdays).

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

Weather Wear.
It is your responsibility to have suitable clothing & footwear

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

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

