



The Programme

President: Peter K
Vice Presidents: Brian D, Bob H, Kevin H, Lyndon M, Ruth T
Committee:
Chair: Clive C 20902164, **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, Jane S



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

New Members Welcome

January 2005



How to find **chapter**

Tuesday 4 Mine rescue talk

Barry Hall, the former Superintendent of South Wales Mine Rescue gives us an illustrated talk on the 98-year history of mine rescue in South Wales, where a number of dramatic & extraordinary events have occurred. Chapter 8pm. Contact Colette L 20492054

Sunday 9 Llanthony Valley Walk

8-ish miles in the hills around the fabulous Vale of Ewyas from the ruins of Llanthony Priory. Top-notch views of the airy Black Mountains & that strange, disturbing land over the border. Museum 9.30am. Organiser Julie S-R

Tuesday 11 Friends of Nant Fawr

Isabel Good of the Friends of Nant Fawr Community Woodlands conservation group shows us a video of this two-mile 'wildlife corridor' leading from the top of Roath Park out to open countryside. Chapter 8pm. Contact Colette L 20492054

Sat 15 -Sun 16 Walk Leader Training

To show that we care, walk leader training has been booked for two days from Crickhowell for regular & prospective leaders. Saturday night at Brecon YH or B&B. There's a £20.00 cost to individuals for the training. If interested contact Steve B asap on 20307272 or 07812586949.

chapter

Tuesday 18 Walk leaders' evening

Would you like to lead your fellow COGs on a walk, but don't quite have the confidence? This is the session for you, as some of our most illustrious walk leaders talk you through risk assessments, & share other valuable tips & guidelines. Chapter 8pm. Contact Julian L 20567013

Saturday 22 Tramps' dinner!

A logistical *tour de force* masterminded by our very own Kevin. Enjoy each course of this unique meal with various companions in different homes. Names in advance to Kevin H 20762407



chapter

Sunday 23 Wye Valley Walk

A circular walk of 8 miles from Monmouth to Newland on its hill above the Wye Valley. Bring packed lunch though a pub stop at Newland's quality hostelry is anticipated. Museum 10am. Contact Brian D 20494645



Tuesday 25 Which cuisine?

Not so much a quiz, more of a grilling (ahem). How sophisticated are the COG palates? Find out as we answer questions on matters culinary & epicurean, including 'blind' tastings! Chapter 8pm. Contact Colette L 20492054

chapter

Fri 28 - Sun 30

Llanddeusant YH Working Party

Jo, the Warden needs YOU to clean, paint &, yes, STRIP (the walls). The fun we have! Beside the tea breaks there are the temptations of a walk on Sunday & a communal meal & beer tasting (for scientific purposes) on Saturday night.... Contact Steve B 20307272 or 07812586949



Further ahead & further afield....

Trip to Prague.

Visit one of Europe's most attractive cities, taking advantage of cheap flights (about £60.00) from Cardiff. This will be a long weekend, probably in March, with further details to be determined later. If interested contact Julian L 20567013



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

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

The group has maps & equipment available for the use of members. Contact Malcolm 20387243

Weather Wear.

It is your responsibility to have suitable clothing & footwear

If you would like to bring 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.

