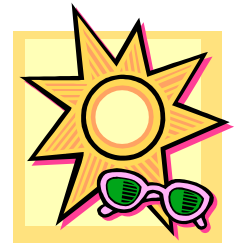




Cardiff Outdoor Group



July 2007

New Members always welcome

President

Bob Hall

Committee

Chair

Clive 029 20902164

Secretary:

Catherine H 029 20624416

Membership

Lyndon M 029 20756122

Programme organisers

Tuesdays

Bob N 029 20575229

Weekends

Rhona 029 20860181

Katherine T 029 20881572

Chapter (Market Rd, Canton) is our Tuesday night venue. Why not join us in the bar after the meeting.

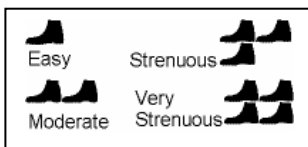
If you would like to bring children (under 17) or dogs, please check first with the event organiser

Fancy arranging any events? Your ideas are very welcome; please contact the programme organisers.

BPL = Bring a packed lunch.

Walk Grading

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



Sunday 1st - Three Peaks Trial 'Bronze Route' Preview



Sugar Loaf Walk - 10 miles from Abergavenny, along the Usk then up Sugar Loaf along the Mynydd Llanwenarth ridge to return to Abergavenny via the Deri ridge. Sugar Loaf is in Trail magazine's '100 list' of best mountains in Britain. BPL. Meet at the museum at 9.30am Contact Chris 029 2023 8576

Tuesday 3rd - Coryton Walk



An evening walking starting at the Hollybush in Coryton at 7pm. Come and visit the Glamorgan Canal Nature Reserve, Longwood SSSI as well as a stretch along the Taff Trail. Back to the Hollybush for refreshments after the walk. Public transport to Coryton is very good. Contact Enid on 029 2065 5253 for details.

Friday 6th/Saturday 7th July - Night Walk



A nocturnal delight of around 21 miles beginning in Abergavenny on Friday night, finishing there on Saturday morning. If you've ever wondered what the Bloreng, Llanelly Hill and Mynydd Llangynidr are like in the dark this is the walk for you (it should be light by the time we get up Sugar Loaf). Names in advance to Steve B Mobile 07812 586949. It should be obvious but bring torch and spare batteries.

Sunday 8th - Skyline Walking in the Brecon Beacons



Spectacular 6 1/2 mile walk above the wild and remote Caerfanell valley. Don't scoff at the distance since we will be also climbing around 1700 ft. Nevertheless we should see lots of waterfalls and the memorial to the crew of a crashed Wellington bomber. Bring a packed lunch and join me in a local pub at the end of the walk for a well earned drink Meet at the museum at 10am. Contact: Michael 029 2036 6760 (office)

Tuesday 10th - Gwent Walk



A short walk near Usk that includes Allt-y-bela, an ancient manor house built C 1599. Meet at the museum 6.30pm. Contact Ian R 01633 881447

Saturday 14th to Saturday 21st

Northumbria Trip - Fully booked

Sunday 15th - Small COG Walk

For details contact John & Rowena on 029 20915562



Sunday 15th July - Bryn Arw Walk



Not the best known hilltop in the Black mountains but offering glorious views of its better known neighbours: Sugar Loaf, Ysgyryd Fawr (Skirrid) and Bloreng. A chance to refuel at the Crown pub in Pantygelli at lunchtime before returning via the Deri ridge. 8 miles. Meet at the Museum at 10.00am. Contact Jane O 029 20402571

Tuesday 17th - Rowing on the Lake



Meet at Roath Park Boat house at 6.30pm and afterwards at the Discovery Inn. Contact Catherine H on 029 20624416 for details

Sunday 22nd - Llandegfedd Reservoir



A 7m walk around Llandegfedd Reservoir and the village of Llandegfedd. This takes in the Sor Brook Valley, woods and an old trade route. The reservoir supports a lot of sporting activity as well as abundant birdlife. BPL. Meet museum 10am Contact Bob N 02920575229 or Mobile 07780 701365

Tuesday 24th - Radyr Woods Walk



4 mille walk in Radyr woods and Glamorgan canal. A brisk two hour walk taking in the last remaining part of the Glamorgan canal. Meet at the museum at 6.25pm or Radyr station car park at 6.55pm. Later at the Tynant pub. Contact Lawrence 02920733012

Sunday 29th - Rhossili Walk



Going eastwards from Rhossili taking in Worms Head. Terrain- Moderate. 8 miles. Along the way we will come across craggy cliffs and hidden bays. Bring swimwear if you fancy a swim. At the finish we can head for the pub or café. BLP. Meet at the museum at 9.30am or the car park at Rhossili at 11am. Contact Sian on 01446 719697

Tuesday 31st - New Members Walk



Enjoy a short walk around Penarth, followed by drinks at the Chandlers Wine Bar on the esplanade. Find out about the groups activities. Meet at the museum at 6.30pm or opposite the RNLBI at 6.50pm, park just up the hill from the esplanade. Contact Katherine T on 029 20881572 for details.

Late July Flatholm Weekend - Contact Quentin 02920706806 if interested - date will be decided by those going on the event.