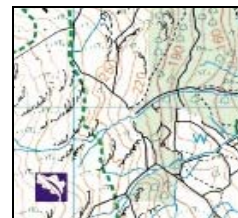


February 2008

Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Sunday 3 **Wye Valley walk from Tintern Abbey ●●** (7 miles). This scenic figure-of-eight walk takes in Brockweir and St Brivaels Common and follows part of Offa Dyke path. Possible Tea Shop at finish. **Meet Chapter 9.30 a.m. BPL.** Contact Brian D on
- Tuesday 5 **Chinese New Year meal.** Help see in the Chinese New Year and celebrate the Year of the Rat with a sumptuous meal at the **Happy Gathering Restaurant**, Cowbridge Road East, Canton. Names to Julian (by 29 January) on 029 2056 7013.
- Fri 8 – Sun 10 **Black Mountains Backpack ●●●●.** A local backpack for local people. Friday night we're at Llangattock, near Crickhowell, and Saturday night sees us at one of our fave backpacking sites, Llanthony Priory. Mileages will be around 12 and 14 miles each day. For further details contact Steve B on 07812 586949.
- Sunday 10 **Forest and Mynydd Walk ●●** (7 miles). A pleasant walk through the Warren & Wern Ddu Forest up onto the Rhymney Valley Ridgeway heading for a lunchtime stop by the Maenllwyd Inn and returning via Mynydd Rudry. Meet Chapter 10.00 a.m. or at Coed Parc-y-Van car park at the end of Van Road, Caerphilly at 10.30 p.m. BPL Contact Katherine on 029 20881572
- Tuesday 12 **Quiz night.** Come to Julian and Rhona's quiz. No particular theme, but it will contain an oblique look at something to do with COG and there will be silly things for you to do. An evening of fun. **Chapter 8.00 p.m.**
- Sunday 17 **Llanthony Walk ●●●** (9 miles). The walk explores the upper reaches of the Vale of Ewyas, and includes an ascent of Chwarel y Fan and a section of Offas Dyke. The final descent offers views of the beautiful and atmospheric Llanthony Abbey. Meet Chapter 9.00 a.m. BPL. Contact Juls on 07917020197.
- Tuesday 19 **Pancake night.** Details not available at time of going to press. Check website for details or call Bob N. on 029 2057 5229.
- Sunday 24 **Castell Coch and Garth Walk ●●●** (10 miles). Meet **Chapter 9.30 a.m.** or outside the **main entrance to Castell Coch at 10.00 a.m. BPL.** Contact Sian on 01446 719697.
- Tuesday 26 **Table tennis**, Llanishen Leisure Centre. Contact Lyndon for more details on 029 2075 6122.
- Thur 28 Feb – Mon 3 Mar **Winter break to Dublin.** Take advantage of cheap flights to explore Ireland's capital city. It is a very lively city with a young population. To secure your place, send a deposit of **£100** payable to Julian Langston to Julian at 4 Lloyd Avenue, Llandaff, Cardiff CF5 2BX to arrive no later than 20 December. This should cover the flight and act as a deposit for hotel bookings.

Forthcoming event: **Easter at Kettlewell YHA**, Thursday 20 – Monday 24 March. COG Easter weekend at Kettlewell, a pretty village in the Yorkshire Dales. A variety of walks are possible in this beautiful countryside. For further details and to book contact Sue C on 029 20747192



For more details, contact:

Sian (Chair) 01446 719 697
Vivien (Secretary) 029 2076 3810
Bob G. (Membership) 029 2020 4165

Fancy organizing a walk, a weekend, or an event? Please contact the programme organizers below. Your ideas are very welcome:

Weekends: Rhona 029 2086 0181
Tuesdays: Bob N. 029 2057 5229

Walk grading:

- easy
- moderate
- strenuous
- very strenuous

BPL = bring a packed lunch
TTA = taste the air

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

New members always welcome
www.cardiffoutdoorgroup.org.uk