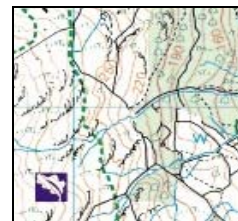


February 2009 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Sunday 1 **Caerphilly Mountain Walk ●●** (9 miles). Taking in ridges and woodland around Caerphilly Mountain, Tongwynlais and Rudry, including the Maen Llwyd pub, finishing at Old Cottage. Meet **9.45 a.m. Lisvane and Thornhill railway station car park. BPL.** Contact Tony R. on 029 2074 7743 or 07813 874 976.
- Tuesday 3 **The UK with a Taste Of Scotch.** Slide show in which Ian Reese recounts his recent travels in the UK and Scotland. **8.00 p.m. Chapter. Room TBC.**
- Sunday 8 **Bryn Arw Walk ●●** (8 miles). Not the best known hilltop in the Black Mountains but it offers glorious views of its better known neighbours: Sugar Loaf, Ysgyryd Fawr (Skirrid) and Blorenge. A chance to refuel at the Crown pub in Pantygelli at lunchtime before returning via the Deri Ridge. **Meet 9.30 a.m. Chapter. BPL.** Contact Jane O. on 029 2040 2571.
- Sunday 8 **Small COGs Walk.** Contact Wayne on 01633 894809.
- Tuesday 10 **Table Tennis.** Meet **8.30 p.m. Llanishen Leisure Centre.** A drink afterwards in the Ty Glas pub. Contact Lyndon on 029 2075 6122.
- Fri 13 – Sun 15 **Shropshire Hills Backpack ●●●.** The perennially popular February backpack this year visits the Area of Outstanding Natural Beauty around Church Stretton. Mileages will average around 12 miles both days and there should be a pub each night. Contact: Steve B. on 07812 586 949.
- Sunday 15 **Goldcliff and Newport Wetlands ●●** (6-8 miles). Through the RSPB Wetlands Nature Reserve and along the coastal footpath of the wetland levels. We will return via the surrounding countryside to enjoy a hot drink at the RSPB visitors' centre and cafe. Meet **10.00 a.m. Chapter** or **11.00 a.m. at the RSPB visitors' centre. BPL.** Contact Sian D. on 01446 719697.
- Tuesday 17 **Swiss Alps Talk** by Viv, on walking a stretch of the Haute Route to Zermatt. **8.00 p.m. Chapter Board Room.**
- Sunday 22 **Snowdrop Walk ●●** (6 miles approx). Circular walk from Skenfrith, visiting unusual Templar Church and with a pub stop for refreshment. Meet **10.00 a.m. Chapter. BPL.** Contact Brian on 029 2049 4645.
- Tuesday 24 **Pancake Night** at Julian's. Phone him for details on 029 2056 7013.

Forthcoming event: **Early Spring Bank Holiday, 1-3 May 2009, at Pantyrathro Independent Hostel, Llansteffan.** Walk in the footsteps of Dylan Thomas as we explore Laugharne and the beautiful Tywi estuary. For further details contact Sian on 01446 719 697.

For more details, contact:

Sian (Chair) 01446 719 697
Viv (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

Meeting point for Sunday walks:

Chapter main entrance, Market Road, Canton, Cardiff, CF5 1QE.

Walk grading:

- easy
- moderate
- strenuous
- very strenuous

BPL = bring a packed lunch.



Affiliated to

YHA

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