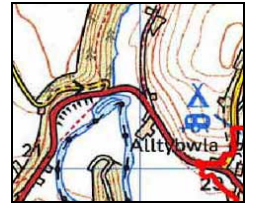


August 2009 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Sunday 2 **Wye Valley Walk** (●●● 20 miles). Leafy shade on a hot summer's day. It all begins in Monmouth then we call at Penallt, Redbrook, and head towards Symonds Yat before our return. The scenery is iconic, the pace not necessarily bionic, and the organizer Byronic. Contact Steve B on 07812 586949.
- Sunday 2 **Black Mountains Walk** (●● 7 miles) in the lonely Grwyne Fechan Valley past the ruins of the Hermitage. Meet at Chapter 10.00 a.m. BPL. Contact Rhona C on 07816 499 754.
- Tuesday 4 **Draethen and Ruperra Castle Walk** (● 3.5 miles). *New members welcome.* Meet at the Museum 6.30 p.m. Contact Bob 029 2057 5229.
- Sunday 9 **Llantwit Major to Nash Point** (●● 10 miles). A relatively relaxed walk along stunning coastal paths and through the Vale of Glamorgan's picturesque villages ending with refreshment at one of Llantwit Major's many historical hostelries. Meet at Chapter 10.00 a.m. or the station car park Llantwit Major, at 11.00 a.m. BPL. Contact Sian D on 01446 719 697 or email her on shannycelt@hotmail.com.
- Tuesday 11 **BBQ at Porthkerry Beach.** Meet at the Museum 6.30 p.m. To give us an idea of numbers please book with Kevin by 4 August. Contact Kevin 029 2076 2407.
- Fri 14 – Sun 16 **Tyn Cornel Weekend.** Fully booked
- Tuesday 18 **A walk in the Vale** (●) led by Sian. Meet Museum 6.30 p.m. Contact Sian on 01446 719 697 or email her on shannycelt@hotmail.com.
- Sunday 23 Walk led by our hippest member, Sue Cox. See website for details or contact Sue on 029 2074 7192.
- Tuesday 25 Event to be confirmed. See website for details.
- Sunday 30 **St Briavels and Hewelsfield Walk** (●● 8 miles), including a stretch of the Offa's Dyke path. Extensive views, fine medieval churches and St Briavels castle. Meet at Chapter at 10.00 a.m. Contact David M on 029 2076 5815.

Forthcoming Event

- ◆ Fri 25 – Sun 27 Sept **Ridgeway Weekend.** Staying in a bunkhouse at a CAMRA pub: white horses, stone circles, and quaint villages. Jane O. on 2040 2571 or janeormrod@ntlworld.com.

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

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

Meeting point for Sunday walks:

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

Meeting point for Tuesdays

(unless otherwise stated): steps outside National Museum of Wales.

Walk grading:

- easy
- moderate
- strenuous
- very strenuous

BPL = bring a packed lunch



New members always welcome
www.cardiffoutdoorgroup.org.uk