

March 2010

Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Friday 5th **Doug Scott talk, "Life and Hard Times" at the Crickhowell Walking Festival** – In a stunningly illustrated lecture, Doug Scott, who was one of the first two Brits to climb Everest in 1975, looks back at a lifetime of massive achievements including climbing the highest mountains on all seven continents. Tickets are £10. For transport and ticket details contact Chris Lewis on 029 20238576 or email chrislewis2007@fsmail.net.
- Sunday 7th **Pontsticill Walk ●** - A pleasant 6 mile walk through the woodlands around Pontsticill reservoir. BPL. Meet at Chapter at 10am or Red Cow PH, Pontsticill 10.45am. Please contact Katherine on 029 20881572 for details.
& **Small C.O.G's Walk ●** - Please contact Ceri on 029 20756801.
- Tuesday 9th **Photography Master Class** – An easy way to improve your outdoors photography, from one of our former COG member and professional photographer Nigel. He shares his secrets and gives us top tips on getting the best pictures. Chapter at 8pm.
- Saturday 13th & Sunday 14th **Back/slackpack - Abergavenny to Hereford along the Marches Way ●●●** - Around 15 miles a day of glorious Monmouthshire & Herefordshire scenery with Saturday night camping or in a B&B at Ewyas Harold. Trains at either end. Contact Steve B on 07812 586949 or email stevebees13@yahoo.co.uk. **(Via public transport)**
- Saturday 13th **Brecon Mountain Centre Walk ●●** -7- 8 miles with views of southern Britain's highest hills taking in Cwm Camlais and Cefn Llechid and then back for a coffee and cakes. BPL. Meet Chapter at 9.30am. Contact Jane O on 029 20402571.
- Wednesday 17th **Cardiff Scientific Society talk, "Txt Crimes, Sex Crimes and Murder."** This evening COG is going to a public lecture hosted by Cardiff Scientific Society about the "emerging science of forensic linguistics". The lecture is free, but tickets must be booked in advance on 029 20 573148. Reardon Smith Lecture Theatre starting at 7.30 pm - COG group will meet at the entrance and go in at 7.15pm. Drinks afterwards at the Central Bar, Windsor Place. Contact Julian on 029 20567013 or 07773 228290.
- Saturday 20th/Sunday 21st **Navigation Course** - A two-day navigation course with Kevin Walker of Mountain Activities, based in Crickhowell. Limited space left. Contact Viv on 029 20219226 or e-mail burfitt@cardiff.ac.uk
- Sunday 21st **Cwm Gleisiad Walk ●●●** - Visit a top nature reserve and glacial cirque, Fan Frynych, Fan Nedd and Fan Fawr on this 16 mile walk of hills and cliffs. BPL. Contact Mark B on 01291 671402.
- Tuesday 23rd **3 Peaks Briefing** - On Saturday 27 March is our big annual charity fundraiser. With upwards of 600 walkers taking part we need as much help from COG members as possible. If you haven't volunteered yet it's not too late! Tonight is a chance for new volunteers to find out what's involved and for seasoned regulars to hone procedures. Chapter at 8pm.
- Saturday 27th **Three Peaks Trial** - Your assistance is needed to help those hill-hungry hordes raising cash for local good causes. If you are able to help, please contact Sian on 01446 719697.
- Tuesday 30th **Llandaff Ghost Tour** - A guided Ghost walk of Llandaff's colourful, spooky past. Tickets cost £4. Numbers are limited. Closing date for payment is Tuesday 23rd March. Meet at the cross on the Cathedral Green, Llandaff at 8pm. Later in the recently reopened Maltsters on Cardiff Road (itself said to be heavily haunted) - Contact Julian on 029 2056013 or 07773 228290.

Forthcoming event



Late May Bank Holiday – 28 - 31 May. Weekend in the Surrey Hills, an area of outstanding natural beauty, staying at **Holmbury St Mary Youth Hostel**. Choice of trips to the North Downs or the nearby towns of Guildford and Dorking. More information is on the websites www.visitsurrey.com and www.surreyhills.org. Cost is £47.85 for 3 night's accommodation. Contact David M on 029 20765815 or 0773 6339013.

We are looking for ideas/volunteers for the August Bank Holiday weekend, please contact Steve on 07812 586949, if you would like to arrange this Bank Holiday weekend.

New members always welcome - www.cardiffoutdoorgroup.org.uk