

# August 2010

## Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Sunday 1<sup>st</sup> **Blaenavon Iron Trail • - 7 mile circular walk** A stroll that offers you the wonderful landscape of the Torfaen Valley and the Blaenavon region, that has attained the status of being a World Heritage Site. BPL. Meet at Chapter 9.30am. Contact Jon on 07866 769840 or e-mail [jongray1@skycom](mailto:jongray1@skycom) for more details.
- Wednesday 4<sup>th</sup> **Celebration Meal** - Come and help Bob celebrate his retirement with a meal at Bayleaf, Llandaff, Cardiff. Meet 7.30pm at the Butchers, Llandaff or 8pm at the restaurant. Contact Bob on 029 20575229 to book by the 27<sup>th</sup> July.
- Saturday 7<sup>th</sup> **Bridgend to Llantwit Coastal Walk ●●●** - Get the train to Bridgend then enjoy approx. 15 miles linear walk of beautiful scenery along the coast to Llantwit Major, experiencing cliffs, beaches and ice cream vans en route. BPL. Contact Tina T on 07940 586256 for details. **(Walk via public transport)**
- Sunday 8<sup>th</sup> **Usk Valley Walk ●●** - A 10 mile walk in the Usk valley. There are no long climbs and most of it is easy walking. The River Usk is a good salmon river and there is usually plenty of birdlife, including kingfishers. The views from the higher ground near Betts Newydd are lovely. BPL. There are 2 pubs on the route. Meet at Chapter at 10am. Contact Bob on 029 20575229 or 07780 701365  
**& Small C.O.G's walk** - Contact Jane and John on 029 20759980
- Tuesday 10<sup>th</sup> **Tongwynlais/Wenallt Walk ●** - 3 mile walk which includes Greenmeadow wood and the Wenallt. If you are coming by bus (no. 21 from the City Centre) let Sue know, so she can wait for you. Meet on Rhiwbina Hill, opposite the Welsh Water works and above the bridge over the motorway, at 6.30pm. Contact Sue on 029 20747192 or 07984904999.
- Sunday 15<sup>th</sup> **Three Peaks in Bite-Size Pieces (Part 2) 8 miles ●●●** - Come and experience the final section of the Three Peaks Challenge. We will walk from the Crown checkpoint in Panygelli over Skirrid Fawr and back to Abergavenny along the Beacons Way. BPL. There will be a charge for transport to get to the start. Meet at Chapter 9.30am. Contact Enid L on 07974 959415 or Sue C on 07984 904999.
- Thursday 19<sup>th</sup> **Wenvoe Wander ●** - A 3 mile (approx) gentle amble through the farmland on our doorstep. Meet 6pm at Museum or 6.30pm at Walston Castle, Wenvoe (next to Premier Inn). Contact Jane O on 02920 402571 for details.
- Saturday 21<sup>st</sup> **Keep Wales Tidy** - Cardiff Rivers Tidy group will be holding a general litter picking and tidy up session from 10.00 for 2hrs around Hailey Park. All safety equipment provided. If you feel like joining us please contact Jane Ormrod for further details on 029 20402571 or email [janeormrod@ntlworld.com](mailto:janeormrod@ntlworld.com), also see web-site [www.keepwalestidy.org](http://www.keepwalestidy.org) for other events.
- Sunday 22<sup>nd</sup> **Llanthony Valley Walk ●●●** We return to the beautiful Vale of Ewyas for a 12-15 mile walk encompassing the hills and ridges around Llanthony Priory. Spectacular scenery and close views of that foreign country, England. BPL. Contact Mark B on: 01291 671402
- Thursday 26<sup>th</sup> **Pont-y-Weryn Walk ●** 3 miles -. Our first walk over the new bridge at the mouth of the River Ely. We will be using this to walk right around Cardiff Bay. Meet 6.30pm at the Norwegian Church. Drinks at the Terra Nova after walk. Contact Julian on 029 20567013  
**Walk originally on for 29<sup>th</sup> June 2010** - Look out for e-mail for replacement walk.
- Friday 27<sup>th</sup> to Monday 30<sup>th</sup> **August BH YHA in Pembrokeshire** - We'll be staying in the Lawrenny Millennium Hostel on the beautiful Cleddau and Daugleddau estuaries. We're also not far from the sea with Bosherton and Pembroke within striking distance. I'll probably be leading a couple of medium length walks - around 8-10 miles (the linear route between Creswell Quay and Narberth looks a good option) on Sat/Sun plus a shorter one on the Monday. The cost is £42 per person for 3 night's accommodation. If interested please contact Jane O on 029 20402571 or [janeormrod@ntlworld.com](mailto:janeormrod@ntlworld.com).



**We are looking for ideas/volunteers for the weekends away in the autumn, New Year & Spring Next year, please contact Steve on 07812 586949, if you would like to arrange a weekend away.**

New members always welcome - [www.cardiffoutdoorgroup.org.uk](http://www.cardiffoutdoorgroup.org.uk)