

# September 2010 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Friday 3<sup>rd</sup> **Guided Bat Walk at St Fagans** National History Museum, 7.30 - 9.30pm. Tickets £2.50 and must be booked in advance. Contact Viv on 02920 219226 by 26<sup>th</sup> August or book direct on 029 20573466. Meet at the main entrance to St Fagans Museum at 7.30pm or at the museum, Cathays Park, at 7pm. Drinks afterwards at the Plymouth Arms.
- Saturday 4<sup>th</sup> **Mountain Walk ●●●** - A spectacular 15 mile circuit of the hills around Talybont Reservoir - Tor y Foel, Bryniau Gleison, Craig Pwllfa and Bryn. Walk starts in Talybont. BPL. Meet at Chapter 8.30am. Contact Chris on 029 20238576
- Wednesday 8<sup>th</sup> **Eastern Sea Wall Walk ●** - is a "there and back to see how far it is" walk. This is a much neglected oasis of maritime calm between Cardiff and Newport. There is usually a bracing breeze to blow away your urban cobwebs. Meet at 6.15 pm at the Museum or 6.45pm at the Six Bells pub at Peterstone. Contact Katherine on 029 20881572.
- Friday 10<sup>th</sup> to Sunday 12<sup>th</sup> **Elan Valley backpack ●●●** - This will be a joint backpack with Gwent Mountaineering Club in this quiet but dramatic corner of mid-Wales. We will walk around 12-14 miles on each day with a wild camp on the Saturday night. However, the chances of a visit en route to the café at the Elan Valley Visitor Centre are very high. Contact Steve B07812 586949
- Sunday 12<sup>th</sup> **Small COGS Walk** - Contact Wayne and Mary 01633 894809
- Tuesday 14<sup>th</sup> **Meal at the Bell Inn, Old Caerleon.** - Come along and enjoy a meal at a traditional Welsh hostelry, fabulous menu. Contact Katherine on 029 20881572 to book by 4<sup>th</sup> September and to arrange lifts. We may have to choose our meals, depending on numbers. See website for menu [www.thebellatcaerleon.co.uk](http://www.thebellatcaerleon.co.uk)
- Sunday 19<sup>th</sup> **Tintern, Devils Pulpit & Brockweir ●●** - 7 mile walk from Tintern Abbey taking in river meadows, old railway lines, beautiful mature deciduous woodlands, ridges & bridges with the celebrated Devils Pulpit view point, and a café stop for good measure. BPL. Meet at Chapter 10 am or at the Tintern Abbey overflow car park at 11am. Contact Phil Sz on 029 20471072
- Tuesday 21<sup>st</sup> **Folk Music Night** - Fernhill, with Julie Murphy, at St David's Hall, Level 3 Lounge at 8pm. Tickets £12 in advance or £13 on the day. Contact Jane by the 15<sup>th</sup> on 029 20402571.
- Saturday 25<sup>th</sup> **Taffs Well to Pontypool ●●●** - The final stage of the epic Ultimate Valleys Walk. Today we have 15 wonderful miles of woods, hills, a rural pub, Twmbarlwm hillfort, inspiring views and, of course, the Steve B guarantee of quality. BPL. Contact Steve on 07812 586949
- Sunday 26<sup>th</sup> **Llangattock Escarpment ●●** - A circular 8 mile walk from Crickhowell to the dramatic Llangattock Escarpment in the Brecon Beacons National Park. Good views and a return via the picturesque Brecon Canal and Llangattock village. BPL. Meet Chapter 9.30am or Crickhowell main car park (charge) at 10.30am. Contact Brian D on 029 20494645
- Tuesday 28<sup>th</sup> **Badminton Evening** - Join Phil at Sophia Gardens, starting at 7pm. Please contact Phil S in advance on 07778 317033 if you are thinking of going.



#### For more details, contact:

Jane (Chair) 029 20402571  
Rosie (Secretary) 029 20613967  
Bob G (Membership) 029 20204165

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

Weekends: Steve B 07812 586949  
Weeknights: Viv 029 20219226

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

In the autumn and winter, this is at Chapter Arts Centre, unless otherwise stated.

#### Walk grading:

- Easy
- moderate
- strenuous
- very strenuous

**BPL** = bring a packed lunch

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