



Cardiff Outdoor Group January 2019 Programme



Walking

Back-packing

Weekends away

Social evenings

Sunday 6th

Rudry Ridgeway Walk •• 5 miles A circular walk in the Rudry area. The walk includes some of the Rhymney Valley Ridgeway with plenty of wildlife and some great views of the Bristol Channel, Cardiff and if the weather's fine, you might see the English coastline. Lunch not necessary, as we should be finished by 2pm, but you may want to bring a snack. Leave Chapter at 9.30 am. **Contact Bob on 02920 575229 or 07780 701365 for details.**

Friday 11th

Drones Comedy Club at Chapter Clint Edwards brings you the best up and coming stand-up comedians from Cardiff and surrounding areas, who will be testing their material live at Chapter's Drones Comedy Club. Meeting at 8pm in the Bar at Chapter for pre-show drinks and making our way into the venue at about 8.40 to enjoy the show. (Drinks can be taken into Drones.) Entry fee £3.50 on the door. **For further information, contact Sian on 07788 581605 or just turn up.**

Sunday 13th

A Winter Warmer Walk – Graig Lisvane, Rudry & Caerphilly Mountain •• 8 miles Work off the Christmas and New Year excess and enjoy views over the Severn Estuary, across to Somerset and up the Rhymney Valley. This is a linear walk, starting at 9:30am from the Park & Ride car park at Lisvane and Thornhill Station and finishing with refreshments at the Malcolm Uphill Pub at Cardiff Rd, Caerphilly at 3pm approx. We will catch the train to return to the start, and timing details will be circulated as soon as the timetable becomes available. **For more information contact Tony on 07813 874976**

Family walk – 14 Locks, Newport • 4-6 miles A pleasant walk passing by Pensam Cottage and Mystery Lock. Meet at 14 Locks Visitor Centre cafe at 11am for 11:30 Start. **For more information contact Lawrence and Siyapat 07435 561663**

Tuesday 15th

Three Peaks Trial Volunteer Night Find out all about volunteering at COG's massive annual fundraising event, the Three Peaks Trial Challenge Walk. Refreshments will be provided free of charge. Meet at YHA, East Tyndall St, Cardiff CF10 4BB at 8.00pm. **Contact Chris L. for more info about the event on 02920 238576.**

Sunday 20th

Rhymney Ridgeway •• 9 miles Linear walk utilising public transport. Starting at Hengoed Railway Station and finishing at Lower Machen. There is the option of a bus back to Caerphilly or train to Cardiff. Those not wishing to use public transport can make arrangements to get between start and finish if preferred. BPL. **More details from Roger on 07812 586989**

Weds 23rd

Bar Night at Wetherspoons The Gatekeeper Meet from 7pm at The Gatekeeper, 9-10 Westgate St, Cardiff CF10 7DD. **Contact Bob on 07780 701365**

Tues 29th

Around the World with Cardiff restaurants She's taken us to Greece and she's taken us to Italy. What wonderful country will Judy take us to next? Keep a window free in your diary and more information on the next part of our food journey around the world will follow soon.



New members always welcome to come along.
See our website: www.cardiffoutdoorgroup.wordpress.com

Affiliated to

YHA