



Cardiff Outdoor Group March 2019 Programme



Walking

Back-packing

Weekends away

Social evenings

Friday 1st – Sun 3rd

St David's Pembrokeshire weekend – FULLY BOOKED

Sunday 10th

Tintern into Gloucestershire •• 7 miles Moderate walk from Tintern into Gloucestershire. Tea stop at end. Starting from Tintern Abbey car park at 10:30am. BPL. **Contact Helen on 07845 117189.**

Wednesday 13th

Chapter Bar Night Meet from 19:30 in the bar area. **Contact Bob on 02920 575229.**

Sunday 17th

St Patrick's Day walk in the Vale of Glamorgan – Three Churches and a Pub •• 8 miles This lovely walk takes us from Peterston-super-Ely and on in a figure of eight, firstly to the village of St Nicholas and then along Pendoylan Moors and across the Pont Llanbedr before exploring the National Trust's Lanlay Meadows, which has SSSI status. We then make our way back for a well-earned drink at one of Peterston's hostleries. BPL. Leaving Chapter at 09:30. Walk starting at 10am outside The Sportsman's Rest, Peterston-Super-Ely (please do not park in the pub car park.) **Contact Sian on 07788 581 605.**

Tuesday 19th

Three Peaks Trial Volunteer Briefing If you've volunteered for our massive annual fundraising event – the Three Peaks Trial Challenge Walk (see below) – then coming along to the briefing is a must. Meet at 8pm at Cardiff YHA, East Tyndall St. **Contact Chris L for more about the event on 029 2023 8576 or, to volunteer, email Sara Mallett at sara@lloydfm.com.**

Friday 22nd

A Night at the Proms with Cardiff Philharmonic Orchestra Join me at St David's Hall to experience the thrills of A Night at The Proms. Meet up at 7.10pm to take our seats for 7.30pm. Prices for tickets start at £7.00, but I am looking at tickets within the £10 to £12.00 range. I will need to book all tickets by Friday 8th May at the latest. **For more information and to book a space, contact Sian on 07788 581 605.**

Sunday 24th

Afan Valley walk •• 7.5 miles A peaceful trail in Afan Forest Park follows a figure of eight. The first loop is a must for Richard Burton fans, taking in some iconic landmarks linked to the actor. The second half runs through the forestry of the Afan Valley which is known as Little Switzerland due to its alpine appearance. Meet at Rhyslyn Car Park, Pontrhydyfen at 10:00 for 10:15 start. **Contact Josie for more details 07734 445 144.**

Thursday 28th

Meal at Miller & Carter with Katherine T Although Miller & Carter is known for its tasty steaks, the menu has other options for the non-meat eaters among us. Join Katherine at 7.30pm for a delicious meal at Miller & Carter, 9-11 The Hayes, central Cardiff. **Contact Katherine on 02920 881572, email katherinet248@gmail.com to book your place by 28 Feb.**

Saturday 30th

South Wales Three Peaks Trial COG's massive charity fundraiser made over £8,000 for outdoor related charities last year. To run this popular annual event which is now in its 56th year we need of a small army of volunteers on the day. For further information go to Cardiff Outdoor Group's website and click on Three Peaks Trial.



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