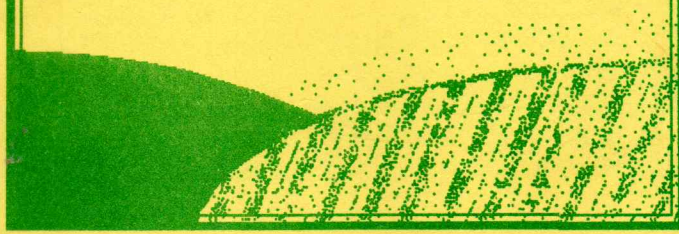
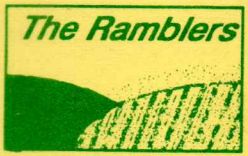
CARDIFF GROUP
PROGRAMME
MAY - NOV 1990

The Ramblers





RAMBLERS' ASSOCIATION

CYMDEITHAS Y CERDDWYR

CARDIFF GROUP

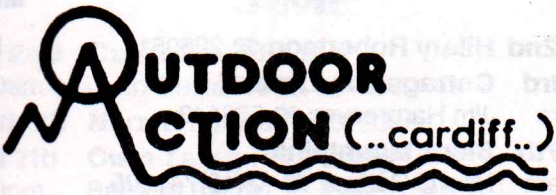
Committee Officials

- Anne Copeland..... Chairman ☎ Cardiff 515680
- John Sayle ..... Secretary ☎ (0443) 208331
- Norman Slater..... Treasurer ☎ Cardiff 512605
- Robert Smith..... Footpath Officer ☎ Cdf 882361 - Day
- Martin Palmer.....Rambles Officer ☎ Cardiff 811915
- Cathy Harris..... Social Secretary ☎ Cardiff 766301
- Jim Hargreaves.. Publicity Officer ☎ Cardiff 568143
- Ian Garman .. Publications Officer ☎ Cardiff 751100

Committee Members

- Derek Coles ..... ☎ Cardiff 627847
- Richard Garman ..... ☎ Cardiff 751100
- Valmai Hamilton..... ☎ Cardiff 624652
- Arthur James ..... ☎ Cardiff 561933
- Barbara Palmer..... ☎ (0446) 734686

GENERAL INFORMATION is provided on the back inside cover. Please check in the programme carefully for times and places, and contact the walk leader or Rambles Officer with any queries.



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MAY

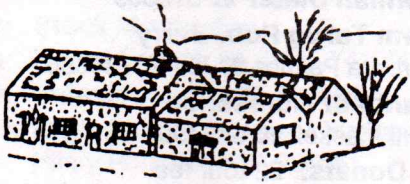
		Miles
Wed 2nd	**Hilary Robertson** ☎ 226051	M
Thu 3rd	**Cottage Inn, Lisvane**	E
7.30pm	Jim Hargreaves ☎ 568143	
Mon 7th	**Black Mountains**	8
10.00am	Naomi Gaffney ☎ (0446)741005	
Wed 9th	**John Hampton** ☎ 763039	M
Thu 10th	**High Corner House, Llanharan**	E
7.30pm	Hilary Robertson ☎ 226051	
Sat 12th	**Twmbarlwm Trek**	16,26
	Derek Coles ☎ 627847	
Sun 13th	**South Wales Area Ramble**	6,10,15
9.30am	See Programme Notes	
Wed 16th	**John Custance** ☎ 594398 Pub lunch	M
Thu 17th	**The Schooner, Cosmeston**	E
7.30pm	Midge Cooper ☎ 703585	
Sat 19th	**Wye Valley**	12
10.00am	Frank Kinsey ☎ 624351 **NDP**	
Sun 20th	**Pen y Fan Circular**	16
9.00am	Barbara Palmer ☎ (0446)734686	
Wed 23rd	**Fred Smith** ☎ (0446)732754	M
Thu 24th	**Plymouth Arms, St Fagans**	E
7.30pm	Jim Hargreaves ☎ 568143	
Fri 25th	**Shropshire Weekend Away**	-
Wed 30th	**Barbara Palmer** ☎ (0446)734686	M
Thu 31st	**Hollybush Inn, Draethen**	E
7.30pm	Robert Smith ☎ 882361 - Day	

JUNE

		Miles
Sat 2nd	**Carmarthen Fans**	20
9.00am	John Custance ☎ 594398	
Wed 6th	**Norman Slater** ☎ 512605	M
Thu 7th	**Cwm Talwg Pub, Barry**	E
7.30pm	Barbara Palmer ☎ (0446)734686	
Sat 9th	**Llanbedr Horseshoe**	17
9.00am	Cyril Maskell ☎ 512499	
Sun 10th	**St Donats:** £2 tour fee	Easy 5
10.30am	Norman Slater ☎ 512605	
Wed 13th	**Frank Kinsey** ☎ 624351 NDP	M
Thu 14th	**Travellers' Rest, Thornhill**	E
7.30pm	John Sayle ☎ (0443)208331	
Sat 16th	**'Twixt Eppynt and Wye**	16
9.00am	Robert Smith ☎ 882361 - Day	
Sun 17th	**Trefil - Llangynidr**	11
9.30am	Trish Jones ☎ 485182	
Wed 20th	**Sheila Sheppard** ☎ 709191	M
Thu 21st	**Ffwrrwm Ishta, Machen**	E
7.30pm	Anne Copeland ☎ 515680	
Sun 24th	**Family Rambling Day**	Easy 4
1.30pm	See Programme Notes	
Wed 27th	**David Ingram** ☎ 811285	M
Thu 28th	**Suburban Stroll - Llandaff Tech**	E
7.30pm	Jim Hargreaves ☎ 568143	
Sat 30th	**Cefn-coed - Craig-y-nos**	18
8.00am	Richard Garman ☎ 751100 Bus return	

CEFN YR ERW

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JULY

		Miles
Sun 1st	**Ystradfellte Waterfalls**	12
9.00am	Rob Bradshaw ☎ 515206	
Wed 4th	**Jack Parry** ☎ 496939	M
Thu 5th	**Llandaff Cathedral Green**	E
7.30pm	Johanna Bardwell ☎ 553494	
Sat 7th	**Brecon Beacons**	14
9.30am	Geoff Elliott ☎ 763021	
Sun 8th	**Treasure Hunt** - SPN	-
Wed 11th	**Hilary Robertson** ☎ 226051	M
	Stay out for evening bar meal	
Thu 12th	**Wenvoe Hotel**	E
7.30pm	Fred Smith ☎ (0446)732754	
Sat 14th	**Ystradfellte Reservoir**	10
9.00am	John Custance ☎ 594398	
Sat 14th	**Meet at: Rudry Inn**	Easy 6
1.30pm	Jim Hargreaves ☎ 568143	
Sun 15th	**Mynydd Llangorse - Mynydd Troed**	12
9.30am	Anne Copeland ☎ 515680	
	Joint walk with Merthyr Group	
Wed 18th	**John Custance** ☎ 594398	M
Thu 19th	**Maenllwyd Inn, Rudry**	E
7.30pm	Norman Slater ☎ 512605	
Sun 22nd	**Beach Clean & Barbecue** - SPN ←	-
Wed 25th	**Geoff Elliott** ☎ 763021	M
Thu 26th	**Black Cock**	E
7.30pm	Frank Kinsey ☎ 624351 NDP	
Sun 29th	**Allt Forgan - Taf Fechan Reservoir**	12
9.30am	Arthur James ☎ 561933	

BLACKWELL



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ABBREVIATIONS USED

- **M - MIDWEEK WALKS** These popular walks are billed without a venue, distance or time; allowing the leader flexibility. They all start from the **Asda car park, Coryton** at **9.30am** on **Wednesdays.** Contact the named leader for more information.
- **E - EVENING WALKS** These short, 3 to 5 mile long walks all start at **7.30pm** on **Thursdays** from local pubs. **Meet at the designated venue.** Again, contact the named leader for more information.
- **SPN - SEE PROGRAMME NOTES** Where space is limited, events which are expanded upon in the centrefold, are denoted as SPN. Most events other than normal walks are listed in the Programme Notes with more information and a contact telephone number.
- **NDP - NO DOGS PLEASE** Whilst there is no rule against dogs on walks, some leaders prefer them not to attend. The abbreviation NDP denotes this in the month listings.

If you have any suggestions as to how this programme could be improved, please contact the Publications Officer, Ian Garman ☎ 751100.
We cannot act if you do not tell us!
The deadline for the next programme and WalkTalk is Friday, October 12th.

Unless otherwise stated, contact Cathy Harris ☎ 766301

PROGRAM

- **SOUTH WALES AREA RAMBLE - Sunday May 13th, 9.30am (Sherman).** This year hosted by the Cynon Valley Group. Syd Jones ☎ (0685) 881320. Venue: Dare Valley Country Park Centre, GR 982027.
- **FAMILY RAMBLING DAY - Sunday June 24th, 1.30pm.** Meet at Cosmeston Park for a walk in the area, ideal for all the family including buggies! Walk to be followed by BBQ, kiddies' activities and a quiz. More information on ☎ 624652 or ☎ (0446) 734686
- **TREASURE HUNT - Sunday July 8th, 2.00pm.** This year's clues are courtesy of John Sayle ☎ (0443) 208331. Meet at the Sherman Theatre for a local venue. Tickets required as a buffet will be provided.
- **BEACH CLEAN & BBQ - Sunday July 22nd, 10.30am.** Come clean the beach at Trwyn Y Witch - with boats, Land Rovers and big black bags! Meet at the Sherman. Treat yourselves afterwards to delicious beach-cleaners' Barbecue. Tickets please.
- **CASTLE MARTIN RANGE - Sunday August 19th.** A walk over a restricted access site led by the warden. The walk takes in geologically interesting landforms. A bus will be arranged. Martin Palmer ☎ 811915.
- **FLATHOLM TRIP - August.** Exact date and time to be announced. Sail in the Flat Holm Project's new boat and spend several hours exploring the island. More information: ☎ 627847 or ☎ 766301.

ME NOTES

Unless otherwise stated, contact
Cathy Harris ☎ 766301

- **LEADERS' EVENING - Friday September 28th, 7.30pm.** Enjoy well catered buffet and a glass of wine as you book your walks in next season's programme. Contact John Sayle ☎ (0443) 208331.
- **ACCESS DAY - Sunday September 30th, 10.00am.** Join with the whole South Wales Area in highlighting threats to public access in the Brecon Beacons National Park and Cnewr Estates. More information from Norman Slater ☎ 512605.
- **COMPASS CHALLENGE - Sunday October 14th.** Bring a compass with you if you have one to take part in this informal competition. This is not a navigation exercise - just a fun event. Contact Ian Garman ☎ 751100 for more details.
- **CARDIFF GROUP AGM - Thursday October 25th, 7.30pm.** At the National Sports Centre, Sophia Gardens, Cardiff. A chance for you to air views and find out future plans. John Sayle ☎ (0443) 208331.
- **HEADWATER HOLIDAYS SLIDE SHOW - Friday November 23rd, 7.30pm.** To be held at Intervol. "Walking Holidays in France" - buffet will be provided.
- **SOUTH WALES AREA AGM - Saturday November 17th, 9.30am.** Venue: Goytre Village Hall, near Abergavenny. A walk precedes the AGM. Meet at the Sherman or at venue, 10.30am. ☎ 512605.

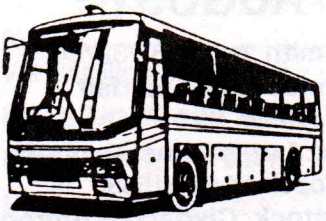
TRIPS AWAY

- **25th - 28th May: Shropshire Hills**
  We stay at the Belvedere Guest House, Church Stretton, for 3 nights. The cost is £18.90 per night for Dinner and B & B (Based on party rate for 10). Hill walks proposed include The Long Mynd, Stiperstones, Caer Caradog and The Lawley. Enquiries soon to **Arthur James** ☎ 561933.

- **7th - 9th September: North Wales**
  A weekend in the Conwy Valley area of Snowdonia is planned for the above dates (Friday to Sunday). Based in Trefriw, it is hoped to include walks up Moel Siabod, the Conwy Valley and the Carneddau range around Llyn Crafnant / Llyn Geirionydd. Cost: approx. £20 per day.
  More information can be obtained by contacting **Barbara Palmer** ☎ (0446) 734686.

- **9th - 11th November: Abercraf - Cefn yr Erw**
  B & B plus evening meal for £20 per night, based on twin rooms with en suite accommodation.
  Enquiries and £5 deposits to **Anne Copeland** ☎ 515680 as soon as possible, please.

The number of places on any trip
will always be limited.
Please book well in advance with
deposit payment.



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AUGUST

		Miles
Wed 1st	**Fred Smith** ☎ (0446)732754	M
Thu 2nd	**Butcher's Arms, Llandaff**	E
7.30pm	Robert Jewels	
Sat 4th	**Meet at: Lewis Arms, Pentyrch**	Easy 5
1.30pm	Anne Copeland ☎ 515680	
Sun 5th	**Llangattock, Clydach & Blorenge**	16
9.00am	Norman Slater ☎ 512605 £1.50 bus fare	
Wed 8th	**Derek Smith** ☎ 512626	M
Thu 9th	**Cosmeston Park**	E
7.30pm	Fred Smith ☎ (0446)732754	
Sun 12th	**Fan Fawr & Craig Cerrig-glaesiad**	15
9.00am	Barbara Palmer ☎ (0446)734686	
Wed 15th	**Ron Churchill** ☎ 564720	M
Thu 16th	**Cefn Onn**	E
7.30pm	John Sayle ☎ (0443)208331	
Sat 18th	**Black Mountains**	14
9.30am	Geoff Elliott ☎ 763021	
Sun 19th	**Castle Martin Range West, Tenby**	Easy 6
	Martin Palmer ☎ 811915 SPN	
Wed 22nd	**Pauline Mackenzie** ☎ 485990	M
Thu 23rd	**King's Arms, Pentyrch**	E
7.30pm	Sue Howells ☎ 890508	
Sun 26th	**Wye Valley**	11
9.00am	Daphne Little ☎ (0443)207689	
Wed 29th	**Ken Ellis** ☎ 561577	M
Thu 30th	**Maenllwyd Inn, Rudry**	E
7.30pm	Frank Kinsey ☎ 624351 NDP	

SEPTEMBER

		Miles
Sun 2nd	**Kymin**	14
9.00am	Val Hamilton ☎ 624652	
Wed 5th	**Kevin Littlewood** ☎ 492773	M
Fri 7th	**North Wales Weekend Away**	-
Sat 8th	**Undecided**	14
9.00am	Martin Palmer ☎ 811915	
Sun 9th	**Pant yr Eos**	7
10.00am	Jim Hargreaves ☎ 568143	
Wed 12th	**Cyril Maskell** ☎ 512499	M
Sat 15th	**Llantwit Major - Aberthaw**	Easy 10
9.00am	John Custance ☎ 594398	
Sun 16th	**Llanthony**	14
9.30am	John Sayle ☎ (0443)208331	
Wed 19th	**Pauline Mackenzie** ☎ 485990	M
Sat 22nd	**Fan Frynych & Fan Nedd**	15
9.00am	Richard Salt ☎ 711053	
Sun 23rd	**Tor y Foel & Brecon Canal**	8
10.00am	Norman Slater ☎ 512605	
Wed 26th	**Jack Parry** ☎ 496939	M
Fri 28th	**Leaders' Evening**	-
7.30pm	See Programme Notes	
Sun 30th	**Access Day / Cymru Gudd**	-
10.00am	See Programme Notes	

OCTOBER

		Miles
Wed 3rd	**David Ingram** ☎ 811285	M
Sat 6th 9.00am	**Forest of Dean** Robert Smith ☎ 882361 - Day	12
Sun 7th 9.30am	**Cynon Valley** Arthur James ☎ 561933	11
Wed 10th	**John Custance** ☎ 594398	M
Sat 13th 1.30pm	**Meet at: Margam Abbey Stones Museum car park** Barbara Palmer ☎ (0446)734686	Easy 5
Sun 14th	**Compass Challenge** See Programme Notes	Easy
Wed 17th	**Frank Kinsey** ☎ 624351 NDP	M
Sat 20th 9.00am	**Gareg Las & Careg-lwyd** Rob Bradshaw ☎ 515206	10
Sun 21st 10.00am	**Merthyr: Pont Sarn etc** Frank Kinsey ☎ 624351 NDP	12
Wed 24th	**Ian Garman** ☎ 751100	M
Thu 25th 7.30pm	**Cardiff Group AGM** See Programme Notes	-
Sat 27th 10.00am	**Chartist Cave** John Custance ☎ 594398	Easy 8
Sun 28th 9.30am	**Twmbarlwm Ridge** Cathy Harris ☎ 766301	10
Wed 31st	**Derek Smith** ☎ 512626	M

NOVEMBER

		Miles
Sat 3rd	**Undecided**	12
9.30am	David Ingram ☎ 811285	
Sun 4th	**Meet at: Dinas Powys**	Easy 5
2.00pm	Rob Bradshaw ☎ 515206	
Wed 7th	**Ray Lacey** ☎ 620643	M
Fri 9th	**Swansea Valley Weekend Away**	-
Sat 10th	**Afan Argoed area**	7
9.30am	Naomi Gaffney ☎ (0446)741005	
Wed 14th	**Kevin Littlewood** ☎ 492773	M
Sat 17th	**South Wales Area AGM:**	4
9.30am	**Abergavenny**	
	See Programme Notes	
Wed 21st	**Cyril Maskell** ☎ 512499	M
Fri 23rd	**Slide Show**	-
7.30pm	See Programme Notes	
Sun 25th	**Llangattock**	Easy 9
10.00am	Anne Copeland ☎ 515680	
Wed 28th	**John Hampton** ☎ 763039	M

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- Regional newsletter
- Use of the RA's Ordnance Survey map library

Joining is not compulsory before going on walks, but please do support our organisation if you continue to take part in our programme.

Help make the countryside a place for everyone to enjoy.

Contact: Cathy Harris

☎ (0222) 766301

GENERAL INFORMATION

- **MEETING POINTS** - **Weekends:** Sherman Theatre, Senghenydd Road, Cardiff. Check for variations.
  Midweeks: Asda car park, Coryton.
  Thursdays: Meet at listed start point.
- **REFRESHMENTS** - Bring enough food and drink for coffee, lunch and tea breaks on day walks.
- **TRANSPORT** - Costs are minimised by using the least number of cars to reach the start of a walk. The recommended payment to the driver is at least 3p per mile per passenger.
- **DOGS** - Are allowed only by prior agreement with the leader. When allowed, they must be under close control and on a lead through farmyards and fields containing animals. NDP = No Dogs Please.
- **LEADING WALKS** - The Rambles Officer has local Ordnance Survey maps for leaders' use. Please inform the Rambles Officer of numbers and any new members who attend your walk.
- **SOCIAL EVENTS** - More information about social events is given in the Programme Notes. Many such events are ticket only. Please Contact the Social Secretary or named contact with queries or to book.
- **FOOTPATH PROBLEMS** - Should be reported to the Footpath Officer with full details and a grid reference. A special form is available.
- **LARGE GROUPS** - For reasons of safety and enjoyment, large attendance at any walk may result in changes to the published programme.

THE RAMBLERS PROTECT THE COUNTRYSIDE

The Ramblers.....

- protect our public footpaths by helping to clear and waymark them, opposing path closures, reporting obstructions and, if necessary, taking legal action.
- fight for more access to open country - to moorland, mountains, commons, cliffs and shorelines.
- campaign for the conservation of our countryside and its wildlife.
- oppose developments which would disfigure the landscape.
- campaign for access on foot to areas of the countryside from which the public is unreasonably excluded.
- help townspeople to understand and respect the life of the countryside.
- encourage people of all ages to take up walking.
- provide programmes of walks throughout the country.

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