

## Weekend Events

### Sat 15<sup>th</sup> Nov Whitford Point Lighthouse

A low tide walk out along Berges Island, on to the historic cast iron lighthouse, and back along the beach. Distance 6 miles, grading easy but some rock scrambling. Meet 9.30am, St Helen's beach car park, Oystermouth Road.  
Contact Sue 296219

### Sat 29<sup>th</sup> Nov Xmas Evening

Contact Janet for details 203382

### Sat 13<sup>th</sup> Dec Melincourt waterfall

We will explore part of the Neath valley including Melincourt waterfall and Ffynon Oer windfarm. Distance 8/10 miles, grading moderate  
Contact Gary 07974574181

### Sat 3<sup>rd</sup> Jan New Year Warmer

Walk round the back of Rhossili Down to the Kings Head, Llangennith, for a pit stop for pub grub & grog! Before making our way back across the top of the Down, taking in the breathtaking views!  
Distance 6 miles, grading moderate  
Meet 11.10am Rhossili Car park (118 bus -leaves Swansea City Centre@ 10.10am; stops @ Uplands & Sketty X)  
Contact Peris 281080

### Sat 17<sup>th</sup> Jan Lliw Reservoir

A walk through Felindre village, lanes hills and reservoir. Possibly muddy.  
Meet St Helen's beach car park 9.30am.  
Distance 8 miles, grading moderate  
Contact Pauline 07817063899

### Sun 1<sup>st</sup> Feb Llyn y Fan Fawr and Fan Hir

We will be joining a walk led by the Brecon Beacons Park Society for an energetic hike up to the lake below the ridge, returning along the top.  
Meet at the Tafarn-y-Garreg car park at GR SN 848171 at 10am  
Distance 7 miles, grading strenuous

### Sat 14<sup>th</sup> Feb Whisky and Waterfalls

A walk through the woods to Sgwd yr Eira then on to Penderyn, the home of Welsh Whisky, and a visit to the whisky distillery. (Charges may apply, booking essential so contact Louise at least 1 week before)  
Meet St Helen's beach car park 9.30am  
Distance 6 miles, grading moderate  
Contact Louise 290675

### Sat 28 Feb Cairns and Castle

A walk on the wild side of the Black Mountain dropping down to Carreg Cennen for afternoon tea.  
Distance 12 miles, grading strenuous  
Meet St Helen's beach car park **9.00am**  
Contact Sue 296219

### Sat 14<sup>th</sup> March Cycle Ride to the Wern Fawr

Wyn will lead us on a 30 mile cycle ride up the Swansea Valley to a pub stop at the Wern Fawr in Ystalyfera.  
Distance 30 miles, grading moderate  
Meet Sail Bridge, Marina at 10.30am  
Contact Wyn 470886

### Sat 28<sup>th</sup> March Mewslade & Worm's Head

..with a geological theme. If we have time and the tide is in our favour, we will cross the causeway on to Worm's Head.  
Distance 6 miles, grading may be strenuous  
Contact Janet 203382

### Sat 11<sup>th</sup> April Easter weekend, no planned event

<b>Easy</b>	<b>Grading of walks</b> may contain gentle or short ascents and descents, mainly on well maintained tracks/paths
<b>Moderate</b>	some sections of steep or more prolonged ascent or descent, possibly over rougher terrain.
<b>Strenuous</b>	may contain long or steep ascents/descents, possibly involving scrambling over rough terrain. For experienced members only.

### Participation Statement

All walks and outdoor activities carry risks of accident or injury. Participants should be aware of and accept these risks and be responsible for their own actions. Participants should also ensure that they are in good health, of sufficient fitness and have the correct clothing and equipment for a particular activity. Children are the direct responsibility of the accompanying adult.

### Recommended equipment for group walks

Sturdy walking boots, waterproof jacket and trousers, warm clothing, whistle, torch, food and drink.

## Weekday events

### Tues 18<sup>th</sup> Nov Environmental quiz

Join us to compete in the Environment Centre's Green quiz night.

Meet 7pm at the Environment Centre, Pier St. Bring a bottle, snacks provided.

Booking essential so

Contact Lou 290675

### Wed 26<sup>th</sup> Nov Torchwalk

An evening walk around Mumbles with our Wyn.

Please bring a torch.

Meet 7.30pm, outside 'Salt' Mumbles.

Distance 4 miles, grading easy.

Contact Wyn 470886

### Wed 10<sup>th</sup> Dec Pub night

Christmas drinks and perhaps a game of pool or darts.

Meet at the Wig, St Helen's Road 8pm

Contact Lou 290675

### Wed 7<sup>th</sup> Jan Torchwalk

We'll venture into both Clyne woods and Clyne gardens on this evening walk.

Meet outside the Woodman pub, Mumbles Road, 7.30pm

Distance 4 miles, grading easy

Contact Lou 290675

### Wed 21<sup>st</sup> Jan Mediterranean Meal

Join us for a meal in the Mediterranean Restaurant in Mumbles, 7.30pm

Please phone Janet to book.

Contact 203382

### Wed 4<sup>th</sup> Feb Torchwalk

An evening walk

Distance 3 miles, grading easy

Meet Gower Inn, Parkmill. 7.30pm

Contact Wyn 470886

### Wed 18<sup>th</sup> Feb AGM/prog meeting

All members are invited to come to the AGM to discuss the previous year and plans for the next. Committee posts will be up for election so if you want the chance to influence the future of YOUR group then please come along.

Contact Lou 290675

Meet 7.30pm, venue to be confirmed.

### Wed 4<sup>th</sup> March Join us at the Joiners

Circular trek to Pwlldu Bay via Bishopston Valley - bring a torch!! Finish back at the Joiners for one or two hearty real ales!

Meet outside the Joiners, Bishopston @ 7.30pm.(parking behind the Valley Hotel opposite) (14A bus - leaves Swansea City Centre @ 6.55pm; stops outside Valley Hotel)

Distance 3-4 miles, grading easyish

### Fri 20<sup>th</sup> March Tenpin bowling

Meet 7.30pm Parc Tawe

Contact Peris 281080

### Wed 1<sup>st</sup> April Penclawdd circular

Hills and woodland with views over the Loughor estuary.

Meet Penclawdd front car park 7.30pm

Distance 4 miles, grading moderate

Contact Sue 296219



## PROGRAMME Winter 2008/2009

Swansea Outdoor Group is the local group of the YHA. We organise a range of outdoor and social events to suit the interests and tastes of our members. We are a friendly group and welcome new members.

### Contacts

Wyn 01792 470886

Louise 01792 290675

[www.swanseaoutdoorgroup.org.uk](http://www.swanseaoutdoorgroup.org.uk)

Please note that all times and dates are subject to change (or cancellation in severe weather conditions). Some activities and walks are not suitable for children or dogs. Shared transport may be available to the start points.

Please contact the event organiser for further details.