

PENARTH AND DISTRICT GROUP

All walks begin from Cogan Leisure Centre unless otherwise stated.

Wear suitable clothing and preferably BOOTS.

Carry WATERPROOFS, FOOD & DRINKS.

For more information contact the walk leader.

Some degree of fitness is required.

FEBRUARY PROGRAMME

SAT 1	9AM COGAN	MONMOUTH AND KING'S WOOD	07954 139 946	6/MODERATE
TUE 4	9.30 COGAN	TWMBARLWM AND MYNYDD MACHEN	07717 820 012	9/MODERATE
SAT 8	10AM MILL RD/MILLBROOK RD JUNCTION, DINAS	COCK HILL	029 2051 5278	6/MODERATE
TUE 11	10AM THE CHURCH AT ST NICHOLAS	SHORTISH STRIDES - THE DOWNS AND ST LYTHANS	01446 737131	6/MODERATE
WED 12	9AM COGAN	BLACK MOUNTAINS	07528 701 952	12/MOD/HARD
SAT 15	9.30 COGAN	CLYTHA AND BETTWS NEWYDD CHURCH	01446 418514	8.5/EASY/MOD
SAT 22	9AM COGAN	FAN HIR (**ASSISTANCE DOGS ONLY)	029 2065 4156	8MOD/HARD
TUE 25	9.30 COGAN	MACHEN	07717 820 012	12/MODERATE
SAT 29	9AM COGAN	SILENT VALLEY AND EBBW VALLEY	01446 410545	10/HARD

MEMBERSHIP/PROGRAMME ENQUIRIES TO PAM ON 029 2025 5102

FOR UP TO DATE INFORMATION ON WALKS PLEASE LOG ONTO penarthramblers.wordpress.com

ALL FOR THE LOVE OF WALKING