

# Newport Outdoor Group (YHA)



## Editors

Mike Alder-Woolf  
& Nick Meyrick

## Web Site

<http://walk.to/nogs>

*“We all arrived back at the Hostel for our main reason for the weekend - the stuffing of the envelopes for the TT and BMR long distance walks. But wait, where is Ian? “*

**Get  
The  
Outdoor  
Habit!**

## **BORTH WEEKEND**

January 28<sup>th</sup>-30<sup>th</sup> 2011

by Kevin Holmes

**I enjoyed myself so much I felt I should make an effort to put in words what a FAB weekend I had, and it is only the second trip I have been on since being part of the NOGS.**

Can it really be 10 years since the NOGS were last here! 16 NOGS travelled to Borth YHA. Well the journey from Newport up to Borth was eventful, with the twist and windy road of the A470; and then I thought I may have put a curse on the good weather we have on these weekends as we then tailed a road gritter! We arrived at Borth where the Hostel was only metres from the sea defences and it was at the end of the only road with properties and businesses on; all the land behind seemed to be part of a golf course. (I can see why they need the defences as all the properties and businesses had sandbags by their front doors). We arrived in time for a quick refreshment at the local watering hole (Railway Inn), where on route we passed the other half of the group who had already refreshed themselves. As the temperature seemed to be at least -5C it is surprising it only took us half the time to walk back to the Hostel as it did to get to the pub!

On Saturday Norman took 13 of us on a walk up to Pen Pumlumon Fawr where there is a view point at 752 mtrs above sea level. We drove to the starting point which was at a farm car park (for a small fee) at

Eisteddfa Gurig, and Normans car said it was - 4C; hope everybody has their gloves and warm clothes. The ascent started at 400 mtrs above sea level and the climb was generous. Although it was cold the sun was out, blue sky and very pleasant when we set off. As we started to ascend the mountain and take in the wonderful views, we passed many icicles and frozen waterfalls; and as the climb continued all of a sudden you can see the land turn from green to frost. It was as if I was in a winter wonderland picture and everywhere you looked it was frost (many pictures were taken which I expect to see in next years' photo competition), unfortunately not by me as I forgot my camera! On route we then passed a disused mine and continued up to the viewpoint but the conditions changed very quickly and not only was it very cold but with the chill factor and blustery conditions it was getting most difficult to see where you were going; so as a democratic club we took a vote on whether to continue and complete the original route or take a shorter circular route descent back down to our start point and drive to Devil Bridge for a short walk; by a close vote we descended. On the way down at the edge of Dyll Faen Forest we stopped for lunch where we took shelter and took in the sun again.

At Devil Bridge we took refreshments in the local Hotel. Don't order the jacket potato with cheese as apparently there is more cheese than jacket! Then we walked around the local area for a few miles and on the way back had a vantage point where you can see all three bridges.

We all then arrived back at the Hostel for our main reason for the weekend, the stuffing of the envelopes for the TT and BMR long distance walks. But wait, where is Ian? While we were waiting the bright red sun was just setting, and was just sitting on the sea (another photo opportunity). Don't panic,



Ian arrives with all the forms and envelopes and we get into teams to carry out the task, "can we beat the record for the fastest time?" All is going to plan when suddenly Ian remembers there is 2 boxes of 500 envelopes to do and we had only completed the first box of 350 as we only needed 850. Without hesitation we all continued with good banter until the task was completed. Unfortunately the record time still remains and we didn't even have to put the address labels on. However the gauntlet has been laid down for next year as the ladies have challenged the men to see who will do it the fastest next year!

Dawn was preparing a wonderful 3 course meal while we were doing the above task; and as we had burnt many calories over the day we were mightily hungry. We started with Vegetable soup, then moved on to bolognaise with pasta and parmesan and cheddar cheese, and finished with tarts. The evening was even more special as we were also celebrating two birthdays, "congratulations to Sally and Jackie", with a lovely cake which had a picture of one of their photos on it.

Sheila also supplied a tart which I would like the recipe as it was scrumptious and some truffles of delight. By now I have had to loosen a couple of notches on my belt and I had elasticated trousers! Fortunately someone came up with the bright idea we could eat the birthday cake and one of the four tarts tomorrow after our walk and traditional cup of tea back at the Hostel before we leave for Newport, as no one was using the Hostel the next day.

The evening unwinded with great conversation, where for me it was good to get to know members better. We played "who wants to be a millionaire" on Nigel's phone as compere; and the NOGS managed to win £32000, so as Treasurer I look forward to the cheque arriving!!

On Sunday Norman led a walk for 15 NOGS from the Hostel to Aberystwyth, around 6 miles, going along the coastal route. The sun was shining and the sky again was blue with the temperature pleasantly warmer. The route took in many ascents and descents, some challenging, which got the heart pumping and many members removing items of clothing. On route we passed Cairach Bay and had a quick stop at the Memorial monument (which had copper wire running up to the top of it as it had been struck by lightning in the past). With the hundreds of caravans and mobile homes on route I can only imagine this area must be absolutely buzzing in the summer. I for one will definitely be coming back for a weekend in the summer. The view from the top off each ascent was picturesque where you could still see the Hostel from miles away. At the final ascent which overlooked Aberystwyth we stopped for lunch at Constitution Hill. It was like comparing Cardiff with Newport, Aberystwyth with Borth. It is the first time I had actually seen for real a frisbee golf course. We then descended into Aberystwyth where we met up with Sally and Liz at the watering hole (Wetherspoons). We caught the train back to Borth.....now there is a story for another day! The pub was buzzing with so many students that anyone hoping to have a meal (as we had an hour before the train arrived) had to look elsewhere, as there was a 45 minute wait. As ever the optimist, I firmly believe Newport can also experience the same resurgence now that the new University buildings has been opened.

Back at the Hostel we all tucked into the birthday cake and the last tart (apparently this one never went missing-can someone enlighten me?). A great weekend was had by all, maybe next year it won't clash with the skiers of the NOGS, and we can fill the Hostel rather than have it half empty.

So another successful dry weekend for the NOGs. When did it last rain?

## The NOGs Geocache Walk – a non-geocacher's perspective!

by Richard Weeks

**Editor's note: See NOGs News 113 for an account of the Geocache walk by Mags, who is a keen geocacher. This article is written from a non-geocacher's viewpoint.**

Roughly 20 NOGs attended the Geocache walk in August 2010. The walk itself started at St. John's Church in Rogerstone. Geocaching started in America in 2000 and it's purpose is to find hidden caches from given co-ordinates using GPS devices. These are normally containers with a minimum of a paper log book for geocacher's to record its find, but also small ornaments and tradable items. The find is also recorded on a website database (see [www.geocaching.com](http://www.geocaching.com)).

### NOGS Travel bug Update

In issue 113 we reported that the NOGs 50<sup>th</sup> anniversary travel bug had journeyed a total of 107 miles and was last reported in Middlesex.

**At the time of this update, we can now tell you that it has so far travelled a total distance of 319.8 miles! From Middlesex it was taken to London, then the East Midlands and finally in several locations in Yorkshire. It is currently residing near Crowden Youth Hostel.**

Our thanks to all those geocachers who have helped our travel bug on its way.

The first few geocaches were found in the Church yard. The walk continued to The Uplands, then through the Great Oaks Park Estate, and onto the canal bank. We then journeyed towards Risca. On this stretch of the walk 2 more geocaches were found. The walk then turned down a lane and back onto the main road towards Afon Village. This is the site of the old power station, which was demolished in 1991. On the slip road another geocache was found.

I was offered the chance of finding the next 2 points. Venturing through the Afon Village down onto the banks of the river Ebbw, on its flow towards Newport, where it joins the River Usk. With the use of grid references, following and crossing the river, the first of the points was found. After a short break for announcements, we recalculated our route. Bypassing the Welfare Grounds, the final point was found, near the Avana Bakery. We then returned to the cars after approximately 2 hours.

Finally we had a well earned drink at The Rising Sun in Rogerstone.