Chepstow Walkers are Welcome Walk for Health

8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 7th Sept 26	Mathern & St Pierre	2.5	Helen & Dennis
2	Monday 14th Sept 26	Littleton on Severn *	2.6	Phil & Helen
3	Monday 21st Sept 26	Raglan	3	Dennis & Helen
4	Monday 28th Sept 26	Wintour's Leap	2.5	Phil & Dennis
5	Monday 5th Oct 26	Devil's Pulpit	2.2	Phil & Helen
6	Monday 12th Oct 26	Thornbury Castle	3	Helen & Phil
7	Monday 19th Oct 26	Cyril Hart Arboretum	2.8	Phil & Helen
8	Monday 26th Oct 26	Chepstow Park Wood	3	Dennis & Phil

Meeting Point: Chepstow Leisure Centre Car Park. *** New walk**
Meeting time: 10:00am (In order to car share and make way to walk starting point for 10:30am start).

- Walks to be risk assessed by walk leader for each walk in advance of the proposed walk.
- An alternative route/ walk will be offered if the proposed route is unsuitable (E.g. due to weather).
- If necessary (e.g. adverse weather) please contact the nominated walk leader to check if the walk will go ahead.