



8 week walking programme- Chepstow

Those marked with ** are suitable for walking aids

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 26 th November 18	Whitestone	3	Chris B and Phil
2	Monday 3 rd December 18	Newport Wetlands **	3 or 1.5	Helen and Chris
3	Monday 10 th December 18	Alvington Circular Xmas lunch	2.5	Helen and Chris
4	Monday 17 th December 18	Dean Heritage	2.8	Helen and Chris B
5	Monday 31 st December 18	Nags Head **	2.8	Phil and Chris
6	Monday 7 th January 18	Trellech Beacon	3	Helen and Phil
7	Monday 14 th January 18	St Arvans	2.8	Chris and Chris B
8	Monday 21 st January 18	Mathern Mill **	3	Chris B and Phil

Meeting Point: Chepstow Leisure Centre Car Park.

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.