



Chepstow Walkers are Welcome Walking for Health

SUPPORTED BY



8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 29 th April 24	Olverston (Has one stile)	3	Helen and Dennis
2	Monday 13 th May 24	Monmouth	2.5	Dennis and Phil
3	Monday 20 th May 24	Aust*	3	Dennis and Helen
4	Monday 3 rd June 24	Wentwood	3	Phil and Dennis
5	Monday 10 th June 24	Goytre*	2.5	Phil and Helen
6	Monday 17 th June 24	Black Rock	2.5	Phil and Dennis
7	Monday 24 th June 24	Grand Day Out – Bristol Downs*	3	Helen and Dennis
8	Monday 1 st July 24	New Fancy – Viewpoint and walk	2.5	Phil and Helen

Meeting Point: Chepstow Leisure Centre Car Park.

* **New walk**

** **Suitable for walking aids**

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.