



Chepstow Walkers are Welcome Walk for Health



8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 16 th March 20	Loysey Woods**	2.5	Helen/Chris
2	Monday 23 rd March 20	Whitestone	3	Helen/Chris
3	Monday 30 th March 20	St Arvans	2.8	Phil/Helen
4	Monday 6 th April 20	Wintours Leap	3	Helen/Phil
5	Thursday 16 th April 20	Black Rock	3	Dennis/Phil
6	Monday 20 th April 20	Mallards Pike**	3	Phil/Chris
7	Monday 27 th April 20	Great Barnetts Wood	2	Phil/Helen
8	Monday 4 th May 20	Oldbury**	3	Helen/Chris

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.