

Chepstow Walkers are Welcome Walk for Health

8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 23 rd February 26	Wentwood	2.5	Phil & Dennis
2	Monday 2 nd March 26	Lydney Docks	2.5	Dennis & Phil
3	Monday 9 th March 26	Chepstow Park Wood	3	Helen & Phil
4	Monday 16 th March 26	New Fancy	2.7	Dennis & Helen
5	Monday 23 rd March 26	Cyril Hart Arboretum	2.7	Phil & Helen
6	Monday 30 th March 26	Whitestone & Cleddon	2.8	Dennis & Helen
7	Monday 13 th April 26	Llanfoist Railway & Canal	2.8	Phil & Dennis
8	Monday 20 th April 26	Cannop Ponds	2.5	Helen & 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.