

Chepstow Walkers are Welcome Walking for Health

8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 25 th July 22	New Fancy and Mallards Pike	2.75	Phil and Chris
2	Monday 1 st August 22	Black Rock and Sudbrook	2	Denis and Chris
3	Monday 8 th August 22	Great Barnet Wood	2	Phil and Chris
4	Monday 15 th August 22	Caldicot Castle	2.5	Denis and Phil
5	Monday 22 nd August 22	A Grand Day Out in Bristol	3	Denis and Helen
6	Monday 5 th Sept 22	The Greenway and Tidenham Tunnel	3	Helen and Phil
7	Monday 12 th Sept 22	Newport Wetlands	3 or 1.5	Chris and Helen
8	Monday 19 th Sept 22	Brockweir Tree Walk	To the tree – the one over there!	Helen and 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.