




Chepstow Walkers are Welcome Walk for Health



8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 25 th March 19	New Passage **	2.5	Helen & Chris
2	Monday 1 st April 19	Redwick Sea Wall	3.2	Phil & Helen
3	Monday 8 th April 19	Llanover	3	Phil & Helen
4	Monday 15 th April 19	Cyril Hart Arboretum**	2.5	Phil & Chris
5	Thursday 25 th April 19	Lydney Docks**	3	Chris & Raye
6	Monday 29 th April 19	Dean Heritage	2.8	Chris & Phil
7	Monday 13 th May 19	Llandegfedd Reservoir	3	Chris & Helen
8	Monday 20 th May 19	Newport Wetlands** 	3 or 1.5	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.