

Chepstow Walkers are Welcome Walk for Health

8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 27 th April 26	Thornbury Castle	3	Helen & Dennis
2	Monday 11 th May 26	Brockweir Tree Walk	2	Phil & Helen
3	Monday 18 th May 26	Nags Head	2.3	Phil & Dennis
4	Monday 1 st June 26	Easter Compton	2.8	Helen & Dennis
5	Monday 8 th June 26	Newport Wetlands	1.5 or 3	Dennis & Phil
6	Monday 15 th June 26	Great Barnetts Wood	2	Helen & Phil
7	Monday 22 nd June 26	A Grand Day Out	3	Dennis & Phil
8	Monday 29 th June 26	Caldicot	2.5	Dennis & Helen

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.