



Chepstow Walkers are Welcome Walking for Health

SUPPORTED BY



8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 28 th Apr 25	Thornbury Castle	3	Helen & Dennis
2	Monday 12 th May 25	Llanfoist	2.9	Phil & Dennis
3	Monday 19 th May 25	Olverston	3	Dennis & Helen
4	Monday 2 nd June 25	Chepstow Park Wood	3	Phil & Helen
5	Monday 9 th June 25	Poors Allotment	2.8	Helen & Dennis
6	Monday 16 th June 25	Loysey Woods	2	Phil & Dennis
7	Monday 23 rd June 25	Grand Day Out! - Portishead	2.8	Helen & Dennis
8	Monday 30 th June 25	Newport Wetlands	3 or 1.5	Phil & Dennis

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.