



### 8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 28 <sup>th</sup> January 19	New Passage *	3	Helen and Chris
2	Monday 4 <sup>th</sup> February 19	Loysey Woods	2.5	Phil and Helen
3	Monday 11 <sup>th</sup> February 19	Chepstow Park Wood	3	Chris B and Chris
4	Monday 18 <sup>th</sup> February 19	Cannop Ponds **	3	Helen and Phil
5	Monday 25 <sup>th</sup> February 19	Whitestone	3	Chris B and Phil
6	Monday 4 <sup>th</sup> March 19	Penallt	3	Bill and Chris
7	Monday 11 <sup>th</sup> March 19	Mallards Pike **	2.8	Phil and Helen
8	Monday 18 <sup>th</sup> March 19	Ladyhill	3.5	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.