



# Chepstow Walkers are Welcome Walk for Health



## 8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 29 <sup>th</sup> July 19	Wintours Leap	3	Phil & Helen
2	Monday 5 <sup>th</sup> August 19	Loysey Woods**	2.5	Chris & Helen
3	Monday 12 <sup>th</sup> August 19	Trellech Beacon	3	Phil & Chris
4	Monday 19 <sup>th</sup> August 19	Mallards Pike**	2.8	Helen & Chris
5	Monday 2 <sup>nd</sup> Sept 19	Oldbury-on-Severn	3	Helen & Phil
6	Monday 9 <sup>th</sup> Sept 19	Penallt	3	Helen & Chris
7	Monday 16 <sup>th</sup> Sept 19	Newport Wetlands**	3 or 1.5	Chris & Phil
8	Monday 23 <sup>rd</sup> Sept 19	Llanfoist	3	Phil & Helen

**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.