



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 4th Nov 24	Wintours Leap	2.5	Phil and Helen
2	Monday 11th Nov 24	Chepstow Park Wood	3	Dennis & Helen
3	Monday 18 th Nov 24	Whitestone & Cleddon	3	Helen & Phil
4	Monday 25 th Nov 24	Severn Beach	2.5	Dennis & Phil
5	Monday 2 nd Dec 24	Easter Compton	2.8	Phil & Helen
6	Monday 9 th Dec 24	Xmas Lunch & Lydney Circular	2	Helen & Dennis
7	Monday 16 th Dec 24	Mathern & St Pierre	2.5	Phil & Dennis
8	Monday 23 rd Dec 24	Black Rock	2.5	Dennis & 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.