



Chepstow Walkers are Welcome Walking for Health



8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	30 th December	Lydney Docks	2.5	Dennis and Helen
2	6 th January	Severn Beach	2.5	Phil and Dennis
3	13 th January	Cyril Hart Arboretum	2.7	Helen and Phil
4	20 th January	Chepstow Park Wood	3	Phil and Helen
5	27 th January	Nagshead	2.25	Dennis and Helen
6	3 rd February	Newport Wetlands	1.5 or 3	Helen and Phil
7	10 th February	Kings Weston – Carriage Drive*	2.5	Phil and Helen
8	17 th February	St Arvans	2.5	Dennis and Phil

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.