



Chepstow Walkers are Welcome Walking for Health

SUPPORTED BY



8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	30 th October 23	Severn Beach	2.5	Helen & Dennis
2	6 th November 23	New Fancy	2.75	Phil & Dennis
3	13 th November 23	Whitestone & Cleddon	3	Helen & Phil
4	20 th November 23	Nags Head	2.5	Dennis & Helen
5	27 th November 23	St Arvans	2.8	Helen & Phil
6	4 th December 23	Cyril Hart Arboretum	2.7	Phil & Helen
7	11 th December 23	Lydney Docks (Xmas lunch)	2.5	Phil and Dennis
8	18 th December 23	Poor's Allotment	2.8	Helen & 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.