



# Chepstow Walkers are Welcome Walk for Health



## 8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 3 <sup>rd</sup> June 19	St Arvans	2.8	Phil & Chris
2	Monday 10 <sup>th</sup> June 19	Black Rock **	3	Phil & Chris
3	Monday 17 <sup>th</sup> June 19	Oldbury on Severn *	3.2	Helen & Phil
4	Monday 24 <sup>th</sup> June 19	Devil's Pulpit	2.5	Helen & Chris
5	Monday 1 <sup>st</sup> July 19	Cannop Ponds **	3	Phil & Helen
6	Monday 8 <sup>th</sup> July 19	Nags Head	3	Helen & Chris
7	Monday 15 <sup>th</sup> June 19	Goldcliff	3	Helen & Phil
8	Monday 22 <sup>nd</sup> July 19	Severn Beach **	2.5	Chris & 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.