

Chepstow Walkers are Welcome Walk for Health

8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 8 th January 24	Monmouth *	3	Helen & Dennis
2	Monday 15 th January 24	Chepstow Park Wood	3	Phil & Dennis
3	Monday 22 nd January 24	Severn Beach	2.5	Dennis & Helen
4	Monday 29 th January 24	Raglan	3	Phil & Helen
5	Monday 5 th February 24	Oldbury-on-Severn	2.5	Helen & Dennis
6	Monday 12 th February 24	Mathern & St Pierre	2.5	Phil & Helen
7	Monday 19 th February 24	Usk	2.5	Dennis & Phil
8	Monday 26 th February 24	Whitestone & Cleddon	3	Phil & Dennis

Meeting Point: Chepstow Leisure Centre Car Park.

*** New walk**

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.