



# 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 8 <sup>th</sup> July 24	St Arvans	2.5	Phil and Dennis
2	Monday 15 <sup>th</sup> July 24	Cannop Ponds	2.5	Helen and Phil
3	Monday 22 <sup>nd</sup> July 24	Llanfoist	2.9	Phil and Helen
4	Monday 29 <sup>th</sup> July 24	Caldicot Castle	2.5	Dennis and Helen
5	Monday 5 <sup>th</sup> Aug 24	Loysey Woods	2	Phil and Dennis
6	Monday 19 <sup>th</sup> Aug 24	Severn Beach	2.5	Dennis and Helen
7	Monday 2 <sup>nd</sup> Sept 24	Raglan	3	Helen and Dennis
8	Monday 9 <sup>th</sup> Sept 24	Brockweir	2.5	Phil and 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.