



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 9 th Sept 24	Newport Wetlands	3 or 1.5	Phil & Dennis
2	Monday 16 th Sept 24	Thornbury Castle*	3	Helen & Dennis
3	Monday 23 rd Sept 24	Wintours Leap	3	Phil & Helen
4	Monday 30 th Sept 24	Poor's Allotment	2.8	Helen & Dennis
5	Monday 7 th Oct 24	New Fancy	2.5	Phil & Helen
6	Monday 14 th Oct 24	Usk	2.5	Dennis & Phil
7	Monday 21 st Oct 24	St Pierre Great Wood	2.7	Helen & Phil
8	Monday 28 th Oct 24	Monmouth	2.5	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.