

# Chepstow Walkers are Welcome Walk for Health

## 8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 28 <sup>th</sup> Mar 22	Trellech Beacon	3	Phil and Helen
2	Monday 4 <sup>th</sup> Apr 22	Mallards Pike	2.5	Phil and Chris
3	Monday 11 <sup>th</sup> Apr 22	Dean Heritage	2.8	Helen and Phil
4	Wednesday 20 <sup>th</sup> 22 <i>Note Wednesday!</i>	Walking Festival Offa's Dyke	3	Dennis and Bernard
5	Monday 25 <sup>th</sup> 22	Llanover	3.25	Helen and Phil
6	Monday 9 <sup>th</sup> May 22	Great Barnet Woods	2	Phil and Chris
7	Monday 16 <sup>th</sup> May 22	Mathern and St Pierre	3	Helen and Chris
8	Monday 23 <sup>rd</sup> May 22	Wintour's Leap	3	Chris 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.