

Chepstow Walkers are Welcome Walk for Health

8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 29 th Nov 21	Wintours Leap	3	Helen and Phil
2	Monday 6 th Dec 21	Newport Wetlands	3 or 1.5	Phil and Chris
3	Monday 13 th Dec 21	Lydney Docks Christmas Lunch 12.30 for 1pm	2.5	Helen and Chris
4	Monday 20 th Dec 21	Severn Beach	2.5	Helen and Phil
5	Monday 3 rd Jan 22	St Pierre Great Woods	2.5	Phil and Chris
6	Monday 10 th Jan 22	St Arvans	2.8	Helen and Phil
7	Monday 17 th Jan 22	Poor's Allotment	2.8	Chris and Helen
8	Monday 24 th Jan 22	Cyril Hart Arboretum	2.5	Phil and Helen

Meeting Point: Chepstow Leisure Centre Car Park.

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.