

# Chepstow Walkers are Welcome Walk for Health

## 8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 30 <sup>th</sup> May 22	Severn Beach	2.5	Helen and Chris
2	Monday 6 <sup>th</sup> June 22	Lydney Docks	2.5	Helen and Chris
3	Monday 13 <sup>th</sup> June 22	Cyril Hart	2.8	Phil and Helen
4	Monday 20 <sup>th</sup> June 22	St Pierre Woods	3	Phil and Chris
5	Monday 27 <sup>th</sup> June 22	Oldbury on Severn	3	Phil and Helen
6	Monday 4 <sup>th</sup> July 22	St Arvans	2.8	Phil and Helen
7	Monday 11 <sup>th</sup> July 22	Loysey Woods	2.7	Helen and Chris
8	Monday 18 <sup>th</sup> July 22	Dean Heritage Centre	2.5	Phil and Chris

**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.

