

Chepstow Walkers are Welcome Walk for Health

8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 31 st Jan 22	New Fancy	3	Phil & Chris
2	Monday 7 th Feb 22	Oldbury on Severn	2.5	Helen & Phil
3	Monday 14 th Feb 22	Nagshead Nature Reserve	2.3	Phil & Helen
4	Monday 21 st Feb 22	Trellech Beacon	3	Helen & Chris
5	Monday 28 th Feb 22	Cannop Ponds	2.5	Chris & Phil
6	Monday 7 th Mar 22	Black Rock	2 or 4.2	Helen & Chris
7	Monday 14 th Mar 22	Loysey Woods	2	Chris & Helen
8	Monday 21 st Mar 22	Newport Wetlands	2 or 2.8	Phil & 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.