Chepstow Walkers are Welcome Walking for Health

SUPPORTED BY Monmouthshire Building Society

8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 2nd Nov 26	Chepstow Park Wood	3	Phil & Dennis
2	Monday 9th Nov 26	Thornbury	3	Dennis & Helen
3	Monday 16th Nov 26	New Fancy	2.7	Phil & Helen
4	Monday 23rd Nov 26	Black Rock	2.5	Dennis & Phil
5	Monday 30th Nov 26	Severn Beach	2.5	Helen & Dennis
6	Monday 7th Dec 26	Lydney Lake & Xmas Lunch	2	Helen & Phil
7	Monday 14th Dec 26	Monmouth	2.5	Dennis & Helen
8	Monday 21st Dec 26	Newport Wetlands	1.5 or 3	Phil & 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.