



Chepstow Walkers are Welcome Walking for Health

SUPPORTED BY



8 week walking programme- Chepstow

Week	Date	Walks	Distance in miles	Walk Leader(s)
1	Monday 4th March 24	Newport Wetlands	3 or 1.5	Helen and Phil
2	Monday 11th March 24	Black Rock and Sudbrook	2 or 4	Phil and Dennis
3	Monday 18th March 24	New Fancy	2.75	Phil and Helen
4	Monday 25th March 24	Easter Compton	2.8	Helen and Dennis
5	Wednesday 3rd April 24	Festival walk - Offa's Dyke, Devil's Pulpit, Poor's Allotment	3	Dennis
6	Monday 8th April 24	Trellech Beacon	3	Dennis and Phil
7	Monday 15th April 24	Cyril Hart Arboretum	2.5	Helen and Dennis
8	Monday 22nd April 24	Great Barnett Woods	2	Phil 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.