

<p>Page 1 General Notes</p> <p>Meeting Point We meet in car park at Chepstow Leisure Centre (CLC) <u>unless otherwise stated</u>. All times are from meeting point.</p> <p>Departure You should be early enough <u>to leave</u> at the stated departure time.</p> <p>Safety All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. In spite of the safety of members being the paramount concern, accidents may occasionally occur. It is important that when entering the activity each member appreciates that they should identify any hazards and take all reasonable steps to eliminate or minimise the potential for an accident to arise.</p> <p>Dress Suitable clothing and footwear must be worn. Leaders have the right to refuse inadequately equipped persons to join the walk.</p> <p>Food & Drink Bring adequate food & drink to suit the length of the walk and time of year.</p> <p>Start Point of Walk For security reasons the start point is not published. Contact the Walk Leader if you wish to go direct to the start point.</p> <p>Cars Car sharing is encouraged & passengers pay a levy for mileage costs as set out in the programme.</p>	<p>Page 2</p> <p>Non-Members Non-members are welcome to join 2 or 3 walks free of charge. After this they will be expected to join the Ramblers Association.</p> <p>Grades of Walks Grades are the leader's summary of the walk to help you but can only be a guide. Contact the leader if you need to know more.</p> <p>E = Easy - leisurely and mostly flat, easy gradients/slopes</p> <p>M = Moderate – will usually include some short climbs</p> <p>M+ = Moderate plus – will have longer or steeper climbs</p> <p>S = Strenuous – more challenging, often with stiff climbs over rough terrain, good fitness level required.</p> <p>The length of the walk is given in miles and is combined with the grading so that 5 E = 5 miles Easy and 10 S = 10 miles strenuous.</p> <p>All walkers participate in any walk at their own risk. If in doubt of your fitness to participate in any walk, please ring the leader who will be happy to tell you about the walk. In bad weather the leader may have to change the route of the walk or even cancel the walk.</p>																								
<p>Page 3</p> <p>GUIDELINES FOR WALK LEADERS</p> <ul style="list-style-type: none"> • 'Recce' the walk beforehand • Carry a relevant OS map in case you have to deviate from the planned route • Carry a mobile phone for use in case of emergency (or arrange for one of the group to have one) • If not meeting the group at CLC, make arrangements for someone to take the group to the start point • Welcome the group before starting the walk and introduce those walking for the first time, summarise the distance, terrain, food stops and comfort arrangements. • Check that all members of the group are adequately clothed and appropriately equipped for the walk • Make sure you know how many are in the group before you start the walk • Delegate a back-marker to ensure that gates are closed and that slow walkers are not left behind • Stop occasionally for group to catch-up, allowing last walkers to catch their breath before moving off • Check numbers after each main change of direction • On summer evening walks carry a torch 	<p>Page 4</p> <p>GUIDELINES FOR MEMBERS ON GROUP WALKS</p> <ul style="list-style-type: none"> • The leader decides the route so you should stay behind him • Always inform the leader or back marker if you make a comfort stop and drop behind the group • Always inform the leader if you have to abandon the walk for any reason • In general, you should avoid using mobile phones during the walk except in cases of emergency • Dogs are not permitted on LWR walks • On summer evening walks it is advisable to carry a torch <p><i>These guidelines are given to improve both the safety and enjoyment of our walks</i></p> <p>CAR SHARING MILEAGE LEVY From CLC to Start Point (Levy includes return journey) Please note that cost sharing of Severn Bridge tolls is extra.</p> <table border="1"> <thead> <tr> <th>Mileage</th> <th>Levy</th> <th>Mileage</th> <th>Levy</th> </tr> </thead> <tbody> <tr> <td>1 - 5</td> <td>£1.00</td> <td>26 – 30</td> <td>£4.00</td> </tr> <tr> <td>6 - 10</td> <td>£1.50</td> <td>31 - 35</td> <td>£4.50</td> </tr> <tr> <td>11 – 15</td> <td>£2.00</td> <td>36 – 40</td> <td>£5.00</td> </tr> <tr> <td>16 - 20</td> <td>£2.80</td> <td>41 - 45</td> <td>£5.50</td> </tr> <tr> <td>21 – 25</td> <td>£3.50</td> <td>over 45</td> <td>£6.00</td> </tr> </tbody> </table>	Mileage	Levy	Mileage	Levy	1 - 5	£1.00	26 – 30	£4.00	6 - 10	£1.50	31 - 35	£4.50	11 – 15	£2.00	36 – 40	£5.00	16 - 20	£2.80	41 - 45	£5.50	21 – 25	£3.50	over 45	£6.00
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<p>Page 5 SEPTEMBER 2008 Map Miles & Grade</p> <p>Wed 3rd Chepstow, Llancaut peninsular OL14 7.5 M+ 9.30am Mike Urry</p> <p>Sun 7th Llanfair Discoed, Mynydd Alltir-fach OL14 7.5 M <i>Optional pub lunch at end of walk</i> 10.00am Anne & Anne levy £1.50</p> <p>Sun 14th Llanthony, Grwyne Fawr Reservoir OL13 13 S 8.45am Kay levy £4.50</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>Dartmoor Weekend Fri 12 to Mon 15th Mike Brown</p> </div> <p>Tues 16th Forest of Dean, Parkend/Cannop OL14 8 E 9.15am Dawn levy £1.50</p> <p>Sun 21st Gwent Area Walks Exp166 6M & 10 M 9.00am at CLC to travel to Parc Cwm Darren Bargoed. Choice of 2 walks starting at 10.00am hosted by Gelligaer Group. Refreshments after walks. Ian levy £4.00</p>	<p>Page 6 SEPTEMBER Map Miles & Grade</p> <p>Wed 24th Whitebrook wander, Booklet Walk 7** OL14 5 M 9.15am Allan levy £1.50</p> <p>Thurs 25th GAB Walk * Ian</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>Offa's Dyke Leg 4 Knighton -Newchurch Weekend Fri 26th to Sun 28th Terry & Stevie</p> </div> <p>Sun 28th Pontypool area, GAB charity walks 5 M & 10 M+ 9.00am meet at CLC to travel to Pontypool. Choice of 2 walks Refreshments after walks. Contact Ian levy £3.50</p> <p style="text-align: center;">OCTOBER</p> <p>Wed 1st Blakney & Severn Estuary OL14 6 E 9.15am Verna levy £2.00</p>
<p>Page 7 OCTOBER Map Miles & Grade</p> <p>Sun 5th Llanvaches & Wentwood area OL14 8 M 9.30am Phil levy £1.50</p> <p>Thurs 9th Treworgan Common near Raglan OL14 7.5 E 9.15am Megan levy £2.00</p> <p>Sun 12th 'The Raven Walk' Mynydd Machen, Cwmcarn 12 S 8.30am Ian levy £4.00 Exp152 & 166</p> <p>Tues 14th Wentwood to Trebela area OL14 7.5 M 9.15am Gill levy £1.50</p> <p><i>Joint walks with Pang Valley Ramblers Sat 18th & Sun 19th</i></p> <p>Sat 18th Tintern, Penterry, Gaer Hill OL14 5 M 9.30am John optional pub drink at end levy £1.00</p> <p>Sat 18th 'Monmouth Meander' Booklet walk 1 OL14 9 M 9.00am David Watkins levy £2.00</p> <p>Sun 19th Wye Valley walk, Eagles nest OL14 5 M 10.00am Allan</p> <p>Thurs 23rd Catbrook Circuit, Booklet Walk 11** OL14 6 M 9.15am Allan levy £1.50</p> <p>Thurs 23rd GAB Walk * Ian</p>	<p>Page 8 OCTOBER Map Miles & Grade</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>7.15pm Skittles Evening Fri 24th Royal Oak Pub Hereford Rd, Monmouth - Heather</p> </div> <p>Sun 26th Bristol, Clifton, Avon Gorge Exp155 8 M <i>A history and architecture urban walk</i> 9.00am Frank levy £4.50 + bridge toll</p> <p style="text-align: center;">NOVEMBER</p> <p>Sun 2nd Greater Gwent Ramblers Area Walk & AGM 5 E 9.00am meet at CLC to travel to Pontnewynydd cricket club A4043 north of Pontypool – 5 mile walk starts at 10am, buffet lunch at end then AGM. Exp152. SO 266022 Contact Derek Hynam levy £3.50</p> <p>Wed 5th Llanvair Discoed, Wentwood, Gray hill OL14 5 M 9.30am David & Janet optional pub lunch levy £1.50</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>Fri 7th Lower Wye Ramblers AGM 7.30pm Chepstow Methodist Hall – Dawn</p> </div>

<p>Page 9 NOVEMBER Map Miles & Grade</p> <p>Remembrance Day Walk to Blenheim Bomber Crash Site Sun 9th Goytre Wharf, Blorengose & Cuckoo OL13 10 S This is a joint walk led by Brecon Beacons Park Society. Start 9.30am from Goytre Wharf. Wreath laying at crash site then to Goose & Cuckoo for soup. 8.40am at CLC Frank Cook levy £2.80</p> <p>Tues 11th Symonds Yat, High Meadows OL14 9 M+ 9.15am Sue levy £2.80</p> <p>Sat 15th Whitestones, Beacon Hill OL14 4.5 E 9.30am David & Janet levy £1.00</p> <p>Sun 16th Craig-y-Nos, Cribarth & Henrhyd Falls OL12 8.5 M+ 8.30am Ian levy £5.50</p> <p>Tues 18th Ewys Harold mostly pasture, not hilly 7.5 M 8.30am David Watkins levy £4.50</p> <p>Thurs 20th GAB Walk * Ian</p> <p>Sun 23rd Sugar Loaf, Abergavenny OL13 7.5 M+ 8.30am Frank levy £3.50</p> <p>Thurs 27th St. Briavels & Woolaston OL14 8 M 9.30am Mike Brown levy £1.50</p>	<p>Page 10 NOVEMBER Map Miles & Grade</p> <p>Sun 30th Brecon Beacons, Pen-y-Fan, Cribyn OL12 10 S 8.30am Ron levy £5.00</p> <p style="text-align: center;">DECEMBER</p> <p>Wed 3rd Blaise Castle Bristol Exp155 7 M 9.15am Gordon levy £2.80 + bridge toll</p> <p>Sun 7th Mitchel Troy, The Narth OL14 10 M+ 9.00am Simon contact via David Watkins levy £2.80</p> <p>Thurs 11th The Narth & Whitebrook OL14 7 M 9.15am Allan levy £1.50</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Sat 13th Informal Christmas Lunch – Piercefield St Arvans Optional 4 mile pre-lunch walk led by John - meet at 10.30am at Piercefield Hotel, St Arvans. Lunch 12.30pm for 1.00pm Contact Heather</p> </div> <p>Sun 14th Cyfarthfa Castle Merthyr, CwmTaf Fechan OL12 8 E 8.45am Len free museum at castle levy £4.50</p>
<p>Page 11 DECEMBER Map Miles & Grade</p> <p>Tues 16th Raglan, Tregare, Penrhos OL14 7 E 9.30am Sue levy £2.80</p> <p>Thurs 18th GAB Walk * Ian</p> <p>Sun 21st Monmouth urban walk OL14 5 E 9.00am David Watkins levy £2.80</p> <p>Fri 26th Boxing Day Walk – Tidenham, Woodcroft OL14 5.5 M Walk is included in Ramblers Association Festival of Winter Walks 10.45am John optional pub drink at end levy £1.00</p> <p>Sun 28th Bishops Wood, Howle Hill, Leys Hill OL14 7 M 9.00am Anna levy £3.50</p> <p style="text-align: center;">JANUARY 2009</p> <p>Thurs 1st New Year's Day Walk – The Skirrid OL13 5 M+ Walk is included in Ramblers Association festival of Winter Walks 8.45am Ron levy £3.50 After the walk there is an optional lunch at the Skirrid Inn</p>	<p>Page 12 JANUARY Map Miles & Grade</p> <p>Sun 4th Newnham, Soudley Ponds OL14 8.5 M 9.15am Paddy levy £2.00</p> <p>Thurs 8th Newbridge on Usk, Bertholey House Exp152 6 M 9.30am Anne & Anne levy £1.50</p> <p>Sun 11th Talgarth –tracks, waterfalls & witches! OL13 8 M 8.30am David Watkins levy £5.00</p> <p>Tues 13th Lancaut Loop – Booklet Walk 16** OL14 5 S 9.15am Allan walk starts & ends at CLC</p> <p>Sun 18th Symonds Yat, Arthurs Cave OL14 7 E 9.00am Pam levy £2.80</p> <p>Tues 20th Brockweir via Meg's Folly OL14 6 M 9.15am Megan levy £1.50</p> <p>Sun 25th Cam in the Cotswolds Exp167 9 M+ 9.00am Gordon levy £4.00 + bridge toll</p> <p>Thurs 29th Dingestow, Treowen OL14 8 M 9.15am Ian levy £2.80</p>

Sun 1st Bigsweir - Redbrook OL14 **9 M+**
9.00am George levy £1.50

Sun 8th Pandy, Hatterral Hill OL13 **8 M+**
8.30am David Watkins levy £4.50

Wed 11th St Briavels, Bearse, Clanna OL14 **7 M**
9.30am Mike Urry levy £1.50

Sun 15th Newport town & country Exp152 **7 E**
9.30am Heather *(nb. bring bus pass)* levy £2.00

Tues 17th Speculation/Speech House, Forest of Dean OL14 **8 E**
9.15am Dawn levy £2.00

Sun 22nd Gray Hill, Llanmellin Iron Age Fort OL14 **6.5 M**
9.30am Anne & Anne levy £1.50

* GAB Walks - Walks with the Gwent Association for the Blind led by ramblers from the Greater Gwent Area. Contact Ian before the day of the walk if you wish to help.

** On Booklet Walks the leader must be informed if you intend to go direct to the start point.