

Page 1 General Notes

Meeting Point We meet in car park at Chepstow Leisure Centre (CLC) Additional meeting points, are Raglan School (RS) or Dixon Roundabout, Monmouth (DR).

Departure You should be early enough to leave at the stated departure time.

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.

Dress Suitable clothing and footwear must be worn. Leaders have the right to refuse inadequately equipped persons to join the walk.

Food Bring adequate food & drink to suit the length of the walk and time of year.

Start Point of Walk Where possible, the start point of walk is given. Contact the walk leader if you wish to go direct to the start point.

Cars Car sharing is encouraged & passengers pay a levy for mileage costs as set out in this programme.

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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.

Grades of Walks

Grades are the leaders summary of the walk to help you but can only be a guide. Contact the leader if you need to know more.

E = Easy - leisurely and mostly flat, easy gradients/slopes

M = Moderate – will usually include some short climbs

M+ = Moderate plus – will have longer or steeper climbs

S = Strenuous – more challenging, often with stiff climbs over rough terrain, good fitness level required.

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.

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.

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GUIDELINES FOR WALK LEADERS

- ‘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

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GUIDELINES FOR MEMBERS ON GROUP WALKS

- 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
- Booklet Walks. The leader must be informed in advance if you intend to go direct to the start point that is shown in the Lower Wye Rambles booklet.

CAR SHARING MILEAGE LEVY

From CLC to Start Point (Levy includes return journey)
Please note that cost sharing of Severn Bridge tolls are extra.

| 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 |

Sun 4th Penhow and Langstone OL14 8.5M
 Varied field and woodland walk outstanding estuary views
9.15 CLC Anne Underwood 01633 400886 £2.00

South West Coastal Path
5th to 10th September
 Gordon 01454 616344

Sun 11th Greater Gwent Area Walk
 A choice of 6 or 10mile walk, starting from Centenary Hall in
 Usk at 10am Light refreshments available at end of walk
9.30am CLC or go direct (further details Dawn 01594 837157)

Sun 18th Llanfoist and Gilwern OL13 10E
 An easy flat walk following the Brecon Canal and Usk river
8.45 CLC 9.10 RS Ron 01600 713726 levy £3.00

Pembrokeshire Coastal Path 16th to 18th
 Terry/Stevie 01291 625712

Tues. 20th Penultimate Stage of Monnow Valley Walk 10M+
 Clodoch to Craswall
8.30 CLC 9.00 RS Gill Wallace 01291 623458 levy £4.00

Sun 25th St Maughans Newcastle and Hendre OL14 8E
 Monnow Valley at its best. Simon/David 01600 715207
9.00 CLC 9.30 Monmouth Fire Station levy £2.00

Tues. 27th Last stage of Monnow Valley Walk 7M+
 Craswall to Hay- on- Wye Parking at Hay all day £2.50
8.30 CLC 9.00 RS Gill Wallace 01291 623458 levy £4.00

OCTOBER

Sun. 2nd Bloreng Llanfoist OL13 8M
 Punchbowl and Superb Mountain Views levy £2.80
9.00 am CLC or 9.30 RS Paddy 01600 716254

Tues. 4th Where the Curlew Calls Booklet Walk 6 501055
 Fields and woods and great views levy £1.50 **5.5M**
9.15am CLC Allan Thomas 01291 625915

Sun.9th Fedw Woods ST505984 OL15 7 M
 A forest walk with views taking in 4 stretches of woodland
9.45 CLC Mike Brown 01633 882107 levy £1.50

FRIDAY 14TH OCTOBER
QUIZ NIGHT
ANCHOR AT TINTERN 7.30pm £9.00
 Allan 01600 711971

Sun.16th Forest of Dean Sling to Oakwood OL14 6M
 Thro, pasture and woodland, Pub lunch at Orepool Inn, Sling.
9.15am CLC David and Hilary 01291 621680 levy £2.00

| Page 11 | DECEMBER | Map | Miles & Grade | Page 12 | JANUARY | Map | Miles & Grade |
|---|--|-----------|--------------------------|--------------------------------|--|-----------|---------------|
| Sun 18th | A Christmas Walk | OL14 | 8 M | Sun. 8th | A Newport Walk | | 7 E |
| | Brockweir, Hewelsfield, and St. Briavels, lunch stop by castle with festive tea and mince pies on return. | | | | Castleton Circular, a Newport city published walk | | |
| 9.30 am CLC or 10am. at Mary's home | (Spring Vale Brockweir) | | | 9.00 am. CLC | George West 01291 650772 | | levy £2.80 |
| | Mary Quirk 01291 680060 | | levy £1.50 | Wed. 11th | Heart of History Booklet Walk 13* | | 5 E |
| Mon. 26th | Boxing Day - festival of winter walks | | 4/5 E | | A walk around Tinterns famous abbey, and its early Industrial history, of its iron and wire-making . | | |
| | A gentle stroll around the Mathern area to clear the head, but with, hopefully, a pub finish | | | 9.15am. CLC | Allan Thomas 01291 625915 | GR 532001 | |
| 10am. CLC | Gwynne Eburn 01291 622767 | | levy £1.00 | Sun. 15th | Llandinabo | Exp.189 | 9 M |
| | | | | | A walk around Orcop Hill, Mynde Park and Llanwarne | | |
| Thurs. 29th | Dyrham festival of winter walks | OL 155 | 7 M | 9.00am. CLC or 9.30 DR | David W. 01600 715207 | | levy £3.50 |
| | Walking the Cotswold Way | GR 738756 | | Thurs. 19th | Forest of Dean | OL14 | 6.5 E |
| 9a.m. CLC | Gordon Taylor 01454 616344 | | levy £3.50 + bridge toll | | Parkend to Nagshead on forest tracks and through Nature Reserve, pub lunch at Fountain Inn. | | |
| | | | | 9.15am CLC | David and Hilary 01291 621680. | | |
| | | | | Sun. 22nd | A winter circuit in the Black Mountains | | 10 S |
| Sun !st. | New Years Day festival of winter walks | | | 8.30am CLC or 9.00am RS | Frank Cook 01600 860582 | | |
| Monmouth Meander Booklet Walk 1* | GR 512131 | | 9 M | <i>alternatively</i> | | | |
| | A walk to the Kymin to enjoy the views, then woods and fields, then finish along the banks of the River Wye. | | | Sun.22nd | Mounton | ST515922 | 4 E |
| 9.30 am. CLC or 10am. Monmouth Rowing Club | | | | | following paper making across fields and woodland | | |
| | Ron Gladwin 01600 713726 | | levy £2.80 | 9.45am CLC | Dawn 01594 837157 | | levy £1.00 |

| Page 13 | JANUARY | Map | Miles & Grade | Page 14 | FEBRUARY | Map | Miles & Grade |
|--------------------------------|--|--------------|-------------------------|---|---|---------------|---------------|
| Tues.24th | Ebbw Vale | Exp 161 | 7 M | Sun 12th | Wentwood | OL14 | 7.5 M |
| | Hillside and summit plateau, paths and tracks | | | | A country walk through Wentwood and Trebela | | |
| 8.30am. CLC | David Watkins | 01600 715207 | levy £2.80 | 9.15am CLC | Allan Thomas | 01291 625915 | levy £1.50 |
| Sun. 29th | Wootton under Edge | | 7 M | Wed.15th | Mitchell Troy | OL13 | 8 M+ |
| | A stunning walk around Tyndale Monument and Waterley Bottom with an optional cream tea afterwards. | | | | Around the villages and countryside of Lydart | | |
| 9.30am CLC | Heather Price | 01291 637416 | levy £2.80+ bridge toll | | Mitchell Troy and Penallt | levy £1.50 | |
| FEBRUARY | | | | 8.30am CLC | SP Mitchell Troy Church | | |
| | | | | | Simon/David | 01600 715207 | |
| Sun.5th | Cwmyoy | OL13 | 8 M | Sun.19th | Forest of Dean | OL14 | 9 M |
| | Trek to Forest Coal Pit, and return to twisted Church at Cwmyoy | | | | Beautiful woodlands, ironworks, stoneworks and railways | | |
| 8.45am CLC | Simon/David | 01600 715207 | levy £2.80 | 9.15am CLC or SO576104 | Dawn | 01594 837157 | levy £2.00 |
| Tues. 7th | Lancaut Loop Booklet Walk 16* | GR535942 | 5.5 S | Wed. 22nd | Wentwood | OL14 | 6.5 M |
| | Walk through the gorge section of the Wye Valley | | | | Look for snowdrops, medieval farm and enjoy fields and views. | | |
| | And return via the cliffs at Wintours Leap | | | 9.30am CLC and possibly Earlswood village hall . | | | |
| 915a.m. CLC | Allan Thomas | 01291 625915 | levy £1.50 | | Anne Tyler | 01633 400799 | levy £1.50 |
| Wed 8th | Clytha Hill and Hanging Bank | | 8 M | Sun. 26th | Skenfrith | OL14 | 9 M |
| | and hopefully snowdrops to brighten your day | | levy £2.00 | | Superb views around Tregate, Skenfrith and Pembridge Castle | | |
| 9.15am CLC or SO 361085 | Anna Maciag | 01600 714342 | | 9.00am CLC or 9.30am Monmouth Fire Station | | | |
| | | | | | Simon/ David | 01600 715207. | levy £2.80 |

LOWER WYE RAMBLERS COMMITTEE 2011- 2012

Chairman & Secretary:

Dawn Davies
01594 837157

Treasurer:

David Phillips
01291 621680

Rambles:

Ron Gladwin
01600 713726

Social Events:

Sue Oswell Allan Manson
01600 780416 01600 711971

Newsletter Editor:

Nick Jones
01291 423981

Publicity:

Carole MacDougall
01291 423452

Footpaths & Pathcare

Allan Thomas
01291 625915

Membership & Minutes Secretary:

Heather Price
01291 637416

Committee:

John Cottrell
077 60364462

Booklet Walks * The leader must be informed in advance if you intend to go direct to the start point that is shown in the Lower Wye Rambles booklet.

Leaders Walks Reports – are always welcome! Please send to Carole MacDougall for publishing. You can email your report to : carole.macdougall@hotmail.co.uk

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