

<p>Page 1 General Notes</p> <p>Meeting Point We meet in car park at Chepstow Leisure Centre (CLC) unless otherwise stated. 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 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 leaders 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 are 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 MARCH 2010 Map Miles & Grade</p> <p>Wed 3rd Whitebrook & Redbrook OL14 9 M+ Joint walk with Cardiff Ramblers in Wye valley woodlands/riverside 9.45am (10.15am Redbrook car park) Len 02920 750167 levy £1.50</p> <p>Sun 7th Two Rivers Walk – Sirhowy Valley Exp 152 8 M Riverside, canal & hillside walk with local history points of interest 9.15am Len 02920 750167 levy £3.50</p> <p>Sun 14th Cinderford, Soudley, Littledean OL14 7 M A relaxing ramble on Forest of Dean paths and Severnside fields 9.00am John 077 60364462 <i>optional pub stop at end</i> levy £2.80</p> <p>Tues 16th Garway ‘East’ (no lunch stop) Exp189 6 E Countryside and lanes with spectacular views of Herefordshire 9.15am David Watkins 01600 715207 levy £2.80</p> <p>Sun 21st Ramblers 75th Anniversary Baton Walk OL14 8.5 M Start at Chepstow Castle, Wye Valley Walk, St Arvans, Gaer hill Woodland, pasture & easy slopes-suitable for most children & adults 9.45am at Chepstow Castle (parking fee) David W. 01600 715207</p> <p>Wed 24th Whitebrook Wander Booklet Walk 7** OL14 5 M A pleasant walk along Wye riverside and ups & downs in woodland 9.15am Allan 01291 625915 levy £1.50</p>	<p>Page 6 MARCH Map Miles & Grade</p> <p>Sun 28th Trellech area OL14 6 M Varied walk in attractive countryside with optional pub lunch at end 9.00am Hilary & David 01291 621680 levy £1.50</p> <p>Tues 30th Cwmgwdi, Brecon, Llanfrynach OL12 10 M Joint walk with Bridgend Ramblers mostly flat farmland & riverside 9.00am at CLC then collect other cars at Raglan Church at 9.20am Leader George Evans 01656 745898 - contact Len 077 20060017 levy £5.50</p> <p style="text-align: center;">APRIL</p> <p>Easter Sun 4th Edge End, Symonds Yat OL14 9 M+ Woods and fields along the meandering river Wye with good views 9.15am Paddy 01600 716254 levy £2.80</p> <p>Sun 11th Trellech, Catbrook, Loysey Woods OL14 14 M+ See April flowers on this refreshing woodlands and countryside walk 9.15am Ian 01594 528116 levy £1.50</p> <p>Wed 14th Blaise Castle near Bristol Exp155 7 M Stroll through woods, golf course and riverside around Blaise Castle 9.15am Gordon 01454 616344 levy £2.00 + bridge toll</p>
<p>Page 7 APRIL Map Miles & Grade</p> <p>Sun 18th Llanishen, Llansoy, Wolvesnewton OL14 8 M Spring is in the air so enjoy this invigorating countryside walk 9.15am Allan 01291 625915 levy £1.50</p> <p>Tues 20th Between Tidenham Chase & St Briavels OL14 8 M Along the ridge between the Wye & Severn with panoramic views 9.30am Gill 01291 623458 levy £1.50</p> <p>Sun 25th Avebury & Silbury Hill Exp157 8 M Walk the ancient track of The Ridgeway, marvel at the early Bronze Age Avebury stone circle & mysterious huge man-made Silbury Hill 9.00am Mike Birbeck 01291 625105 levy £6.00 + bridge toll</p> <p>Tues 27th Where the Curlew Calls, Booklet Walk 6** 5 M A very pleasant walk through fields and woods around Trellech 9.15am Allan 01291 625915 OL14 levy £1.50</p> <p style="text-align: center;">MAY</p> <p>Sat 1st Whitestones, Bigsweir, Brockweir OL14 8.5 M+ Walkers go into 3 bluebell woods and the Natural History Museum has asked walkers to take part in the National Bluebell Survey 9.30am Mike Urry 01291 621386 levy £1.50</p>	<p>Page 8 MAY Map Miles & Grade</p> <p>Sun 9th Penhow, Wentwood Forest Exp152/ OL14 8 M Enjoy the bluebells and Spring flowers in these woodlands & fields 9.15am Anne Underwood 01633 400886 levy £1.50</p> <p>Tues 11th Llanover estate OL13 5 E Breakfast at Raglan Garden Centre then short walk around Llanover 9.00am David Watkins 01600 715207 levy £2.80</p> <div style="border: 1px solid black; padding: 10px; text-align: center; margin: 10px 0;"> <p>South West Coastal Path - Padstow Weekend Fri 14th to Mon 17th May Gordon 01454 616344</p> </div> <p>Sun 16th Caerphilly Common, Castell Coch, Rudry 7.5 or 14 M+ Figure-of-eight walk from Caerphilly Common to Castell Coch and back then option to continue on ridgeway to Rudry and back to Caerphilly Common. Superb views north & south from ridgeway 9.00am Ian 01594 528116 Exp166 levy £4.50</p> <p>Thurs 20th Ross-on-Wye, Penyard Hill OL14 levy £4.00 8 M Countryside walking in and around Ross including Penyard Hill 8.45am (or 9.15am at Dixon Roundabout) Ron 01600 713726</p>

Thurs 15th Loysey Woods evening walk OL14 (GR502073) 2.5 E
An easy evening stroll through Loysey Woods near Trellech
7.00pm Ron 01600 713726 levy £2.80

Sat 17th Summer Barbeque
Miner Arms Whitecroft
Allan Manson 01600 711971
(Short walk before-leader Dawn)

Sun 18th Talybont-on-Usk OL13 6 M
Country lanes and bridleways with some slight inclines
9.00am David Watkins 01600 715207 levy £4.50

Wed 21st Chepstow Park Wood evening walk OL14 4 M
Relax and enjoy the woodlands of Chepstow Park and Cefn Garw
7.00pm George 01291 650772 levy £1.00

Thurs 22nd Fownhope, Brockhampton LR149 8 M
gentle walk in Herefordshire countryside, Fownhope, Brockhampton
9.00am Ron 01600 713726 levy £4.50

Sun 25th The Blorenge OL13 7 M
Some moorland and local history with fine views over countryside
9.00am Pam 01291 641339 levy £3.50

Tues 27th Grosmont (no lunch stop on walk) OL13 6 M
Follow the Monnow Valley Walk with a stop at a coffee/cake shop
9.00am David Watkins 01600 715207 levy £2.80

Wed 28th Pwll Meyric evening walk OL14 3.5 E
Easy walking in the gently rolling countryside near Chepstow
7.00pm Gwynne 01291 622767 levy £1.00

AUGUST

Sun 1st Choice of 2 Sunday walks – long & short

Long walk - Tretower and Pen Tir OL13 10 M+
A hill walk to stretch your legs and enjoy the Black Mts. scenery
9.00am Len 02920 750167 levy £5.00

Short walk – Whitestone, Tintern OL14 6 M
Follow ancient pathways through woodlands on western side of Wye
10.00am Gwynne 01291 622767 levy £1.50

Thurs 5th Tresham, Ozleworth, Newark Park, Alderley 8 M
walking in the Cotswolds with its lovely villages, valleys & streams
9.00am Ian 01594 528116 Exp 167 levy £3.50 + bridge toll

Sun 8th Tintern, Brockweir, Offa's Dyke Path OL14 7 M
Summertime strolling through Wye Valley woodland and riverside
9.30am Maurice 01291 423523 levy £1.00

Tues 10th Monmouth area evening walk OL14 2.5 E
Summer evening Monmouth countryside & optional pub stop at end
6.30pm John 077 60364462 levy £2.80

Wed 11th Penrhos, Llantilio Crossenny, White Castle 8.5 M
Walk the border country to one of the 'Three Castles of Gwent'
9.30am Sue 01600 780416 OL14 levy £2.80

Sun 15th Pontrilas area OL13/Exp189 10 M+
Commons, mixed farmland, quiet lanes in Herefordshire countryside
9.00am David Watkins 01600 715207 levy £4.00

Wed 18th Devauden, Catbrook, Trellech Grange OL14 9 M
Joint walk with Cardiff Ramblers on the western ridge of the Wye
9.45am Len & Allan 01291 625915 levy £1.50

Sun 22nd Raglan, Dingestow, Penyclawdd OL14 10 M
Rural ramble thro farmland along the eastern edge of the Usk valley
9.00am George 01291 650772 levy £2.00

Wed 25th Malvern Hill, British Camp Exp190 (GR763404) 7 M
A linked walk on the Malvern Hill, taking in the British Camp
9.00am Janet & David 01291 625357 levy £6.00

August Sun 29th Skenfrith, Garway Exp189 8 M
A great place to walk and have a different tune on an old fiddle!
9.00am Simon 01600 715207 levy £3.50

LOWER WYE RAMBLERS COMMITTEE 2010**Chairman & Secretary:**

Dawn Davies
01594 837157

Publicity & Press:

Nick Jones
01291 423981

Treasurer:

David Phillips
01291 621680

Social:

Sue Oswell 01600 780416
Allan Manson 01600 711971

Rambles:

Len Potter
02920 750167

Membership:

Pat Willmott
01291 625906

Footpaths & Path Care:

Allan Thomas
01291 625915

Minutes Secretary:

Heather Price
01291 637416

Committee:

John Cottrell
077 60364462

GAB Walks:

Ian McDonald
01594 528116

GAB Walks* Walks with Gwent Association for the Blind led by Greater Gwent Area ramblers. Contact Ian on day before walk if you wish to help on following Thursdays: **Mar 18; Apr 22; May 27; June 24; July 15; Aug 19.**

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 Nick Jones For publishing. You can email your report to nickingjones2000@yahoo.co.uk

