

WALKING INFORMATION

We meet at the upper car park, Newport Civic Centre, Fields Road, Newport, NP20 4BJ. We leave at 9.30am on Sundays and at 7.00pm for midweek evening walks, unless otherwise stated, to enable and encourage car sharing. You are asked to make a reasonable contribution towards driver's fuel costs.

Walking boots or stout shoes are essential. Adequate waterproofs and spare warm clothing should always be carried. Bring a packed lunch, a drink and extra water in Summer. Any one participating in any Group activity does so at their own risk. The walks leader reserves the right to alter the planned walk in the event of adverse conditions and to refuse any one who is not properly equipped or who may otherwise endanger the safety of the group. We prefer members to accompany the group through to the conclusion of the walk. **However, anyone wishing to leave the walk should always inform the leader first.**

As a general rule, members should not walk ahead of the leader. If the leader drops back for any reason, members in front should keep the leader in sight and within calling distance unless otherwise permitted by the leader.

If there is no phone number for a leader or if you have any queries, ring the Ramblers Officer. **You should always check with the leader before bringing a dog, since a good proportion of walks may not be suitable for dogs. On walks, dogs MUST be held on a short lead at all times.**

WALKS GRADES

Walks are graded according to the vigour of a walk.

Easy

Walks for anyone who does not have a mobility difficulty or a specific health problem or is seriously unfit. Suitable for beginners. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.

Moderate

Walks for people with country walking experience and a good level of fitness. May include some steep paths and open country.

Strenuous

Walks for experienced country walkers with an above average fitness level. May include hills and rough country.

Important. Grades are provided as a general guide only: if you have any doubt about your fitness for a particular walk please contact the organiser or leader in advance. You should also bear in mind the distance of the walk, regional differences in terrain and the possibility of bad weather, which can make a walk more difficult than planned. If you're unsure of your fitness level, try a short and easy walk first: it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted. Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit.



Walks programme

April - July 2019

Meeting Point Upper car park, Newport Civic Centre, Fields Road, Newport, NP20 4BJ. Leave at 9.30am weekends and 7.00pm weekdays. Note: On-street parking only for midweek walks. Park in the car park only on Sundays. Any variations in meeting points and times are listed in the **NOTES FOR WALKS** immediately after the list of walks.

Non-members are welcome to join two or three walks after which they will be expected to join the Ramblers Association. Details of membership application can be obtained from our web sites or the Membership Secretary. An adult must accompany minors.

Please fill in the GROUP part of the membership form as: SOUTH GWENT GROUP.

GROUP OFFICERS AND COMMITTEE

Chairman	Collin Wallace	676455	
Secretary	Sheila Holmes	07828 050014	
Treasurer	Roger Binding	07969 627682	
Footpaths Officer	Derek Humble	01291 420118	
Ramblers Officer	Dave Fereday	864462	
Membership Sec.	Joan Lang	864664	
Publicity Officer	[vacant]		
IT Officer	Fred Fee	266647	
Committee Members	Adrian Sheehan	Charles Goodreid	Ivor Barclay
	Jan Wagenaar	Jan Lavis	

FOOTPATH PROBLEMS

Please report all footpath problems with full details to the Footpaths Officer who will forward them to the appropriate authority. A footpath problem report form is available on our web sites or from our Footpaths Officer if required.

The Ramblers' Association is a registered charity (England & Wales no 1093577, Scotland no SC039799) and a company limited by guarantee, registered in England & Wales (no 4458492). Registered office: 2nd floor, Carmelford House, 87-90 Albert Embankment, London SE1 7TW.

Day/Date	Grade	Location	Leader	Contact No	Ms
Sun 07 Apr	12 Strenuous	Ysgyrdd Fawr and Fach	Ian	266647	40
Sun 14 Apr	12 Strenuous	Twmbarlwm with a twist - see note below	Ivor Barclay	07831151081	12
Sun 28 Apr	7 Moderate	Cwm Lasgarn	Peter Elliott	07989171292	24
Sun 05 May	10 Strenuous	Carn Pica	Derek Humble	01291420118	70
Sun 05 May	8 Moderate	Trellech	Colin Wallace	676455	38
Wed 08 May	4 Easy	Milton	Charles Goodreid	07990767535	12
Sun 12 May	8 Moderate	Brampton Abbotts	Andrew Wilcott	07549628429	55
Sun 19 May	11 Strenuous	Bwlch	Pam Jones	07753701486	60
Sun 19 May	6 Moderate	Pontypool/Mamhilad	Joan Lang	864664	20
Wed 22 May	4 Easy	Cefn Mabli	Ian	864462	16
Sun 26 May	11 Strenuous	Christchurch Wye Valley	Dave Fereday	864462	55
Sun 02 Jun	10 Moderate	Llanellen and the Usk Valley	Roger Binding	07969627682	32
Wed 05 Jun	4 Moderate	Christchurch Newport	Dave Fereday	864462	8
Sun 16 Jun	9 Moderate	Mynydd Maen	Charles Goodreid	07990767535	10
Sun 23 Jun	20 Strenuous	Three Castles - see note below	Dave Fereday	864462	58
Sun 30 Jun	7 Moderate	Skenfrith - see note below	Brian Turner	263988	58
Sun 30 Jun	12 Strenuous	Brunel's Ynysmaerdy Incline	Ian	864462	100
Wed 03 Jul	5 Moderate	Usk Castle and Cwmcayo	Steve Williams	864462	22
Sun 07 Jul	4 Moderate	Celtic and Priory Woods	Babs Ray	07825302260	12
Sun 07 Jul	10 Strenuous	Mynydd Troed & Mynydd Llangorse	Paul Coleman	07975763205	60
Wed 10 Jul	4 Moderate	Henllys	Dave Fereday	864462	12
Sun 14 Jul	10 Strenuous	Llyn Fan Fawr - see note below	John Smith	07599918087	100
Wed 17 Jul	4 Moderate	Llanwern and Bishton	Babs Ray	07825302260	12
Sun 21 Jul	13 Strenuous	Llanthony to Hay Bluff	Adrian Sheehan	896275	60
Sun 21 Jul	6 Moderate	Caerwent	Fred Fee	266647	20
Sun 28 Jul	8 Strenuous	Grwyne Fawr Valley	Ken Poole	07552067696	55
Wed 31 Jul	4 Easy	Venta Silurum	Ian	864462	25

Grade = Length in miles and vigour of walk: see back of programme for more details.

Ms = round trip mileage of car journey from the meeting point to the start of the walk.

NOTES FOR WALKS

Sunday 14 April	Twmbarlwm with a twist	Joint with NOGs
Sunday 23 June	Three Castles	9.00am start. Joint with NOGs
Sunday 23 June	Skenfrith	Joint with NOGs
Sunday 14 July	Llyn Fan Fawr	9.00 am start.

FORTHCOMING EVENTS

9 June **A day trip to Sidmouth**, organised by Joan will start at 8:30am from Newport Civic Centre lower car park. Park on-street or in the upper car park. Cost is £28 which includes coach and carvery meal (dessert extra) on the way back to Newport. There will be a 5-mile walk led by Ceri with time to spend in Sidmouth and a longer walk of about 8 miles led by Paul. **Book ASAP by ringing Joan on 01633 864664 or 0795 296207. Payment by 18 May.**

5 August **The Annual Barbecue** at the usual Tintern venue organised by Sue and Colin assisted by Ceri and Steve. Derek will supply yet another walk in the area. Is there limit to his knowledge of footpaths?

August 2019 **A day trip to Tenby** will be arranged by Sue Shea. Note that bookings will be taken when Sue and Colin return. Full details later

7 October 2019 **A Midweek Trip to the Cavendish Hotel, Torquay** has been booked by Joan. The cost of £225 per person includes half board, coach, gratuities etc. Walks will be provided as usual. Only a few places left including two single rooms. Anyone requiring a single room should get in touch with Joan (01633 864664) ASAP as they get snapped up quickly.