

## 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 Rambles 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.

### Medium

Walks for reasonably fit people with at least a little country walking experience. May include unsurfaced rural paths.

### 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

## August - November 2018

**Meeting Point** Upper car park, Newport Civic Centre, Fields Road, Newport, NP20 4BJ. Leave at 9:30am weekends and 7:00pm weekdays. 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 Rambles 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 .....	Colin Wallace .....	676455
Secretary.....	Sheila Holmes.....	07828 050014
Treasurer .....	Roger Binding .....	07969 627682
Footpaths Officer.....	Derek Humble .....	01291 420118
Rambles Officer.....	Dave Fereday.....	864462
Membership Sec.....	Joan Lang.....	864664
Publicity Officer .....	[vacant]	
IT Officer .....	Fred Fee.....	266647
Committee Members	Adrian Sheehan	
	Julie Davies	

### 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 Rambles' 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, Camelford House, 87-90 Albert Embankment, London SE1 7TV.

## FORTHCOMING EVENTS

The **Annual Barbecue** will be take place at Tintern with Derek dipping into his seemingly inexhaustible fund of walks in the beautiful Wye Valley. Colin and Sue will provide catering. Go straight to the venue or go to the Civic Centre upper car park first at 9:30.

Paul Mellor will organise a **day trip to Lynton and Lymmouth**. Joan will lead a 5-mile walk and Paul will lead a walk of about 8 miles. The coach has been booked. 8.15 start from Faulkner Rd (Civic Centre lower car park). There will be a choice of 2 walks: a 10 mile moderate walk led by Paul (Lorna Doone Trail) and a moderate 5 mile circular walk led by Joan to the Valley of the Rocks. There is also an option for a shorter walk of 2.7 miles. The cost of £26 includes coach and Carvery meal on way back.

The **Greater Gwent Area Ramble** is hosted by Islwyn, leaving at 10am from Crosskeys Rugby Club. There will be two walks, 10 miles, energetic, around Mynydd Islwyn and Mynydd Machen and 7 miles, leisurely, around the Sirhowy Valley. Light refreshments will be available at the rugby club at the end of the walks, around 4.00 pm.

A **Mid-week trip to Scarborough** has been booked and a deposit paid to The Royal Hotel, Scarborough. Long and short walks will be provided. On the Wednesday, the coach will take us on a day-trip to York. The total cost of the travel and accommodation with breakfasts and evening meals is £255 per person. For those who paid a deposit, the balance of £230pp must be paid by 20 July. Speak to Joan Lang on 01633 864664 if you have any questions about the trip.

The **Greater Gwent Area Walk and AGM** is hosted by North Gwent from Cyfartha Castle, with the walk starting at 10am. Light lunch will be available at 1pm for those staying for the AGM. The AGM will start at 2pm.

Day/Date	Grade	Location	Leader
Wed 01 Aug	4 Strenuous	Caerlicyn (Langstone)	Ian
Wed 08 Aug	4 Moderate	Sirhowy Valley Country Park	Liz Salimon
Wed 15 Aug	4 Moderate	Llanwern Village circular	Babs Ray
Sun 19 Aug	11 Strenuous	Mynydd Llangorse	Ken Poole
Wed 22 Aug	3 Easy	Three Blackbirds	Ian
Wed 29 Aug	4 Moderate	Llanfrechfa	Dave Fereday
Sun 02 Sep	12 Strenuous	Dare Valley Country Park	Ian
	6 Moderate	Shirenewton	Denise Humble
Sun 09 Sep	10 Moderate	Hollybush (Golden Valley)	Jan Lavis
Sun 23 Sep	10 Strenuous	Black Mountains	Paul Coleman
Sun 30 Sep	5 Moderate	Llanfrechfa and Llanymrafnod - see note below	Joan Lang
Sun 07 Oct	10 Strenuous	Cats Back	Pam Jones
Sun 14 Oct	10 Moderate	Rudry	Adrian Sheehan
Sun 21 Oct	10 Strenuous	Abersychan	Derek Humble
Sun 28 Oct	10 Strenuous	Bryn Awr	John Smith
Sun 11 Nov	10 Moderate	Kilgwrnog and First World War	Ian
Sun 25 Nov	9 Moderate	Clydach Gorge - see note below	Dave Fereday

**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 30 September    Llanfrechfa and Llanymrafnod    Optional light lunch  
 Sunday 25 November    Clydach Gorge    **9.00am start**