



Walks programme

December 2018 - March 2019

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 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 | 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 | Charles Goodreid |
| | 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.

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| Day/Date | Grade | Location | Leader |
|------------|--------------|-------------------------------|----------------|
| Sun 02 Dec | 10 Strenuous | Abertillery | Dave Fereday |
| Sun 09 Dec | 7 Moderate | Goose and Cuckoo | Peter Elliott |
| Sun 16 Dec | 8 Strenuous | Strawberry Wood | Ken Poole |
| Sun 06 Jan | 8 Moderate | A toll free walk | Dave Fereday |
| Sun 13 Jan | 10 Strenuous | NOG's Winter Walk | Norman Roberts |
| Sun 20 Jan | 10 Moderate | Tidenham and the Old Border | Ian |
| Sun 27 Jan | 6 Moderate | Dare Valley Country Park | Joan Lang |
| Sun 03 Feb | 9 Moderate | Parc Cwm Darren | Jan Lavis |
| Sun 10 Feb | 8 Moderate | Tretower | John Smith |
| Sun 17 Feb | 8 Moderate | Cowbridge | Andrew Wilmott |
| Sun 24 Feb | 10 Moderate | Circuit of Brecon | Dave Fereday |
| Sun 03 Mar | 12 Moderate | South Wales Highest Waterfall | Ian |
| | 5 Moderate | Usk Castle and Cwmcayo | Steve Williams |
| Sun 10 Mar | 10 Moderate | Rudry | Adrian Sheehan |
| | 6 Moderate | Shirenewton | Denise Humble |
| Sun 17 Mar | 8 Moderate | Llandogo | Derek Humble |
| Sun 24 Mar | 6 Moderate | Ynysyfro and 14 Locks | Fred Fee |
| Sun 31 Mar | 10 Moderate | Daffodil Way | Paul Mellor |

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 2 December Abertillery **9.00am start**, meal afterwards
 Sunday 13 January NOG's Winter Walk **9.00am start**, joint with NOGs

FORTHCOMING EVENTS

- 28 December 2018 **The Christmas Walk and Lunch** is to be held at the Hollybush Inn, Draethen. Meet at the Civic Centre upper car park but park on street at the usual time of 9:30am to arrive at Draethen at 10am. Parking is tight, so the fewer cars the better. The main course at £11 is followed by an (optional) pudding at £4. A selection of vegetables will be served with the main course. Coffee and other drinks are extra and are available from the bar. **Fred will circulate the menu soon.** The meal should be ready to serve at 1:30pm. None-walkers are welcome. **Ring Fred (01633 266647 or 07456 992759) with your menu choices before 7 December** so that the Hollybush know what to prepare well before Christmas.
- 9 June 2019 **A day trip to Sidmouth** will be arranged by Ceri and Joan. Details later.
- August 2019 **A day trip to Haverford West** will be arranged by Sue Shea. 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. Anyone requiring a single room should get in touch with Joan (01633 864664) ASAP as they get snapped up quickly. **All deposits of £25 to be paid by the end of February.** More details later.

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.

