

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

April - June 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	Ivor Barclay
	Julie Davies	Charles Goodreid
	Jan Waagenar	

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.

Day/Date	Grade	Location	Leader
Sun 08 Apr	9 Strenuous	Wye Valley Amble - see note opposite	Liz and Paul
Sun 15 Apr	10 Strenuous	Table Mountain	John Smith
Sun 22 Apr	8 Moderate	Cyfarftha Castle Trail	Peter Elliott
Sun 29 Apr	11 Strenuous	Avon Gorge	Ian
Sun 06 May	7 Moderate	Draethen Bluebell Walk	Mike and Joan
Wed 09 May	4 Moderate	Christchurch	Dave Fereday
Sun 13 May	10 Strenuous	Twmbarthwm	Jan Wagenaar
Sun 20 May	11 Strenuous	Ponsticill	Derek Humble
Wed 23 May	4 Strenuous	Coed Mamgu (Cross Keys)	Ian
Sun 27 May	10 Strenuous	Malverns	Dave Fereday
Sun 03 Jun	12 Strenuous	Talybont Valley	Ken Poole
Wed 06 Jun	4 Moderate	Celtic Wander	Babs Ray
Sun 17 Jun	10 Moderate	Garway and Orcop	Peter Elliott
Wed 20 Jun	5 Moderate	Llangyfiw - Usk	Ian
Sun 24 Jun	10 Strenuous	NOG delayed Winter Walk - see note opposite	Norman Roberts
Sun 01 Jul	9 Moderate	Walford	Andrew Wilmott
Wed 04 Jul	4 Moderate	Fourteen Locks Circular	Babs Ray
Sun 08 Jul	10 Strenuous	Fan y Big from Llanfrynach	Adrian Sheehan
Sun 15 Jul	10 Moderate	Dunraven to Nash Point	Jan Wagenaar
Wed 18 Jul	4 Moderate	Wentwood	Ken Poole
Sun 22 Jul	12 Strenuous	The Other Sugar Loaf - see note opposite	Ian
Sun 29 Jul	20 Strenuous	Three Castles - see note opposite	Dave Fereday
	8 Moderate	Merthyr Mawr - see note opposite	Mike and Joan

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 8 April	Wye Valley Amble	Bring £1.20
Sunday 24 June	NOG delayed Winter Walk	Joint with NOGs 9.00am start
Sunday 22 July	The Other Sugar Loaf	9.00am start
Sunday 29 July	Three Castles	9.00am start
Sunday 29 July	Merthyr Mawr	Parking fee

FORTHCOMING EVENTS

10 June 2018 Roger has organised a coach trip to Swanage. The trip comprises a coach journey to Norden – a “Park & Ride” station for the Swanage Railway close to Corfe village. We then ride by train to Swanage. Long walkers walk back to Norden mainly via an east-west ridge (hopefully giving good views north and south, e.g. of Poole Bay), a distance of about 8.5 to 9 miles. Derek will organise a short walk - details to come. Options for those who do not wish to do either walk are a day at Swanage returning by train or open-top bus to Corfe with a short walk to Norden, or a Swanage and Corfe Castle visit, using the train or bus: Roger will print off a few copies of the train timetable. We then return by coach stopping *en route* at a hotel-restaurant for a Sunday roast. The cost is £35pp which covers the coach, one-way train fare and a main course. A dessert costs £5 extra but time constraints may preclude this option; a decision will be made on the day. Please let Roger know if your dietary requirement precludes a roast. Send your booking to Roger, including a £5 deposit.

5 August

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. More details nearer the date.

12 August

Paul Mellor will organise a day trip to Lynton and Lynmouth. Joan will lead a 5-mile walk and Paul will lead a walk of about 8 miles. The coach has been booked. The meal price has yet be confirmed. More details nearer the date.

1 to 5 October

The 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. More details as they become available.