







Walk Grade	Easy 	Moderate 	Strenuous 
Cycle Ride Grade	Easy 	Moderate 	Strenuous 
IMPORTANT NOTICE	Please arrange your own transport to weekends away – we usually ‘car share’.		

PARTICIPATION STATEMENT

All walks and outdoor activities carry risks of accident or injury. Participants should be aware of and accept these risks and be responsible for their own actions. Participants should also ensure that they are in good health, of sufficient fitness and have the correct clothing and equipment for a particular activity. Any questions – ask a committee member or event leader.

ESSENTIAL EQUIPMENT - GROUP WALKS AND WEEKENDS AWAY

1. Waterproof jacket and trousers plus warm clothing
 2. Stout shoes or boots
 3. Thermal gloves, hat, first aid kit, whistle and survival bag
 4. Food, drink, map, compass, torch and mobile phone
- NB. The tougher, the longer the walk or, if the walk is in the mountains and/or in winter, please bring all or more of the above equipment. Haven't got all of it? Ask a committee member or the walk leader beforehand – perhaps you could borrow some.

PROGRAMME ENQUIRIES

Ask Alan or a Committee Member
alanrichardlucas@hotmail.com

DOGS ON WALKS – ONLY ON A LEAD PLEASE

Changes to the programme. Occasionally Group events may change. Please listen to announcements at Group events, read e mails sent to you, ask a committee member or check the web site, Meet Up or Facebook.



PROGRAMME OF EVENTS MAY to JULY 2022



[meetup.com/Newport-outdoor-group-get-walking](https://www.meetup.com/Newport-outdoor-group-get-walking)
[facebook.com/groups/newportoutdoorgroup/](https://www.facebook.com/groups/newportoutdoorgroup/)


NEWPORT OUTDOOR GROUP MAY, JUNE and JULY 2022

Details of walks are in the **Newsletter**, e mailed on Tuesdays.
Contact joanna.r.steiner@gmail.com

See also **Meet Up**

www.meetup.com/Newport-outdoor-group-get-walking





and **Facebook** www.facebook.com/groups/newportoutdoorgroup

30th	<p><u>The History of Newport</u> Stella shows us what Newport was and what it is now. Hysterical ! Meet - The park, Clifton Road, St Woolos, NP20 4EW. wedge.best.jaws</p>	
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THURSDAY

Sociable walks of 3 or 4 miles on Thursday evenings.
Start time 7 pm. Drink and a chat in a pub afterwards.
Details by e mail / meetup.com/Newport-outdoor-group-get-walking or on Facebook, the Sunday beforehand.





MONDAY - EVENING WALKS – MAY

	Walks start at 7pm prompt unless otherwise stated.	Grade
2nd	<p><u>Penhow Castle</u> Ian shows us the Castle and views to Newport. 4 miles. Layby on A 48 beyond Penhow. Data.Fond.Spun. Grid ref. 419 912</p>	
9th	<p><u>Ridgeway Ramble</u> Brian shows us Little Switzerland. Snow shoes not needed. 4 miles. Café at Ridgeway, Allt-yr-Yn Avenue, NP20 5DE. that.mint.strike</p>	
16th	<p><u>Machen with Aly</u> "Cerdded gyda Aly" ! Walking with Aly. Drinking with Aly afterwards, perhaps !</p>	
23rd	<p><u>The Decoy Bunker</u> Chris N walks us to this rare WW2 site. White Hart pub, Llangibby, NP15 1NP. Do not park in the pub car park. 4 miles</p>	






MONDAY - EVENING WALKS – JUNE

	Walks start at 7pm unless otherwise stated.	Grade
6th	<p><u>Draethen Dawdle</u> Maria walks us up to the sunhouse on the hill by Rhiwperra Castle. A 468 Lower Machen. ST 227879. Flying.Provoking.Firms</p>	
13th	<p><u>A Summer's Evening on the Sugar Loaf</u> Brian "marched them up to the top of the hill and he marched them down again" Burglars. Mint. Dote NP7 7LA Approximately</p>	
20th	<p><u>Usk on a Summer's Evening</u> Dave G shows us an easier evening walk.</p>	
27th	<p><u>Glen Usk</u> Ian takes us walking, not paddling, near the River, not the town. 4 miles.</p>	








MONDAY - EVENING WALKS - JULY

	Walks start at 7pm prompt !	Grade
4 th	<u>Garth Hill</u> Norman walks us up the hill that became a mountain. 4 miles.	
11 th	<u>Mathern and Black Rock</u> Walkies ! Holly the dog takes Chris and the rest of us to the site of the Severn railway ferry. 3 ½ miles.	
18 th	<u>Pantygasseg Perambulation.</u> Alan's the man to show us where some people in Pontypool "live at altitude" ! 4 miles.	
25 th	<u>Caerffili Mountain</u> Juping's the lady to show us views of the Castle and Garth Hill. 3½ miles.	

WEEKEND WALKS

MAY		Grade
Sunday 1st	<u>Castell Coch Circular</u> Ivor takes us through bluebell woods round Lord Bute's fairytale castle. 8 miles. Joint with SGR. 9.30 Civic Centre. NP20 4ZF or 10.15 near Asda, Coryton. CF14 7EW. Limps. Slings. Ends	
Saturday 14th	<u>Clearwell Caves</u> Stella's 9 mile walk in ancient woodland, with Hobbit style hollows ; then to the 'Cathedral of the Forest' of Dean. 1030 the Caves' car park. GL16 8JR. remember.stooping.degrading	
Saturday 28th	<u>A Waterfalls Walk</u> Ian walks us behind a waterfall in the Pont Nedd Fechan area. 10 miles. Meet Civic Centre. NP20 4ZF. Details tba.	
JUNE		
Sunday 12th	<u>The History of Newport</u> Stella shows us what Newport was and what it is now. Hysterical ! 1030 the park, Clifton Road, St Woolos, NP20 4EW. wedge.best.jaws	
Sunday 19th	<u>Llandegfedd Reservoir</u> Roger shows us how to walk on water, but seriously ... ! 7 miles. Car park. 1000 . NP4 0TA. duet.bronzes.front	

WEEKEND WALKS

JULY		Grade
Saturday 2nd	<u>Ridgeway Walk and Barbecue</u> 4 mile walk. 1400 from Ridgeway Café. NP20 5DN. Neat.Thick.Coffee. BBQ at 1700. No charge but booking essential. See Newsletter.	
Sunday 3rd	<u>Rhymney River Circular</u> Starting in Machen, Juping's walk explores the valley of the Rhymney, with a few short ascents. 9 miles. 1000 Machen Village Hall. CF83 8ND. Repelled.Rankings.Bronzed	 
Saturday 16th	<u>Craig-y-Dorth - Raglan</u> Special views and where Owain Glyndwr "slaughtered the English" ! 4 miles. Holly leads Chris and the rest of us.	 
Saturday 30th	<u>Ruspidge and the Forest of Dean</u> Alan recommends the White Hart, Ruspidge for nosh – as well as his walk !	 

WEEKEND TRIPS AWAY

Why not try a bargain break. Look at the prices !

To enquire or book the trip, contact Alan.

alanrichardlucas@hotmail.com

APRIL 29 to	<u>The White Cliffs of Dorset</u>
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2nd May	3 nights on the Dorset coast, staying at Swanage Auberge. £ 85.
JUNE 2 to 5th	<u>Devon in June</u> Devon and Dartmoor. Cream teas and walking. 3 nights in Okehampton YH. £ 75.
JULY 8 to 11th	<u>Lakes and Forests of Snowdonia</u> 3 nights at Bettws-y-Coed, Snowdonia, staying in the 400 year old, Grade 2 listed Hendre Isaf National Trust ex-farm building. £ 75.
AUGUST 26 to 29th	<u>Cornwall in Summer</u> 3 nights at Penzance YH, exploring Cornish coastal scenery. £63.
SEPTEMBER 17 to 25th	<u>White Peak Way, Derbyshire</u> The annual long distance path for 1 week. At present the trip is full, but will there be a cancellation ?
OCTOBER 14 to 16th	<u>Ironbridge Gorge, Shropshire</u> History, walking and autumn colours in Shropshire. 2 nights at Coalport YH. £ 36. A bargain !
NOVEMBER 4 to 6th	<u>London</u> City sights and a guided tour for free. 2 nights at Oxford St YH. £70.
DECEMBER 2 to 4th	<u>Christmas Party – Kington</u> The super 'Pam Christmas dinner', walking and other frolics. 2 nights for just £65 ! We have the Hostel to ourselves.
DECEMBER 29th to 2nd Jan 2023	<u>New Year Festivities at Llangollen</u> 4 nights away, walking and celebrating in N Wales. Again the Hostel is ours – 4 nights for £ 110.