







KEY TO WALKS AND CYCLE RIDES			
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, check the web site or Facebook.



PROGRAMME OF EVENTS
APRIL and MAY 2024



facebook.com/groups/newportoutdoorgroup/

www.newportoutdoorgroup.co.uk

NEWPORT OUTDOOR GROUP **PROGRAMME – APRIL and MAY 2024**

MONDAY Evenings

Sociable walk of 3 or 4 miles with an optional drink and chat afterwards. 7 pm.

OR

Indoor social event. 6.45 for 7 pm.
Ridgeway Community Centre, NP20 5DG.
Situated between no.8 and 14 Ridgeway Hill.
Refreshments provided.

THURSDAY Evenings

Sociable walk of 3 or 4 miles with an optional drink and chat afterwards.
Prompt start at 7 pm.

WEEKEND WALKS

Countryside walks of 6 to 12 miles, in areas within about 1 hour of Newport.
Bring sandwiches, a drink and appropriate footwear and clothing.
Meet, usually, at the **Upper Civic Centre car park, Newport, Gwent, NP20 5BA at 9.30 am.**













FURTHER DETAILS OF ALL EVENTS IN THE NEWSLETTER on Tuesdays from joanna.r.steiner@gmail.com
Facebook www.facebook.com/groups/newportoutdoorgroup

WEEKENDS AWAY

Weekend walking trips away, once a month.
Usually 2 nights ; occasionally longer – eg Bank Holidays.
A bargain at around £ 30 per night, staying at independent or the national organisation's Youth Hostels.
Led walking in the scenic beauty of the UK – why not try it ?
Contact our Booking Officer, Alan.













APRIL 2024

Check for last minute changes announced in the E Mailed Newsletter and Facebook.

Friday 29th to Monday April 1st	Easter on the Dorset Coast. 3 nights away on the Jurassic Coast. Scenery, sunshine and led walking. Contact Booking Officer Alan for last minute cancellations.	
Monday 1st	Bank Holiday – no walk.	
Thursday 4th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Saturday 6th	In the Footsteps of Owain Glyndwr. From Trellech, Ian's 8 mile walk takes us to where the Welsh prince defeated the English in battle, not at rugby !.	
Monday 8th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Thursday 11th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Saturday 13th	Llanwern Walk A 4 mile Saturday afternoon walk with Stella. NB. Meet 1 pm, Upper Civic Centre car park.	
Monday 15th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Thursday 18th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Saturday 20th	The Black Dragon Challenge. Our charity fund-raising walk in aid of Brecon Mountain Rescue Team. Your help needed please ! Contact a committee member now !	
Monday 22nd	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Thursday 25th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 28th	The Bloreng – the only hill which rhymes with Orange ! Steve's 8 mile walk shows us tramways, a tunnel, a canal and all-round views.	
Monday 29th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	

MAY 2024

Check for last minute changes announced in the E Mailed Newsletter and Facebook.

Thursday 2nd	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 5th	Mynydd y Lan and the Sirhowy Valley. Ivor's 8 mile walk takes us up above the Western and Sirhowy Valleys. Scenic views as far as the Bristol Channel.	
Monday 6th	Bank Holiday – no meeting.	
Thursday 9th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 12th	The Skirrid – a Sunday Lunch Walk. Chris N gets our appetite going ... up and down the Skirrid. 4 miles, then it's exercise for the jaw muscles.	
Monday 13th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Thursday 16th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 19th	Llangattwg Escarpment. Steve's 8 mile walk shows us the beauty that is across the valley from Crickhowell. NB. 9.00 am meet at the Civic Centre.	
Monday 20th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Thursday 23rd	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Friday 24th to Tuesday 28th	The Lake District. 4 days led walking in what is probably England's premier National Park, staying in Wasdale. Contact Booking Officer Alan for last minute cancellations.	 Or 
Saturday 25th	Waterfalls above the Rhondda. How green is the valley. Ian's 8 mile circuit shows us the green and blue above the Rhondda.	
Monday 27th	Bank Holiday – no walk.	
Thursday 30th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	