







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'.
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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 JANUARY to MARCH 2025



facebook.com/groups/newportoutdoorgroup/

www.newportoutdoorgroup.co.uk

NEWPORT OUTDOOR GROUP **PROGRAMME – JANUARY to MARCH 2025**

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, torch (in winter) and appropriate footwear and clothing.
Meet at the Discovery Retail Park (Wickes), NP20 5GN, usually 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.











JANUARY 2025

In the event of particularly wet or adverse weather, look for changes announced on E Mail and Facebook.

29th Dec. to 2nd Jan 2025	New Year at Bala, North Wales. A 4-day break in tremendous scenery to welcome in 2025. Accommodation at £92 or £100. A bargain !	
Thursday 2nd	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Saturday 4th	Bedwas Mountain Walk aka Mynydd y Graig. Alan's 6 mile moderate walk gives us post-Christmas exercise, views and a choice of Bedwas cafes ! Meet 9.30 am, Discovery Park (Wickes), NP20 5GN.	
Monday 6th	Skittles at the St Julians Inn. A social drink/cuppa/chat, enlivened by your chance to roll a 'ball or two' and also to win big !	Indoors.
Thursday 9th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 12th	Gray Hill (aka Mynydd Alltir Fawr ?) An 8 mile walk to the local viewpoint over the Bristol Channel, via field and woodland. Meet 9.30 am, Discovery Park (Wickes), NP20 5GN.	
Monday 13th	A Trek in the Anti-Atlas. Nigel tells us of his expedition in Morocco, accompanied by plenty of his photos. Starts 7 pm Ridgeway Community Centre.	Indoors.
Thursday 16th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 19th	Clydach Gorge. Great Views in an area with a rich industrial history, near Gilwern. 8 ½ miles led by Lorna. Meet 9.30 am, Discovery Park (Wickes), NP20 5GN.	
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 Sunday 26th	Stonehenge Weekend Away. Staying at Cholderton YH for 2 nights. Make like a Druid – dance around the stones ! Contact Booking Officer Alan for last minute cancellations.	
Monday 27th	Long Distance Paths – NOG Style. NOG has done a long distance, named path, each year for at least 10 years. Last year it was the Westmorland Way. Come and see what we have done and what might happen in 2025. Starts 7 pm Ridgeway Community Centre.	Indoors.
Thursday 30th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	










FEBRUARY 2025

In the event of particularly wet or adverse weather, look for changes announced on E Mail and Facebook.

Sunday 2nd	Explore Newport West. Ivor's 8 ½ mile local exploration takes us around the canal, Fourteen Locks, Rhiwderyn and Rogerstone. Meet 9.30 am, Discovery Park (Wickes), NP20 5GN.	
Monday 3rd	Line Dancing with Lyn. It's time for some indoor activity ; cowboy boots and Stetsons at the ready ! Starts 7 pm Ridgeway Community Centre.	Indoors.
Thursday 6th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 9th	A Three Castles Walk. Roger's 8 mile walk takes us to the less-frequented north of Gwent Meet 9.30 am, Discovery Park (Wickes), NP20 5GN.	
Monday 10th	My Life was Murder. An Old Bailey Judge takes us through various trials in the Central Criminal Court. Starts 7 pm Ridgeway Community Centre.	Indoors.
Thursday 13th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 16th	Lavernock Point, Penarth. Coastal walking and a Penarth park walk is Franco's 6 mile offering. Meet 9.30 am, Discovery Park (Wickes), NP20 5GN.	
Monday 17th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Thursday 20th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 23rd	Wye Valley - St Arvans. 7 miles of fields and views, adjacent to the Wye Valley, is Chris H's offering. Meet 9.30 am, Discovery Park (Wickes), NP20 5GN.	
Monday 24th	Brain of Britain NOG ! Rob devises a quiz to test our 'little grey cells', starting at 7 pm, Ridgeway Community Centre.	Indoors.
Thursday 27th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Friday 28th to Sunday 2nd March.	Southampton Weekend Away. Walking, trains, boats and planes, or who knows what, could be your weekend relaxation. Contact Booking Officer Alan for last minute cancellations.	

MARCH 2025

In the event of particularly wet or adverse weather, look for changes announced on E Mail and Facebook.

TUESDAY 4th	The Great Train Robbery 1963. NB. This is a TUESDAY ! A fascinating and sometimes amusing story of how it was planned, executed and the aftermath. A Newport Local History Society event in THE PEN AND WIG pub, Stow Hill. Starts 7 pm. Entry fee £2.	Indoors.
Thursday 6th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 9th	An Exploration of Cwmbran and Henllys. Lorna and Dave take us on a 10 mile tour of the environs of the area. Meet 9.30 am, Discovery Park (Wickes), NP20 5GN.	
Monday 10th	The History of Maindee – Part 2. Stella completes her well researched tour of Maindee’s history (part 1 was in December last year). Starts 7 pm Ridgeway Community Centre.	Indoors.
Thursday 13th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 16th	A Landscape Transformed ; the Quiet Valleys and Hills behind Pontypool. Once a hive of coal mines and industry, how it has changed ! A 10 mile exploration led by Ian. Meet 9.30 am, Discovery Park (Wickes), NP20 5GN.	
Monday 17th	The Monsanto Cycle Path – an Evening Walk. A 4 mile ‘social event in motion’ (a walk !) with a cuppa/pint afterwards. Starts 7 pm. Details on Facebook and e mail.	
Thursday 20th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 23rd	Ivor’s Magical Forest Walk – Cwmcarn to Twmbarlwm. 8 miles of forest and hill top in the scenic Drive area, led by Ivor. Meet 9.30 am, Discovery Park (Wickes), NP20 5GN.	
Monday 24th	The Famous NOG Photo Competition. Whether you’ve entered some photos or not, the standard of NOG photos is worth coming to see ! Starts 7 pm Ridgeway Community Centre.	Indoors.
Thursday 27th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Saturday 29th	Bedwas Mountain Walk aka Mynydd y Graig. Alan’s 6 mile moderate walk gives us hill-top views and exercise plus the cafes of Bedwas afterwards. Meet 9.30 am, Discovery Park (Wickes), NP20 5GN.	
Monday 31st	Watch this Space - Event still being Planned.	