







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 JULY and AUGUST 2024



facebook.com/groups/newportoutdoorgroup/

www.newportoutdoorgroup.co.uk

NEWPORT OUTDOOR GROUP
PROGRAMME – JULY and AUGUST 2024

MONDAY and 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. alanrichardlucas@hotmail.com**














JULY 2024

**Monday and Thursday evenings – details on Facebook (Newport Outdoor Group).
Any last minute changes to any event are posted on Facebook and by e mail.**

Monday 1st	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Thursday 4th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Saturday 6th	Rhymney Valley Ridgeway – Day 2. 2 nd of 3 days of our local long-distance path led by Juping. Beech woodlands, panoramic mountain top views and valley paths. An A-to-B walk, using public transport. 10 miles.	
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.	
Friday 12th to Sunday 14th	Pembrokeshire Coast. A weekend of led walking in our coastal National Park at Broad Haven YH. Camping possible. A bargain at £40 ! If it's full, contact Booking Officer Alan ; perhaps a few others might book other accommodation together.	 or 
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	Gelligaer Common & Mynydd Fochriw. An exploration of a less well-known part of Glamorgan with Nigel. Views of the distant Pen-y-Fan. 8 miles.	
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.	
Saturday 27th	It's the NOG Barbecue ! Look out for a walk beforehand and then it's back to Brian's beautiful garden. Names and a deposit required in advance.	
Monday 29th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	

AUGUST 2024

**Monday and Thursday evenings – details on Facebook (Newport Outdoor Group).
Any last minute changes to any event are posted on Facebook and by e mail.**

Thursday 1st	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Saturday 3rd	Rhymney Valley Ridgeway – Day 3. 3 rd of 3 days of our local long-distance path led by Juping. Beech woodlands, panoramic mountain top views and valley paths. An A-to-B walk, using public transport. 8 miles.	
Monday 5th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Thursday 8th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 11th	A Gilwern and Clydach Circuit. An ancient ironworks, a stone shepherd and super views of the Usk valley and beyond is well worth the ascent on Lesley's 8 ½ mile walk.	
Monday 12th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Thursday 15th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Sunday 18th	A Western Valley Circuit. Ivor leads us on a lower level 7 mile walk along local forest tracks and parkland.	
Monday 19th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Thursday 22nd	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Friday 23rd to Tuesday 27th	Norfolk Coast weekend away. Last chance for a walking Bank Holiday away before Christmas ! 4 nights for £100 ; a bargain ! Contact Booking officer Alan for details.	
Monday 26th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Thursday 29th	Evening Walk. Start 7 pm. Details by e mailed Newsletter or Facebook.	
Saturday 31st / Sunday 1st September	Weekend Day Walk ... on one of those days. Details to be published.	