







KEY TO WALKS AND CYCLE RIDES			
Walk Grade	Easy 	Moderate 	Strenuous 
Cycle Ride Grade	Easy 	Moderate 	Strenuous 
<b>IMPORTANT NOTICE</b>	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 Joanna or a Committee Member  
[joanna.r.steiner@gmail.com](mailto:joanna.r.steiner@gmail.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 SEPTEMBER and OCTOBER 2024



[facebook.com/groups/newportoutdoorgroup/](https://facebook.com/groups/newportoutdoorgroup/)

**NEWPORT OUTDOOR GROUP**  
**PROGRAMME – SEPTEMBER and OCTOBER 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](mailto:joanna.r.steiner@gmail.com)  
Facebook [www.facebook.com/groups/newportoutdoorgroup](https://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](mailto:alanrichardlucas@hotmail.com)**









## SEPTEMBER 2024

**Monday and Thursday evenings – details on Facebook (Newport Outdoor Group).**  
**Last minute changes ? See Facebook and your e mail. Look out for a pub meet up in cases of bad weather.**

<b>Sunday 1<sup>st</sup></b>	<b>Local Foraging Session</b> NOG Tim takes us foraging for local wild plants, to make teas and tinctures ; then to make/try some teas. Morning session.	
<b>Monday 2<sup>nd</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Thursday 5<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Saturday 7<sup>th</sup></b>	<b>Waterfalls above the Rhondda.</b> How green is the valley. Ian's 8 mile circuit shows us the blue above the green Rhondda.	
<b>Monday 9<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Thursday 12<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Saturday 14<sup>th</sup></b>	<b>Biodiversity, Woodland Wellbeing and Forest Skills.</b> Learn about the life cycle of various bees, wild flower / tree spotting and set up a shelter and more ! With Caerphilly Woodlands Trust'. A Half day session.	
<b>Monday 16<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Thursday 19<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Sunday 22<sup>nd</sup></b>	<b>A Naval Temple and the Wye Valley.</b> A spectacular view, Nelson's secret assignations there, Offa's Dyke and riverside paths. 7 miles of interest led by Dorothee	
<b>Monday 23<sup>rd</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Thursday 26<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Saturday 28<sup>th</sup></b>	<b>BEAT the Beacons.</b> <b>Your help needed</b> to operate our September fund-raising challenge walk <b>please</b> . In aid of Brecon Mountain Rescue Team.	
<b>Monday 30<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	

## OCTOBER 2024

**Monday and Thursday evenings – details on Facebook (Newport Outdoor Group).  
Last minute changes ? See Facebook and your e mail. Look out for a pub meet up in cases of bad weather.**

<b>Thursday 3<sup>rd</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Saturday 5<sup>th</sup></b>	<b>Canal Heritage Walk.</b> A guest speaker from the Monmouthshire Antiquarian Association and Stella take us on a 7 mile history walk from Pontymoel Canal Basin.	
<b>Monday 7<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Thursday 10<sup>th</sup></b>	<b>Walk Planning Evening.</b> 7 pm at the Lyceum Tavern, Malpas Road. Please come along to consider future walk ideas.	
<b>Saturday 12<sup>th</sup></b>	<b>Mallard's Pike and the Forest of Dean.</b> An autumn woodland walk in the ex-Royal hunting forest, led by Chris H.	
<b>Tuesday 15<sup>th</sup></b>	<b>The Great Train Robbery.</b> An illuminating and amusing tale of this 1963 event. 7 pm at the Pen and Wig, Stow Hill ; with Newport Local History Society. Details by e mailed Newsletter or Facebook. NB. No Monday 14 <sup>th</sup> NOG event.	
<b>Thursday 17<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Saturday 19<sup>th</sup></b>	<b>The Severn Bore.</b> A short walk (not 7 NOGs !) led by Dorothee, to see a 'tidal' wave. Early start at 8 am with refreshments later as compensation.	
<b>Monday 21<sup>st</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Thursday 24<sup>th</sup></b>	<b>Annual General Meeting.</b> Starts 7 pm at the Ridgeway Community Centre, Ridgeway Hill, NP20 5DG. As usual, refreshments provided. <b>Your attendance is important to the effective running of the Group. Please do come !</b>	
<b>Sunday 27<sup>th</sup></b>	<b>Mounton Brook, Mathern and the Coast Path.</b> Steve's 7 mile walk near Chepstow has plenty of variety.	
<b>Monday 28<sup>th</sup></b>	<b>Walk Planning Evening.</b> If you can't come to the 10 <sup>th</sup> October event. Starts 7 pm at the Ridgeway Community Centre. Details by e mailed Newsletter or Facebook.	
<b>Thursday 31<sup>st</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	