LOWER WYE GROUP

WALKS PROGRAMME

October 2017-March 2018
Please read these notes before walking with the Lower Wye Ramblers. Even those who have been members for many years are recommended to refresh their memories.

*These guidelines are given to improve both the safety and enjoyment of our walks.*

**Meeting Points:** We meet in the car park at Chepstow Leisure Centre (CLC). Additional meeting points are Raglan School (RS) or Dixton roundabout Monmouth (DR) – indicated on individual walks.

**Departure:** You should be early enough to leave at the stated departure time.

**Safety:** All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. In spite of the safety of members being the paramount concern, accidents may occasionally occur. It is important that each member appreciates that they should identify any hazards and take all reasonable steps to eliminate or minimise the potential for an accident to arise.

**Dress:** Suitable clothing and footwear must be worn. Leaders have the right to refuse to allow inadequately equipped persons to join a walk.

**Food:** Bring adequate food and drink to suit the length of the walk and the time of year.

**Start Point of Walk:** Where possible, the start point of the walk is given, but please contact the walk leader if you wish to go directly to the start point.

**Cars:** Car sharing is encouraged and passengers are requested to pay a levy for mileage costs as set out in the table below.

**Non-Members:** Non-members are welcome to join 2 or 3 walks free of charge. If they wish to continue after this, they will be expected to join the Ramblers Association.

**Grades of Walks:** Grades are decided by leaders to help you, but they can only be a guide. Contact the leader if you need more information about the degree of difficulty and the terrain.

- **E** Easy - leisurely and mostly flat; easy gradients/slopes
- **M** Moderate – will usually include some short climbs
- **M+** Moderate plus – will have longer or steeper climbs, as described in the walk description
- **S** Strenuous – more challenging, often with stiff climbs over rough terrain; good fitness level required

The length of the walk is given in miles and is combined with the grading (e.g. 5 E = 5 miles Easy and 10 S = 10 miles strenuous).

All walkers participate in any walk at their own risk. If in doubt of your fitness to participate in any walk, please ring the leader, who will be happy to tell you about the walk. In bad weather, the leader may have to change the route of the walk or even cancel the walk.

**GUIDELINES FOR WALK LEADERS**

- ‘Recce’ the walk beforehand
- Carry a relevant OS map in case you have to deviate from the planned route
- Carry a mobile phone for use in case of emergency (or arrange for one of the group to have one)
- Carry a survival tent, available for collection from Chepstow, Monmouth or from previous leader
- Carry a basic first-aid kit
- If not meeting the group at CLC, make arrangements for someone to take the group to the start point
- Welcome the group before starting the walk and introduce those walking for the first time; summarise the distance, terrain, food stops and comfort arrangements.
- Check that all members of the group are adequately clothed and appropriately equipped for the walk
- Make sure you know how many there are in the group before you start the walk
- Delegate a back-marker to ensure that gates are closed and that slow walkers are not left behind
- Stop occasionally for the group to catch up, allowing the last walkers to catch their breath before moving off
- Check numbers after each main change of direction
- On summer evening walks, carry a torch
GUIDELINES FOR MEMBERS ON GROUP WALKS

- The leader decides the route, so you should stay behind him/her.
- Always inform the leader or back-marker if you wish to make a comfort stop and drop behind the group.
- Always inform the leader if you have to abandon the walk for any reason.
- In general, you should avoid using mobile phones during the walk except in cases of emergency.
- Dogs are not permitted on LWR walks.
- On summer evening walks, it is advisable to carry a torch.

CAR SHARING MILEAGE LEVY

From Chepstow Leisure Centre to Start Point.
Please note that cost sharing of Severn Bridge tolls and car parking fees is extra.

<table>
<thead>
<tr>
<th>Mileage</th>
<th>Levy</th>
<th>Mileage</th>
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<tbody>
<tr>
<td>1–5</td>
<td>£1.00</td>
<td>26–30</td>
<td>£4.00</td>
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<td>21–25</td>
<td>£3.50</td>
<td>over 45</td>
<td>£6.00</td>
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LWR COMMITTEE 2016/17

Chairman: Jackie Colclough — 07771 596649; jaccolclough@gmail.com
Secretary: Marion Huckle — 07855 266280; marion.huckle@gmail.com
Treasurer: Steve Cieslik — 01291 650329; cefncottage@btinternet.com
Membership: Bill Price — 01291 628656; whp81@btinternet.com
Rambles Programme: Steve Hunt — 01594 529556; steve.hunt100@hotmail.co.uk
Group Walks Finder: Jackie Colclough — 07771 596649; jaccolclough@gmail.com
Social Events: John Cottrell — 07760364462; Assisted by jaccolclough@gmail.com
Publicity and Newsletter: Sharon Sanderson — 01594 563404; sharonsanderson1@aol.com
Footpaths & Path Care: Allan Thomas — 01291 625915; ajt813thomas@mail.com
Website Manager: Maurice Turner — 01291 423523; m.turner3@btinternet.com

OTHER USEFUL CONTACTS

Mon County Council: Ruth Rourke 01633 644850; rightsofway@monmouthshire.gov.uk
Glos County Council: Amey 08000 514514; gcchighways@amey.co.uk
Forest of Dean Ramblers: Sheila Constable 01452 831868; sheila.footpaths@yahoo.co.uk

Leaders’ Walks Reports are always welcome!
Please send to Sharon Sanderson: sharonsanderson1@aol.com
Our area is the Lower Wye Valley, extending from Chepstow to Monmouth, an AONB. We also walk in the Royal Forest of Dean, Monmouthshire between the rivers Usk and Wye, the Black Mountains and the Brecon Beacons, sometimes further afield.

Please note start locations could be approximate, therefore the walk leader must be contacted if you wish to go directly to the start.

CLC is Chepstow Leisure Centre, RS is Raglan School and DRM is Dixton Roundabout Monmouth

<table>
<thead>
<tr>
<th>Date</th>
<th>Start Time</th>
<th>Distance</th>
<th>Grade</th>
<th>Walk Details</th>
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</table>
| Sun 1 October 2017 09:20 | 5 miles/8 km | Moderate | **Lancaut Loop: Booklet Walk No. 16**
Starts at 09:20: Chepstow (NP16 5HD, ST535942)
Chepstow to Lancaut Peninsula. A walk through the gorge section of the Wye Valley visiting St James' Church and enjoying spectacular views along the top of Wintour's Leap Cliffs into the gorge. Expect some rough terrain with a climb and a short challenging scramble across big boulder scree. Pub lunch option.
Meeting point: CLC at 09:15. Call leader if you want to go directly to the start (Chepstow Castle car park)
Local grade: M+
Contact: Hilary and David, 01291621680 |
| Sun 1 October 2017 09:30 | 10 miles/16.1 km | Strenuous | **Sugar Loaf**
Starts at 09:30: Abergavenny (NP7 5YL, SO297141)
Begins along the river then climbs steeply to the summit of the Sugar Loaf. Extensive views of Monmouthshire.
Meeting points: CLC at 08:30; RS at 08:55. Call leader if you want to go directly to the start.
Mileage to start & Levy: 23 miles £3.50
Local grade: S
Contact: Gordon, 01454 616344 |
| Sun 8 October 2017 10:00 | 4.5 miles/7.2 km | Moderate | **Wentwood Wander**
Starts at 10:00: Llanvair Discoed (NP15 1NA, ST422948)
An undulating walk around Cadira Beeches, mainly on forest tracks.
Meeting point: CLC at 09:20. Call leader if you want to go directly to the start. Mileage to start & Levy: 22 miles £3.50
Local grade: M
Contact: Bill, 07563337363 or 01291628656 |
| Tue 10 October 2017 13:15 | 11.5 miles/18.5 km | Moderate | **London Marathon Walk**
Starts at 13:15: London (SW1A 1AA, TQ291797)
A walk around the London Marathon 2012 Olympic course.
Local grade: M+
Contact: Roger, 07789265343 |
**Grwyne Fawr**

Starts at 09:45: Patrishow (LD3 0ES, SO225285)
Over the hill to Capel-y-Ffin, a steady climb up the valley to Lord Hereford's Knob, returning to Grwyne Fawr Reservoir.
Meeting points: CLC at 08:30; RS at 08:55. Call leader if you want to go directly to the start.
Mileage to start & Levy: 35 miles £4.50.
Local grade: S
Contact: Kay, 07704107756

**Magor Marsh, Redwick, and Coast Path**

Starts at 10:00: Magor (NP26 3DN, ST428866)
Circular walk starting from Magor Marsh, then on to Redwick and along coast path before returning to Magor via country paths and lanes.
Meeting point: CLC at 09:30. Call leader if you want to go directly to the start. Mileage to start & Levy: 13 miles £2.00
Local grade: E
Contact: Sharon and Rob, 015945634094

**Eagles Nest and Gaer Hill. LWR Booklet Walk 15.**

Starts at 09:30: St Arvans (NP16 6HD, ST527972)
A circular walk through fields and woodland offering splendid views and, at the end, a visit to Eagles Nest and an optional descent of the picturesque 356 Steps. Pub lunch option.
Meeting point: CLC at 09:15. Call leader if you want to go directly to the start (Lower Wyndcliff car park on A466)
Local grade: M+
Contact: Hilary and David, 01291621680

**St Arvans Circuit**

Starts at 10:00: St Arvans (NP16 6EE, ST519965)
Area AGM walk: A short easy walk around the fields and woods of St Arvans.
Meeting point: CLC at 09:30. Call leader if you want to go directly to the start. Mileage to start & Levy: 2 miles £1.00. Buffet lunch provided.
Local grade: E
Contact: Jackie, 07771596649

**Remembrance Sunday Walk**

Starts at 09:30: Goytre Wharf near Llanover (NP7 9EW, SO311063)
Our annual remembrance walk in the Brecons to visit the crash site of a 2nd World War aircraft. Will meet up with other groups for a minute's silence. Soup and bun at the Goose and Cuckoo afterwards.
Meeting points: CLC at 08:15; RS at 08:45. Call leader if you want to go directly to the start.
Mileage to start & Levy: 25 miles £3.50
Local grade: M+
Contact: Debbie, 07940548730

**Fedw Wood: Woods and Fields**

Starts at 10:30: Tintern (NP16 6BL, ST505948)
Fedw Wood - The Cot - Penterry Farm; circular walk through woods and fields with a couple of steepish ascents.
Meeting point: CLC at 10:00. Call leader if you want to go directly to the start. Mileage to start & Levy: 5 miles £1.00
Local grade: M
Contact: Bill, 07563337363 or 01291628656
### Sun 26 November 2017 10:00 - 7.5 miles/12.1 km - Moderate

**Fownhope, Brockhampton and Capler Camp**

- Starts at 10:00: Fownhope (HR1 4PR, SO578340)
- A lovely walk around the villages and farms of Herefordshire
- Meeting points: CLC at 09:00; DR at 09:30. Call leader if you want to go directly to the start.
- Mileage to start & Levy: 35 miles £4.50
- Local grade: M
- Contact: Phil and James, 07721433099

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### Sun 3 December 2017 10:00 - 6.5 miles/10.5 km - Moderate

**St Briavels, Mork, and Hudnalls Wood**

- Starts at 10:00: St Briavels (GL15 6RG, SO558045)
- A Norman castle and church, natural dams, ancient woodland, and Wye Valley views. Some steep ascents and descents.
- Meeting point: CLC at 09:30. Call leader if you want to go directly to the start.
- Mileage to start & Levy: 8 miles £1.50
- Local grade: M+
- Contact: Steve, 07521 217537 or 01594 529556

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### Sun 10 December 2017 11:00 - 3.2 miles/5.1 km - Easy

**Trellech: Short Walk in the Woods**

- Starts at 11:00: Trellech (NP25 4QB, SO512057)
- A fairly level, short walk, mainly on forest tracks. 3-4 optional stiles
- Meeting point: CLC at 10:15. Call leader if you want to go directly to the start.
- Mileage to start & Levy: 11 miles £2.00
- Local grade: E
- Contact: Bill, 07563337363 or 01291628656

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### Sun 17 December 2017 10:00 - 6.5 miles/10.5 km - Moderate

**Catbrook Circuit: Booklet Walk No. 11**

- Starts at 10:00: Catbrook (NP16 6NQ, SO514027)
- A walk on the western ridge of the Wye Valley using fields, woodlands, and lanes and touching the upper Anghidi Fawr.
- Meeting point: CLC at 09:30. Call leader if you want to go directly to the start.
- Mileage to start & Levy: 8 miles £1.50
- Local grade: M
- Contact: Jackie, 07771596649

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### Sun 31 December 2017 10:00 - 8 miles/12.9 km - Moderate

**Skirrid**

- Starts at 10:00: Llanvihangel Crucorney (NP7 8DH, SO325205)
- A bracing post-Christmas walk up the Skirrid to prepare for the New Year.
- Meeting points: CLC at 09:00; RS at 09:30. Call leader if you want to go directly to the start.
- Mileage to start & Levy: 26 miles £4.00
- Local grade: M+
- Contact: Steve, 07521 217537 or 01594 529556

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### Sun 14 January 2018 09:45 - 12 miles/19.3 km - Strenuous

**Hills from Talybont-on-Usk**

- Starts at 09:45: Talybont-on-Usk (LD3 7YQ, SO113228)
- Up to Pen y Bryn, Waun Rhyd, and Allt Lwyd then steep descent to return to the Taff Trail.
- Meeting points: CLC at 08:30; DRM at 09:35. Call leader if you want to go directly to the start.
- Mileage to start & Levy: 33 miles £4:50.
- Local grade: S
- Contact: Kay, 07704107756

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### Sun 21 January 2018 10:00 - 9 miles/14.5 km - Moderate

**Skenfrith to Garway Hill**

- Starts at 10:00: Skenfrith (NP7 8UG, SO457202)
- A moderate walk from Skenfrith Castle to Garway Hill via White Rocks, where you will be rewarded, on a clear day, with views of the Brecon Beacons, Malverns, May Hill, and the Cotswolds.
- Meeting points: CLC at 09:00; Monnow Vale Car Park (near the Monmouth Fire Station) at 09:25. Call leader if you want to go directly to the start (NP7 8UG).
- Mileage to start & Levy: 24 miles £3.00.
- Local grade: M+
Sun 28 January 2018 10:00 - 5.5 miles/8.9 km - Easy

**Where the Curlew Calls: Booklet Walk No. 6**

Starts at 10:00: Trellech (NP25 4NY, SO501053)

A very pleasant walk through fields and woods with wonderful views.

Meeting point: CLC at 09:30. Call leader if you want to go directly to the start. Mileage to start & Levy: 8 miles £1.50

Local grade: E

Contact: Jackie, 07771596649

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Sun 4 February 2018 09:45 - 8.5 miles/13.7 km - Moderate

**Llanellen Circuit**

Starts at 09:45: Llanellen (NP7 9HH, SO302109)

Woodlands, pastures and moorlands. Hilly and steep in places.

Meeting points: CLC at 09:15; RS at 09:30. Call leader if you want to go directly to the start.

Mileage to start & Levy: 22 miles £3.50. Start from Llanellen Village Hall

Local grade: M+

Contact: Phil and James, 07721433099

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Sun 11 February 2018 10:00 - 7 miles/11.3 km - Moderate

**Talybont on Usk**

Starts at 10:00: Talybont on Usk (LD3 7YZ, SO114226)

Easy canal towpath walk, followed by climbing up tramway to Tor y Foel. Lovely views.

Meeting points: CLC at 09:00; RS at 08:55. Call leader if you want to go directly to the start.

Mileage to start & Levy: 38 miles £5.00

Local grade: M+

Contact: Jackie, 07771596649

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Sun 18 February 2018 10:00 - 7 miles/11.3 km - Strenuous

**Pen y Fan, The Brecon Horseshoe**

Starts at 10:00: Brecon (LD3 8LE, SO025248)

The connoisseur's choice up to the high ground.

Meeting points: CLC at 08:30; RS at 08:55. Call leader if you want to go directly to the start.

Mileage to start & Levy: 45 miles £5.50

Local grade: S

Contact: Steve, 07521 217537 or 01594 529556

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Sun 25 February 2018 09:45 - 7.5 miles/12.1 km - Moderate

**Great Barnets Wood**

Starts at 09:45: Chepstow (NP16 6BJ, ST513944)

A walk through woods and fields around the Great Barnets Wood area.

Meeting point: CLC at 09:30. Call leader if you want to go directly to the start. Mileage to start & Levy: 2 miles £1.00

Local grade: M

Contact: Gordon, 01454616344

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Sun 4 March 2018 10:00 - 7 miles/11.3 km - Moderate

**Cannop, Nagshead, and Barnhill**

Starts at 10:00: Coleford (GL16 7EQ, SO608108)

An undulating circular walk starting from Cannop Ponds, along forest tracks through Nagshead RSPB reserve and past remains of Forest of Dean's industrial history.

Meeting point: CLC at 09:15. Call leader if you want to go directly to the start (Car park on B4234 adjacent to Cannop Upper Pond). Mileage to start & Levy: 15 miles £2.00

Local grade: M

Contact: Sharon and Rob, 01594 563404

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Sun 11 March 2018 10:20 - 6.5 miles/10.5 km - Moderate

**Walk round Llandegfedd Reservoir**

Starts at 10:20: NP4 0SS, ST328985

A stroll round Llandegfedd Reservoir, through woodlands, across fields and streams. Good views. Wild water birds, sailing and fishing activities should be visible on the reservoir. Optional light snacks available at Visitor Centre afterwards.

Meeting point: CLC at 09:30. Call leader if you want to go directly to the start. Mileage to start & Levy: 25 miles £3.50

Local grade: M

Contact: Anne, 01633400799
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<tr>
<th>Date</th>
<th>Time</th>
<th>Distance</th>
<th>Difficulty</th>
<th>Activity</th>
<th>Start Location</th>
<th>Description</th>
<th>Meeting Points</th>
<th>Mileage to Start &amp; Levy</th>
<th>Local Grade</th>
<th>Contact Details</th>
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<tbody>
<tr>
<td>Sun 18 March 2018</td>
<td>10:00</td>
<td>5.1 miles/8.2 km</td>
<td>Easy</td>
<td>Woorsgreen Nature Reserve</td>
<td>Cinderford (GL16 7EL, SO624124)</td>
<td>A level walk around Woorsgreen Nature Reserve and Speech House Enclosure, featuring lakes and woods.</td>
<td>CLC at 09:15; Call leader if you want to go directly to the start. Mileage to start &amp; Levy: 18 miles £2.80</td>
<td>E</td>
<td>Bill, 07563337363 or 01291628656</td>
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<tr>
<td>Sun 25 March 2018</td>
<td>09:45</td>
<td>10 miles/16.1 km</td>
<td>Strenuous</td>
<td>Mynydd Llangorse</td>
<td>Cwmdu (NP8 1RW, SO179239)</td>
<td>From Cwmdu, climb to Pen Tir, down to Cockit Hill, up Mynydd Llangorse, around Cefn Moel, and back to Cwmdu.</td>
<td>CLC at 08:30; RS at 08:50. Call leader if you want to go directly to the start.</td>
<td>S</td>
<td>Brian, 07547325438 or 01454880580</td>
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