

Walks programme December 2011 - March 2012

Meeting Point Lower car park, Newport Civic Centre, Faulkner Road, Newport [ST 305 881]. Leave at 9:30am weekends and 7:00pm weekdays. Any variations in meeting points and times are listed in the **NOTES FOR WALKS** immediately after the list of walks.

Non-members are welcome to join two or three walks after which they will be expected to join the Ramblers Association. Details and a membership application can be obtained from the Membership Secretary, Val Clark, or Publicity officer, Fred Fee. An adult must accompany minors.

Please fill in the **GROUP** part of the membership form: **SOUTH GWENT GROUP**.

GROUP OFFICERS AND COMMITTEE

| | | |
|------------------------|---------------------|--------------|
| Chairman..... | Ken Phillips..... | 894172 |
| Secretary..... | Ken Phillips..... | 894172 |
| Treasurer..... | Brian Williams..... | 265598 |
| Minutes Secretary..... | Fred Fee..... | 266647 |
| Footpaths Officer..... | Derek Humble..... | 01291 420118 |
| Rambles Officer..... | Dave Fereday..... | 864462 |
| Membership Sec..... | Val Clark..... | 764656 |
| Publicity Officer..... | Fred Fee..... | 266647 |
| IT Officer..... | Fred Fee..... | 266647 |
| Committee Members..... | Adrian Sheehan..... | 896275 |
| | Brian Turner..... | 263988 |
| | Dawn Bishop..... | 781061 |
| | Tony Phelps..... | 760969 |

FOOTPATH PROBLEMS

Please report all footpath problems with full details to the Footpaths Officer, who will forward them to the appropriate authority. A footpath problem report form is available if required.

The Ramblers' Association is a registered charity (England & Wales no 1093577, Scotland no SC039799) and a company limited by guarantee, registered in England & Wales (no 4458492). Registered office: 2nd floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW.

| Day/Date | Grade | Location | Leader | Contact No | Ms |
|-------------------|---------------------|---|-----------------------|--------------------|-----------|
| Sun 04 Dec | 13 Moderate | Christmas Walk with Lights | Paul Mellor | 01495755617 | 16 |
| | 6 Easy | Llandaff Santa Walk | Ken Phillips | 894172 | 24 |
| Sun 11 Dec | 10 Strenuous | Mynydd Machen | Jan Wagennar | 262707 | 10 |
| Sun 18 Dec | 7 Strenuous | Tommy Jones Obelisk Walk | Paul Coleman | 769956 | 60 |
| | 4 Easy | Tintern | Ken Phillips | 894172 | 44 |
| Sun 08 Jan | 6 Moderate | Six Bells | Denise Humble | 01291420118 | 30 |
| Sun 15 Jan | 10 Moderate | Bathing at Llantwit Magor | Ian | 864462 | 62 |
| Sun 22 Jan | 10 Strenuous | Join the NOGs for their winter walk - see note below | Norman Roberts | 864462 | |
| | 5 Moderate | Ruperra | Brian Williams | 265598 | 10 |
| Sun 29 Jan | 9 Strenuous | Table Mountain | Dave Fereday | 864462 | 50 |
| Sun 12 Feb | 10 Moderate | Abersychan | Derek Humble | 01291420118 | 50 |
| Sun 19 Feb | 12 Moderate | Margam | Dave Fereday | 864462 | 60 |
| | 5 Easy | Porthcawl | Ken Phillips | 894172 | 75 |
| Sun 26 Feb | 10 Moderate | Ozleworth Bottom | Ted Cleveley | 660765 | 70 |
| Sun 04 Mar | 8 Strenuous | Bryn Awr and Sugar Loaf | Fred Fee | 266647 | 45 |
| | 7 Moderate | Cwmcran | Arthur Butt | 484025 | 10 |
| Sun 11 Mar | 9 Moderate | Mynydd Llangorse | Peter Elliott | 864462 | 61 |
| Sun 18 Mar | 11 Strenuous | Hay Bluff from Hay | Ian | 864462 | 60 |
| | 7 Moderate | Skirrid | Fred Fee | 266647 | 40 |

Grade = Length in miles and vigour of walk: see back of programme for more details.

Ms = round trip mileage of car journey from the meeting point to the start of the walk.

NOTES FOR WALKS

Sunday 22 January

Join the NOGs for their winter walk

9.00am start — details to be advised nearer the walk date

FORTHCOMING EVENTS

- Thursday 15 December Christmas carvery/veggie and sweet at Newport Golf Club, sitting down at 7:45pm. Cheques to Val. Cost is £12.50.
- Thursday 29 December A 5-mile moderate Christmas walk from the Hall Inn, Gwehelog, different from last year's, followed by lunch at the Inn. Main course and, optionally, sweet to be selected in advance from the menu at the Christmas Dinner or ring or email Fred. The menu is on the web site under Events. Main course £9, main and sweet £11 including tip.
- Sun 5 – Thur 9 February Oakhampton coach trip to the inimitable multi-faceted sports and recreation hotel. You can even relax there! Ring Ken on 01633 894172 to book.
- Thursday 16 February Electronic Slide Show Fred's and other's photos at the Newport Civic Centre, featuring events and walks in 2011. Anyone can contribute their pictures to the show: if you have any, get in touch with Fred on 01633 266647 or email him.
- Thursday 22 March Skittles evening, at Whiteheads. 7pm start. Ring Ken on 01633 894172 to book.
- Mon 11 - Thur 14 June Derek will organise varied walks in Llangollen. Accommodation and travel are up to the individual, with possible booking of accommodation in a private hostel (non-YHA) or a hotel. Ring Derek on 01291 420 118 for more details.
- for a week beginning Saturday 16 June Crianlarich, just north of Loch Lomond. Dave will organise mostly strenuous walks. Accommodation and travel up to the individual, although some group booking may be available. Ring Dave on 01633 864462 for more details.
- Thursday 19 July Boules at the Wheatsheaf with possibly improved weather. Ring Dave on 01633 864462 for more details.

Events are open to members and their guests

WALKING INFORMATION

We meet at the lower car park, Civic Centre, Newport, Faulkner Road, Newport. We leave at 9.30am on Sundays and at 7.00pm for midweek evening walks, unless otherwise stated, to enable and encourage car sharing. You are asked to make a reasonable contribution towards drivers' petrol costs.

Walking boots or stout shoes are essential. Adequate waterproofs and spare warm clothing **should always** be carried. Bring a packed lunch, a drink and extra water in Summer.

Any one participating in any Group activity does so at their own risk.

The walks leader reserves the right to alter the planned walk in the event of adverse conditions and to refuse any one who is not properly equipped or who may otherwise endanger the safety of the group. We prefer members to accompany the group through to the conclusion of the walk. **However, anyone wishing to leave the walk should always inform the leader first.**

As a general rule, members should not walk ahead of the leader. If the leader drops back for any reason, members in front should keep the leader in sight and within calling distance unless otherwise permitted by the leader.

If there is no phone number for a leader or if you have any queries, ring the Rambles Officer.

You **should always** check with the leader before bringing a dog, since a good proportion of walks may not be suitable for dogs. On walks, dogs **MUST** be held on a short lead at all times.

GRADING WALKS

Walks are graded according to the vigour of a walk.

- **Easy**
Walks for anyone who does not have a mobility difficulty or a specific health problem or is seriously unfit. Suitable for beginners. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.
- **Leisurely**
Walks for reasonably fit people with at least a little country walking experience. May include unsurfaced rural paths.
- **Moderate**
Walks for people with country walking experience and a good level of fitness. May include some steep paths and open country.
- **Strenuous**
Walks for experienced country walkers with an above average fitness level. May include hills and rough country.

Important. Grades are provided as a general guide only: if you have any doubt about your fitness for a particular walk please contact the organiser or leader in advance. You should also bear in mind the distance of the walk, regional differences in terrain and the possibility of bad weather, which can make a walk more difficult than planned. If you're unsure of your fitness level, try a short and easy walk first: it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted. Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit.