







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](mailto: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 NOVEMBER and DECEMBER 2023



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

[www.newportoutdoorgroup.co.uk](http://www.newportoutdoorgroup.co.uk)

## **NEWPORT OUTDOOR GROUP** **PROGRAMME – NOVEMBER and DECEMBER 2023**

### **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 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 YHAs.  
Led walking in the scenic beauty of the UK – why not try it ?  
Contact our Booking Officer, Alan.










## NOVEMBER 2023

In the event of particularly wet weather, when an evening walk is planned, look for changes announced on E Mail and Facebook.

<b>Thursday 2<sup>nd</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Friday 3<sup>rd</sup> to Sunday 5<sup>th</sup></b>	<b>City Break – Liverpool.</b> City of culture, the Beatles and lots more. 2 nights accommodation for £64. Contact Alan, our Booking officer, asap.	
<b>Monday 6<sup>th</sup></b>	<b>Skittles Evening.</b> Bring your bowling arm and £2 for skittles and a game of killer ! 7 pm at the St Julian's Inn with a bit of nosh as well.	Indoors.
<b>Thursday 9<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Saturday 11<sup>th</sup></b>	<b>Rhymney Valley Ridgeway and Mynydd Machen.</b> Juping takes us up and along from Machen for some all-round views. 8 miles. Meet 9.30 am Civic Centre.	
<b>Monday 13<sup>th</sup></b>	<b>Photo Competition.</b> It's back ! Entries to Norman by <b>Friday 3<sup>rd</sup> November</b> . Prizes as well. Starts 7 pm Ridgeway Community Centre.	Indoors.
<b>Thursday 16<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Saturday 18<sup>th</sup></b>	<b>Ewenny with Maria.</b> A wander around a river valley and a Benedictine Priory. 9 miles. Meet 9.30 am Civic Centre.	
<b>Monday 20<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Thursday 23<sup>rd</sup></b>	<b>Christmas Dinner.</b> NOG food and frolics in Newport ... indoors this time. See the Newsletter.	Indoors.
<b>Saturday 25<sup>th</sup></b>	<b>The Goose and Cuckoo.</b> Ian's 8 miler takes us to this remote pub via fields and the canal above Llanofer. Meet 9.30 am Civic Centre.	
<b>Monday 27<sup>th</sup></b>	<b>Walking in Kyrgyzstan.</b> Nigel's slides show us the exotic side of walking. Different to urban Newport ! Starts 7 pm Ridgeway Community Centre.	Indoors.
<b>Thursday 30<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	

## DECEMBER 2023

In the event of particularly wet weather, when an evening walk is planned, look for changes announced on E Mail and Facebook.

<b>Friday 1<sup>st</sup> to Sunday 3<sup>rd</sup></b>	<b>Christmas Dinner Weekend at the other Newport !</b> More NOG food and frolics in Newport, West Wales. £46 accommodation plus food for a weekend of coastal walking. Contact Booking Officer Alan asap.	
<b>Monday 4<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Thursday 7<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Sunday 10<sup>th</sup></b>	<b>Ladyhill from Usk.</b> Roger's 8 miler shows us the countryside around Usk. A Hill but not hilly ! Meet 9.30 am Civic Centre.	
<b>Monday 11<sup>th</sup></b>	<b>What's in your Food ?.</b> NOG member Ken and long-time Environmental Health Officer dishes the dirt ! Starts 7 pm Ridgeway Community Centre.	Indoors.
<b>Thursday 14<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Saturday 16<sup>th</sup></b>	<b>Cardiff Bay with Norman.</b> Come and do a circuit of the Bay on an flat and easy 7 mile walk. Meet 9.30 am Civic Centre.	
<b>Monday 18<sup>th</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	Indoors.
<b>Thursday 21<sup>st</sup></b>	<b>Evening Walk.</b> Start 7 pm. Details by e mailed Newsletter or Facebook.	
<b>Saturday 23<sup>rd</sup></b>	<b>A Wentwood Seasonal Stroll.</b> 3 mile afternoon walk led by Holly the dog, with Refreshments at The Haven afterwards. Meet 12.30 pm Civic Centre.	
<b>Monday 25<sup>th</sup></b>	<b>Nadolig Llawen !</b>	Indoors.
<b>Thursday 28<sup>th</sup></b>	<b>Post Christmas Pudding Pounder !</b> To be advised ; keep an eye open for the date of this day time walk. It could change !	
<b>Friday 29<sup>th</sup> to Tuesday 2<sup>nd</sup> January 2024.</b>	<b>The Isle of Portland.</b> 4 days walking for a turkey and mince pie get-away in Dorset. Accommodation is a bargain at £100. Contact Booking Officer Alan for last minute cancellations.	