







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 FOR 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.

COMMITTEE MEMBERS

Hostel booking enquiries	Nigel Bolter	07795843289 / brutusz@hotmail.co.uk
Programme enquiries	Dave Fereday	07879222135 / davefereday@hotmail.co.uk

For other committee members – check the web site.

**Please note that B.N. for hostel trips means final payment date
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 or check the web site.



PROGRAMME OF EVENTS

May to September 2019

For Thursday evening walks visit meetup.com/Newport-Outdoor-Group



MEETING POINT – MONDAY EVENTS - LYCEUM TAVERN, MALPAS RD.

NEWPORT, GWENT NP20 5PL

Evening indoor events – meet *10 minutes before* the start time, in the Pub's upstairs room. Drinks available from the bar.

Outdoor events – meet *10 minutes before* the start time, outside the Pub to share transport.

MEETING POINT - WEEKEND WALKS - THE UPPER CIVIC CENTRE CAR PARK.

Please note for Hostel trips B.N. means final payment night.

www.newportoutdoorgroup.co.uk

NEWPORT OUTDOOR GROUP	EVENTS PROGRAMME	May to September 2019
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MONDAY EVENING EVENTS

Date	Time	Event Description	Grade
13 th May	19.00	Ponthir Walk Trudy leads in the village named after it's long bridge over the Afon Llwyd. B.N. August trip to Boscastle	
20 th May	19.00	Mynydd Maen Walk Lesley leads us tonight on a little hill with a big view and as a bonus a choice of pubs post walk.	
27 th May		No Meeting Enjoy the Spring Bank Holiday and bounce into summer like Zebedee.	
3 rd June	19.00	Coed Bedw Walk It's Fox Hill in Rhiwderin not led by Basil Brush but Steve. B.N. BBQ on 8th June	
10 th June	19.00	Storm the Battlements Dave F leads on an assault of Lodge Hill Iron Age Fort with splendid views over the River Usk.	
17 th June	19.00	Iron Bridge Walk Steve and Rhian lead us to this recently restored historic bridge in the Draethen.	
24 th June	19.00	Mynydd Machen Walk Nigel leads us tonight along the Sirhowy Valley walk to enjoy well earned views over the Bistol Channel.	
1 st July	19.00	Cwm Lickey Walk Alan is our guide tonight as we visit the area above Race. But don't worry we won't race.	
8 th July	19.00	The Bay from Penarth Norman leads us from Penarth across the barrage where we may have a stop in one of the bars. B.N. Brighton 18th - 20th October	
15 th July	19.00	Treasure Hunt Just like the Eurovision Song Contest last year's winners are the hosts so Dave and Sarah set the tune tonight.	
22 nd July	19.00	Mamhilad Walk Chris leads us on one of her Sunday walks, but with no meal after sorry but I'm sure we will manage a drink.	
29 th July	19.00	NOGs at the Oscars It's the nearest we will get to the Red Carpet as we receive a Recognition Certificate from the Brecon Mountain Rescue Team	
5 th Aug	19.00	Gray Hill Walk Carol is the leader tonight where we are sure the sky will not match the hill. B.N. London 8th -10th November	
12 th Aug	19.00	Adventure Golf at the Celtic Manor Come along and find your inner tiger or rory.	
19 th Aug	19.00	Severn Bridge Walk This is a walk we generally do in the winter nights. Enjoy the views as Dave F leads us to the Boars Head for a pint before the return crossing.	
26 th Aug		No Meeting Enjoy the last Bank Holiday before the Christmas.	
2 nd Sep	19.00	Crawl around Usk with Ian I assume we are not swimming in the Usk but walking around Usk.	
9 th Sep	19.00	Real Ale Tour of Cardiff Norman is the taster in chief and leader. What more can I say except it's the B.N. for the Christmas Party at Leominster 6th -8th December	
16 th Sep	19.00	Hill and Canal Walk Martyn is the leader tonight as we walk along a wonderful piece of local history.	
23 rd Sep	19.00	Pontypool Historical Walk Dave F leads us as we explore the history of this famous valley town.	
30 th Sep	19.30	It's CSI NOG You have probably watched Silent Witness and other numerous crime dramas so Group member Mark Boulter tells us all about forensic science.	

WEEKEND EVENTS

Date	Time	Event Description	Grade
10 th - 12 th May		Tredegar House Folk Festival Take the opportunity to strip the willow and enjoy numerous folk acts in concert.	
18 th May Sat	9.30	Dinas Powys Walk Trudy leads us in the Vale of Glamorgan where we hope to see some salmon leaping.	
24 th -27 th May		Spring Bank Holiday in Beer Hostel There's more to Beer than beer for a start wonderful coastal walking. B.N. 25th February	
1 st June Sat	9.30	Cefn On and the Ridgeway Walk Norman leads us on a blooming walk where the rhododendrons are out.	
8 th June Sat	14.30	Walk and BBQ at Brian's Its the annual feast with an optional walk beforehand. B.N. 3rd June	
14 th - 16 th June		Milton Keynes Weekend There's more to Milton Keynes than concrete cows. Come along and find out. B.N. 25th March	
23 rd June Sun	9.00	Storm the Battlements Dave F leads on the classis 20 mile Three Castles walk created by Group Founder Member Chris Barber.	
23 rd June Sun	9.30	Storm the Battlement For a more leisurely storm Brian takes us on a 7 miles walk from Skenfrith Castle.	
29 th June Sat	10.30	Storm the Battlements on Horse Well not horse but bike as Dave F leads the peloton on the Four Castles Route.	
6 th July Sat	9.30	Dewstow Walk and Gardens Brian the nearest person we have to Monty Don is the obvious leader.	
13 th July Sat	9.30	Cyfartha Castle Walk Nigel is the Leader as we walk from the home of notorious Ironmasters the Crawshays.	
21 st July Sun	9.30	Beat the Beacons Taster In the first of our recce walks Brian leads us on the 10 mile route.	
26 th -28 th July		Slaidburn Hostel Weekend Walk in the geographical centre of Britain the Forest of Bowland. B.N. 15th April	
11 th Aug Sun	9.00	Beat the Beacons Endurance In the second of our recce walks Dave F leads us on the 22 mile route.	
18 th Aug Sun	9.30	Beat the Beacons Alternative In the third of our recce walks Ivor leads us on the 15 mile route.	
23 rd -26 th Aug		August Bank Holiday at Boscastle Hostel Join the crowds in flooding to Cornwall. B.N. 13th May	
31 st Aug Sat	10.30	Vale of Usk Cycle Dave and Sarah are the hosts in leading the ride and drinks in their garden to follow.	
7 th Sept Sat	9.30	Walk with Crime and Punishment What on earth you ask, well it's a museum in Littledean. Nigel is our Guide.	
8 th Sept Sun	9.30	Hotfoot it to Llandaff Chris leads us on a visit to Insole Court to see the refurbishment after the hard work of a team of volunteers.	
15 th -22 nd Sept		Pembrokeshire Coastal Path It's the second half of long distance footpath.	
28 th Sept Sat		Beat the Beacons Challenge Walk Help needed for this joint venture with the Brecon Mountain Rescue Team.	

