







| 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 queries | Nigel Bolter | 07795843289 / brutusz@hotmail.co.uk |
| Programme queries | Dave Fereday | 07879222135 / davefereday@hotmail.co.uk |

For other committee members – check the web site.

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

January to May 2020



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.

www.newportoutdoorgroup.co.uk

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|------------------------------|---------------------------------------|--|
| NEWPORT OUTDOOR GROUP | Try our sociable fitness walks | meetup.com/ Newport Outdoor Group |
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MONDAY EVENING EVENTS

| Date | Time | Event Description | Grade |
|----------------------|-------|--|---|
| 20 th Jan | 19.30 | Four Person Slides No that's not slides about four persons but four different persons showing slides. | |
| 27 th Jan | 19.00 | Usk Historical Walk He may not be Dan Snow and most definitely not Bettany Hughes but Dave F is our guide. |  |
| 3 rd Feb | 19.30 | Photo Competition Now come you'd better be snappy and get your entries in when Norman requests them. B.N. Ghost Walk | |
| 10 th Feb | 18.45 | Llantrisant Ghost Walk Come along and join in the spirit of the evening for a walk led by Llantrisant Town Clerk Dean Powell. The £3 charge for walk is being paid by NOG but please book. Payment Night Swanage Auberge Weekend 7th-10th May. |  |
| 17 th Feb | 19.30 | The Ladies of Tredegar A Talk by local Historian Rosemary Kennedy on the female residents of Tredegar House. | |
| 24 th Feb | 19.00 | Riverside Walk Stephen Thornton leads us on a walk embracing the River Usk and possibly a public house. Payment Night Snowdon Ranger Weekend 22nd-25th May |  |
| 2 nd Mar | 19.30 | Welcome to Whicker Island Don't tell me you are too young to remember Alan Whicker or Monty Python. Nigel updates us on his travels. Booking Night Grub Crawl 9th March | |
| 9 th Mar | 19.00 | Grub Crawl For those who don't know what it is, you earn your food as we walk between houses for our courses. |  |
| 16 th Mar | 19.00 | Camino del Isca Franco leads on a walk to what CB enthusiasts called the Roman City – Caerleon of course. |  |
| 23 rd Mar | 19.00 | Walk to the Three Blackbirds Aly leads us along the canal where I suppose we will be forced to have a pint. Payment Night Ridgeway Hostel Weekend 20th April |  |
| 30 th Mar | 19.30 | Winners Slides A chance to see and hear the stories behind the winners from the photo competition. | |
| 6 th Apr | 19.00 | Langstone Walk Jan is the Langstone Cowboy as she leads us in this area of rural south Gwent. |  |
| 13 th Apr | | No Meeting It's Easter Monday | |
| 20 th Apr | 19.00 | Rogerstone Walk Ivor is the leader tonight as we walk in his back garden, metaphorically speaking of course. Payment Night Surrey Interhostelling 23rd-26th July. |  |
| 27 th Apr | 19.00 | Mountaineering on the Gwent Levels Dave G leads us tonight as we soar the heights on the levels. |  |
| 4 th May | 19.30 | Pembrokeshire Coastal Path Slides Norman tells all on the middle leg of the trail which was completed last September. | |
| 11 th May | 19.00 | See the Sun Rising in Rogerstone With Ivor using GPS we won't be out until dawn but we may have a pint in the Rising Sun. Payment Night Lands End Hostel August Bank Holiday. |  |
| 18 th May | 19.00 | Llanfrecfa Grange Gardens A visit to the Walled Garden hosted by former NOG Angela. | |
| 25 th May | | Bank Holiday It's the Spring Bank Holiday | |

| WEEKEND EVENTS | | | |
|--|-------|--|---|
| Date | Time | Event Description | Grade |
| 19 th Jan Sun | 9.30 | Advanced Map Reading Practical Ian takes us on the next stage of our map reading journey. | |
| 24 th -26 th Jan | | Lee Valley Hostel Weekend It may well be just north of London but the Hostel is a Swiss Chalet and was also used as the canoeing venue for the 2012 Olympics. Payment Night 25th November m2019 | |
| 2 nd Feb Sun | 9.00 | Norman's Winter Walk To mark the end of the transfer window it's that great NOG tradition. |  |
| 8 th Feb Sat | 9.15 | Visit to Newbridge Memorial Hall Make a memo to yourself to visit this fantastic building that a determined Group of Volunteers brought back to life. | |
| 14 th -16 th Feb | | Stratford upon Avon Hostel Weekend What could be better a good walk followed by a bit of culture. Didn't you know that Stratford has a Wetherspoons. Payment Night 16th December 2019. | |
| 23 rd Feb Sun | 9.30 | Henrhyd Waterfall Walk Ian takes us to the highest waterfall in South Wales. |  |
| 8 th Mar Sun | 9.30 | Cowbridge and the Thaw Chris Harris leads us on a walk that could well melt your heart. |  |
| 13 th -15 th Mar | | 60th Anniversary Hostel Weekend in Youlgreave Hostel Come along for weekend of great Peak District walking and celebrations as the NOG receive it's bus pass. Payment Night 13th January | |
| 21 st Mar Sat | 9.30 | Llantwit Magor Alan is our Guide as we enjoy the beauty of the Glamorgan Heritage Coast. |  |
| 4 th Apr Sat | | Black Dragon Challenge Your help needed as we raise funds for our friends in the Brecon Beacons Mountain Rescue Team. | |
| 8 th -15 th Apr | | Easter in the North East of England Join the Group as we visit three hostels in Geordieland. Any problems we can always call on Vera. Payment Night. 9th December 2019 | |
| 18 th Apr Sat | 9.30 | St Briavels Walk Jan leads us in this beautiful area of the Wye Valley. |  |
| 25 th Apr Sat | 9.30 | Gloucester City Walk and Archive Visit Ian is our leader as we have a historical day in the home of the Cherry and Whites. |  |
| 3 rd May Sun | 9.00 | Cotswolds Walk Dave F is our guide as we embrace the world of Joanna Trollope taking in Stow and Oddington. |  |
| 7 th -10 th May | | Swanage Auberge Weekend Enjoy the Bank Holiday weekend in Dorset with maybe lashings of Ginger Beer. Payment Night 10th February. | |
| 16 th May Sat | 10.30 | Cycle to Blaenavon Ivor lead the peloton for lunch at the Rhymney Brewery near Big Pit. Start Point Bettws Lane Car Park, for shorter ride 11.30am Pontymoile Basin. |  |
| 22 nd -25 th May | | Bank Holiday at Snowdon Ranger Hostel As it says on the tin Snowdon. Payment Night 24th February. | |