

# Women in Transport Netwalking Event

## Wye Valley Walk



### The Route

*A linear route through the Wye Valley Area of Outstanding Natural Beauty, following the river through woodland riverbanks with lofty viewpoints out over the valley and beyond. Begin at Britain's oldest castle and end at the ruins of medieval Tintern Abbey.*

### Distance

8.5km / 5.5 miles

Approx 350m ascent

### Terrain / What to Expect

This walk is suitable for inexperienced walkers but does present some challenge with a few sections of steep slopes, steps, narrow paths and it can be muddy and slippery in places. You can buy lunch in Tintern or bring a packed lunch. We'll return on the bus to Chepstow (bus accepts contactless payment and is around £3)

### **Meeting point**

Meet at Chepstow Castle, near the entrance at 10am. There are toilets at the meeting point.

### **Public Transport / Parking**

Chepstow has a train station which is five minutes away from the meeting point, and several buses service the area. There is a large pay & display car park at the castle.

### **What to Wear / Bring**

Quick dry, comfortable clothing is recommended. You should be able to move freely. Light layers are best. Avoid wearing jeans or heavy fabrics.

Essential items to bring with you:

*Small day backpack*

*At least 1 litre of water*

*Hiking boots with good grip and ankle support (trainers are too slippery)*

*A waterproof coat*

*Any personal medication needed*

You may also want to bring:

*Snacks*

*A spare warm layer*

*Walking poles*

*Waterproof over trousers (essential if rain forecast)*

All participants will need to complete a consent form prior to the walk. If you don't have any of the essential items, please get in touch as we have a limited number of spares which you are free to borrow. Contact Nia on 07415953311.