

## Helwel Hike June 16<sup>th</sup> 2018

Help us to raise funds to provide water tanks, garden fencing and poly tunnels for people in the Nqutu area of kwaZulu/Natal.

Donations either through My Donate <https://mydonate.bt.com/teams/helwelhike> or ask Liz Williams for a sponsor form



Come and explore the edge of the beautiful Wye valley starting at Redbrook, before walking gently up a broad valley, past beautiful old stone buildings before heading up hill across a field and then more steeply up through woods before emerging on to a long green lane that leads to Newland, famed for its magnificent 'Cathedral of the Forest', 4 miles from the start of the walk. Here we will have lunch at the Ostrich Inn. Orders will be taken at Redbrook. From the Ostrich we will head the two miles back to the start along broad footpaths before entering Swanpool Wood and, before long, the road back to Redbrook, a village famed for its copper, iron and tin works as well as a corn mill that was in use for nearly 500 years, only closing down in 1925 with the tin plate company closing in 1962.

After the Hike everyone is invited to Swallow Barn Common Road Mitchel Troy NP25 4HZ for a barbecue. (4.5 miles away)

If you are unable to walk the full 6 miles, we can arrange a lift either to or from the Ostrich Inn.

### Logistics:

**Meet** 10 for 10.30 start in Redbrook NP25 4LZ GR536099

**Car:** Two car parks on LHS coming up the Wye Valley from Chepstow the first one costs £1 for a day and the second £1.60. There is also some off-road free parking near the shop on the RHS

**Coach:** The nearest stop from the London area is Chepstow but no buses run early enough on a Saturday so if you choose this option we will help find accommodation and meet you in Chepstow

**Train:** There are various options – please phone or email Liz Williams or Andrew Pemberton to discuss.

Please complete and return the slip below either by email or post

Liz Williams, Swallow Barn, Common Road, Mitchel Troy, Monmouth NP25 4HZ

Phone 01600 711518

E-mail: [helwel@outlook.com](mailto:helwel@outlook.com)

I/we hope to come on the Hike

I/we will/will not need a lift to or from the pub at Newland

I/we would like to come to the barbecue at Swallow Barn

I/we have/do not have special dietary needs – please specify nature of need

There will be ..... people in my party

Please send me a sponsor form/I will use My Donate

Name(s).....  
.....

Address.....  
.....

Phone number .....

E-mail.....