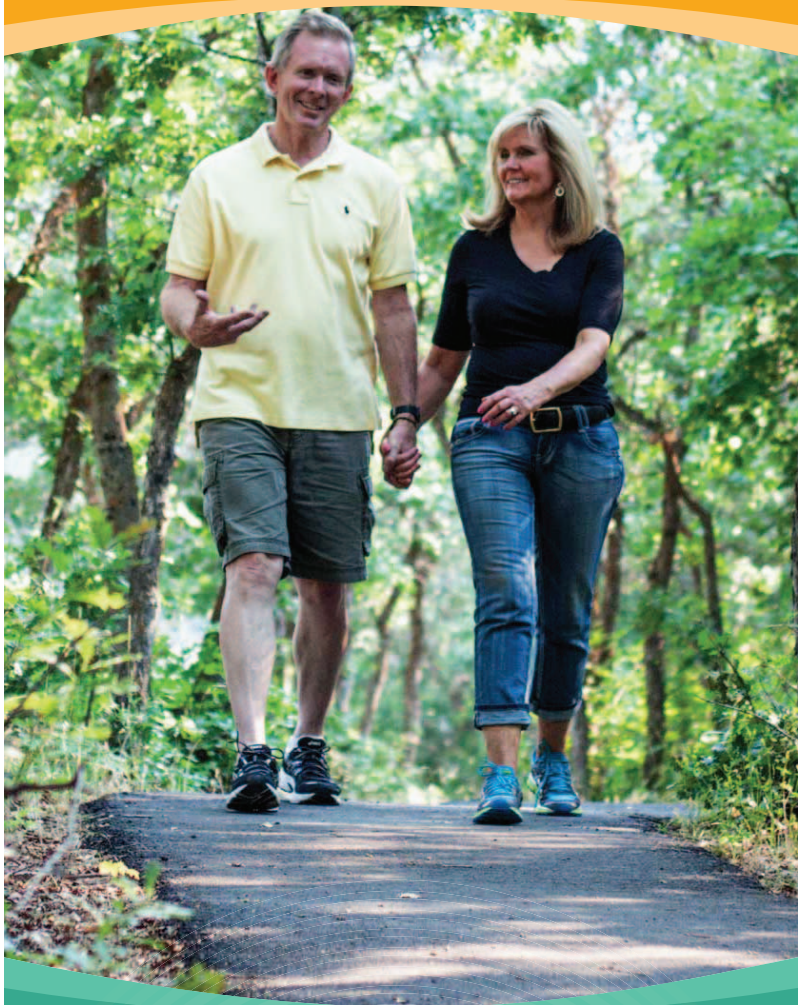


LETS WALK NEWPORT



CHALLENGE WALKS

challenge yourself...



FIND YOUR NEWPORT WALK

10

Reasons to walk...

1. *Makes you **feel good***
2. *Reduces stress*
3. *Helps you sleep better*
4. ***Reduces risk of:-***
 - *Heart disease*
 - *Stroke*
 - *High blood pressure*
 - *Diabetes*
 - *Arthritis*
 - *Osteoporosis*
 - *Certain cancers*

*and can help with their **management** and **recovery***
5. ***Meet others and feel part of your community***
6. *See your **local area** and discover new places*
7. *Kind to the **environment***
8. *Can be done by **almost anyone***
9. ***No special equipment** required*
10. *Its **FREE**, saving money on bus fares and petrol*



How often should I walk?

As often as you can

Aim for at least:-

30 *minutes*

*This can be in one go or 3 walks of 10 minutes or
2 walks of 15 minutes per day*

5 *or more days
of the week*

How fast should I walk?

Start slowly to warm up

gradually increase to a brisk pace:-

- *heart beating a little faster*
- *breathing a little faster*
- *feel a little warmer*
- *leg muscles may ache a little*
- *you should still be able to hold a conversation*



Slow down gradually to cool down

Tips

- *Walk to the local shops*
- *Get off the bus a stop earlier*
- *Park a little further from your destination*
- *Walk the children to and from school*
- *Go for a lunchtime walk*
- *Walk to post a letter*
- *Use the stairs*
- *Walk with friends/family*
- *Explore new areas*
- *Walk the dog*
- *Note your progress*



What equipment will I need?

Healthy Start Walks brochure:-

- Comfortable and sensible footwear (no flip-flops or high heels)
- Water



Small Walks for Small Feet brochure:-

- Comfortable and sensible footwear (no flip-flops or high heels)
- Water



Healthy Challenge Walks brochure:-

- Sturdy footwear
- Water



Countryside Walks brochure:-

- Sturdy footwear/Hillwalking boots
- Water



Safety information:-

- Tell someone where you are going
- Tell someone how long you will be
- Remember to let them know when you return



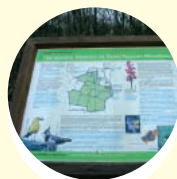
Have fun and enjoy your walk!



Walks

	<i>Distance</i>	<i>Page</i>
1. <i>Tredegar Fort - Gaer</i>	2.5 Km 1.6 Miles	6-7
2. <i>The Eastman Trail at the Great Traston Meadows Nature Reserve</i>	2.9 Km 1.8 Miles	8-9
3. <i>Fourteen Locks to Cefn Wood</i>	3.9 Km 2.4 Miles	10-11
4. <i>Rogerstone Welfare Ground and Coed Bedw</i>	3.5 Km 2.2 Miles	12-13
5. <i>Wentwood Forest</i>	5.5 Km 3.3 Miles	14-15
6. <i>St Julian's Park and Wood</i>	3 Km 1.9 Miles	16-17
7. <i>Fourteen Locks to Allt-Yr-Yn Nature Reserve</i>	4 Km 2.5 Miles	18-19
8. <i>Llanwern Circular</i>	4.1 Km 2.5 Miles	20-21
9. <i>Caerleon and Chepstow Hill</i>	6 Km 3.7 Miles	22-23
10. <i>Iron Bridge Circular Walk</i>	4.5 Km 2.8 Miles	24-25

Please refer to map on back cover



Start at gate entrance on Bassaleg Road...

A	Enter gate and bear right, keeping hedge boundary on right before taking muddy path through wood onto grassy path.	H	At end of open ground, keep to smaller path straight ahead through woodland.
B	Keep on wide grassy path on outer edge boundary, down slope then along fence next to railway line on right. (Note: there are many paths leading uphill on left).	I	At path crossroads, with houses on your right, turn left towards top of hill fort through small wooded area. (Note: Fine view of hillsides ahead)
C	At gate bear around to left and follow wide grassy footpath leading uphill on left (not path next to outer railings of park). (Note: there are fine views over Newport to left and behind as you walk up hill).	J	Bear left and continue left along main path leading down slope.
D	At top of slope, a path joins from the right but keep to main path straight ahead.	K	At crossroads turn right heading down grassy slope. Keep straight ahead on main path leading downhill.
E	At path crossroads turn right uphill between trees.		
F	At path crossroads keep straight ahead uphill on main path. (Note: there are fine views of the Transporter Bridge and Newport city centre to right).	L	At bottom of slope turn right and head back to start.
G	At open, level ground keep to path on right hand side. (Note: there are fine views of hillsides to left).		

WALK 1

Tredegar Fort - Gaer.

A breathtaking walk with some steep inclines and declines requiring sturdy footwear but fine views to encourage you to get to the top.

There are many other paths to explore to lengthen and vary your walk for progression.

Tredegar Fort - Gaer Distance 2.5 Km, 1.6 Miles



KEY	
	Walk Route
	Bus Stop
	Gate

Known locally as the Gollars, the ramparts of this huge fort near Newport are situated in an excellent defensive position overlooking the lower reaches of the Ebbw River, perfect for seeing an enemy approach. It's a large circular site comprising multiple enclosures; the outer of which may have been used for stock. The inner enclosure is roughly pentagonal and surrounded by a single bank and ditch. The outer enclosure was defended by a large bank and ditch.

Start at layby at Pye Corner, Nash on Broadstreet Common Road by Caldicot & Wentlooge Internal Drainage Board sign... (Take care: No pavement)

A	Go through blue barriers and follow cycle path through wood.	H	Walk across wooden footbridge on left (not footbridge straight ahead) signpost - Circular Trail.	O	At small signpost turn left across field in direction of arrow.
B	Turn left onto grassy footpath on left marked 'Wales Coastal Path', just after passing pylons on left.	I	Keep to right hand boundary of field, after 40 metres turn right at small signpost for Eastman Circular Trail, heading under pylon cables into woodland.	P	Go through wooden kissing gate into car park.
C	Walk across wooden footbridge, cross straight over a muddy lane and walk across wooden footbridge.	J	Turn left at small signpost following waymarker arrows along reen on your right.	Q	Turn left in direction of signpost marked Circular Trail (next to signage board).
D	At circular trail signpost and history point map walk across field in direction of signpost.	K	At small signpost follow waymarker arrow straight ahead.	R	Go through kissing gate (Note: A bench on left) and keep to right hand boundary of field.
E	Walk across wooden footbridge and head across field in direction of signpost (between two pylons).	L	At small signpost follow waymarker arrow left into woodland.	S	Cross over wooden footbridge on right (also point E) and head diagonally left across field towards signpost (also point D) and back to start.
F	Walk across wooden footbridge and keep straight ahead and to right hand boundary of field.	M	At small signpost turn right following waymarker arrow along edge of woodland.		
G	Walk across wooden footbridge and keep to left hand boundary of field, keeping straight ahead.	N	At wooden platform bridge follow signpost waymarker arrow (Note: Signpost behind bridge) over bridge & keep to right edge of field boundary		

WALK 2

Eastmans Trail

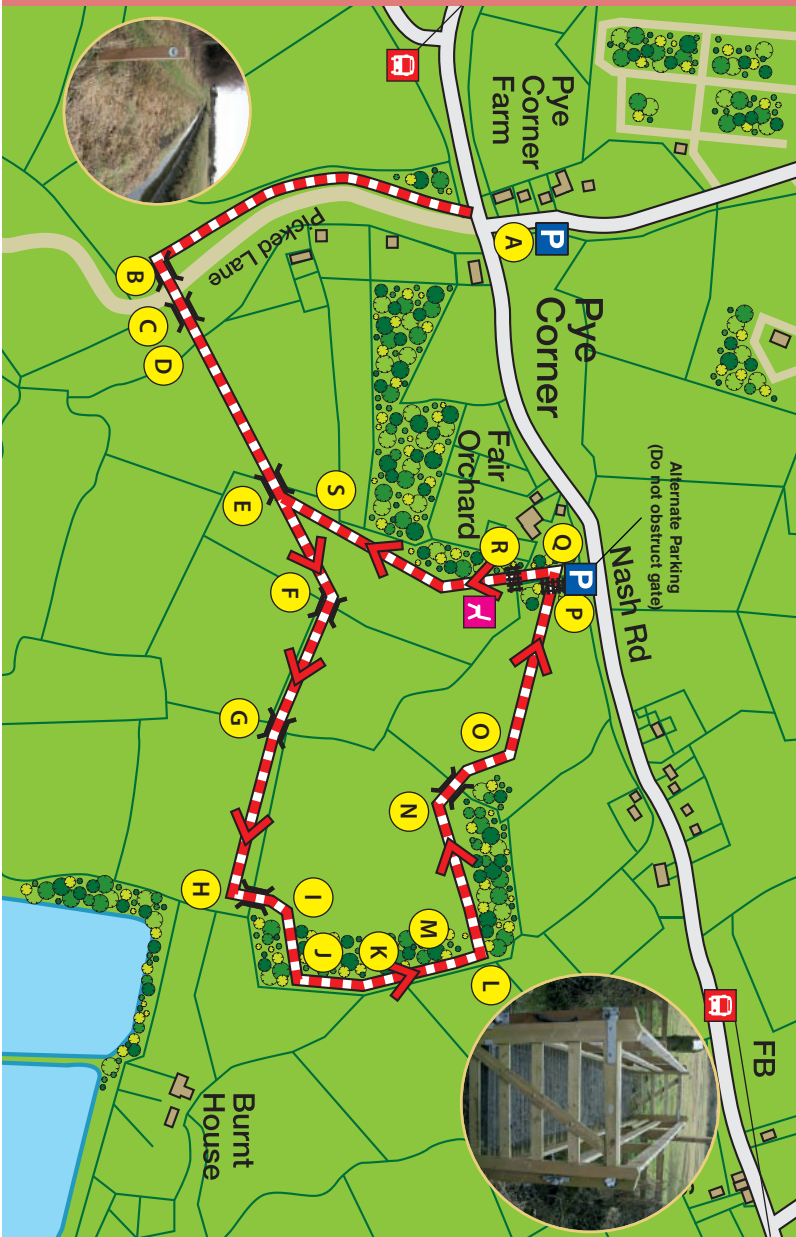
A refreshing, level walk with stiles and uneven paths requiring sturdy footwear. Paths can become boggy after heavy rain.

There are fine open views of Gwent Levels and plenty of fresh sea air to breathe.

There are water vole, dragonflies and even otter to be seen at one of Gwent's hidden marshland jewels.

Parking for some cars on lay-by on Broadstreet Common off Pye Corner.

Eastmans Trail Distance 2.9 Km, 1.8 Miles



	Walk Route
	Gate
	Bus Stops on Nash Road
	Bench
	Parking

A circular route with timber walkways over water-filled ditches on the Great Triston Meadows reserve on the Gwent Levels, south of Newport. Eastmon leases the reserve to the Gwent Wildlife Trust, which has co-ordinated much of the work, supported by Newport City Council.

This follows on from a restoration programme by the Gwent Wildlife Trust, working with the Caldicot and Wentloog Internal Drainage Board (IDB), nearly 700m of ditch were dug out allowing water to flow again in the dried out reens.

WALK

3

Fourteen Locks to Cefn Wood

Start at Fourteen Locks Visitor Centre car park...

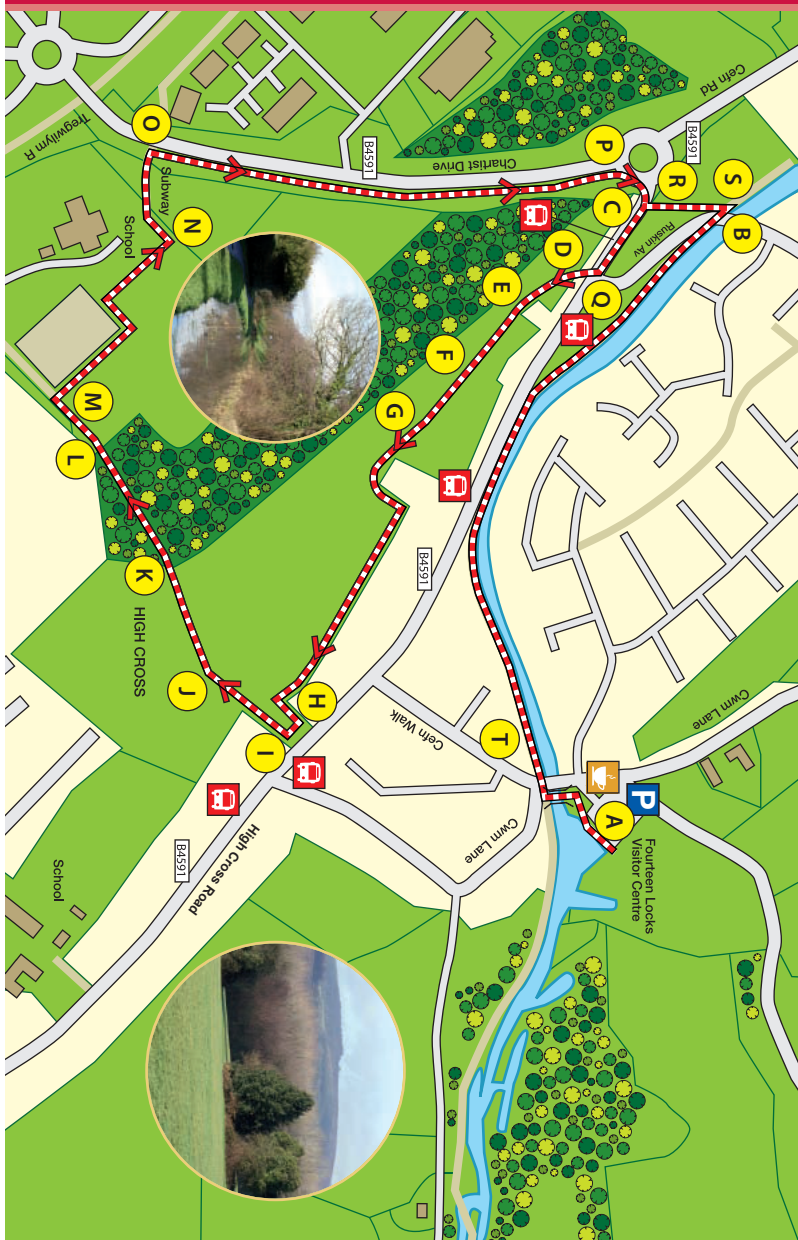
A	Walk along pond, up slope over footbridge and cross over Cwm Lane. Keep straight ahead along canal footpath.	H	Walk past metal gate & fence on left boundary, turn right at wooden footpath sign, follow small gravel then grassy path, towards centre of open ground.	O	Turn right following wide pavement along Chartist Drive. (Take care, busy road).
B	Cross Ruskin Avenue, turn left down 6 steps next to field ahead, follow gravel path downhill, walk down a further 8 steps. (Take care busy road & on a bend).	I	Keep straight ahead down grassy slope.	P	Bear right at roundabout along Cefn Road.
C	At Cefn Road turn left and cross road using crossing.	J	Keep ahead on grassy path as it bends slightly to the right and into Cefn Wood.	Q	Cross road at crossing, turn left along pavement along Cefn Road. (Note, also at point C).
D	Turn left along road, turn right at footpath signpost on right, go down 4 steps.	K	Follow footpath down slope through woodland.	R	Turn right up 8 steps, follow gravel path uphill, walk up a further 6 steps.
E	Walk along road between garages onto footpath on left to rear of gardens.	L	At fork, after leaving wood, keep straight ahead on right fork onto narrow tarmac road keeping houses on left. (Take care, no pavement).	S	Turn right, cross Ruskin Avenue and keep straight ahead along canal footpath. (Note, also at point B). (Take care, busy road and on a bend).
F	Turn right down 6 steps, continue along footpath.	M	Turn right onto tarmac path, walk around outdoor football pitch.	T	Cross Cwm Lane, walk straight ahead down slope, around pond back to start. (Note, also at point A). (Take care, busy lane and on a bend).
G	Enter open grassy ground, keep to left hand boundary. (For a pleasant variation there is the option of exploring this grassy area's perimeter further).	N	Head into wood, go up 35 steps to right of underpass.		

WALK 3

Fourteen Locks to Cefn Wood.

A mostly level and varying walk along the canal, around parkland and through a wood.

Fourteen Locks to Cefn Wood Walk Distance 3.9 Km, 2.4 Miles



KEY

	Walk Route
	Car Park
	Bus Stop
	Café
	Bridge

Currently there are also various guided walks on the first Saturday of every month from the Fourteen Locks Visitor Centre – telephone 01633 892167

Start at Rogerstone Welfare Ground car park...

A	Take path to left of shop and large green metal building.	J	Go down short steep slope, cross straight over forestry track, heading downhill on footpath. Signpost Graig Diamond Jubilee path.
B	At path junction turn left.	K	Go over stile into field, head downhill along left hand boundary.
C	Cross bridge and head up slope.	L	Go over stile, down 2 steps, turn left along lane.
D	Go through gate and into field, keeping to left hand boundary.	M	At fork in road bear right, walk through underpass and walk alongside River Ebbw.
E	Turn left along Pentre Tai Road in direction of Sirhowy Valley Walk heading slightly uphill, ignoring farm tracks on left. (Take care, no pavements).	N	At fork in path bear right and walk across footbridge on right.
F	At crossroads turn right up lane signposted Sirhowy Valley Walk. (Take care, narrow lane and no pavements).	O	Go down 3 steps and turn right following path along opposite side of river.
G	Go over stile on right, into field, head up grassy slope towards wood keeping to right hand boundary of field. (Note, breathtaking views of surrounding hills and countryside behind).	P	At gap in hedge on left leave the riverside path and bear right following the path past a small pond on your left.
H	Go over stile at top of field, and follow footpath into wood, keep on path straight ahead over uneven undulating boggy ground.	Q	Continue straight along path passing playing fields and picnic benches back to the start.
I	Keep on path straight ahead in direction of Sirhowy Valley Walk signpost. At next signpost turn right downhill, leaving the Sirhowy Valley Walk, (approx. 30m before you would reach a stile)		

WALK 1

Rogerstone Welfare Ground and Coed Bedw.

An interesting and varying walk involving woodland, open fields and riverbanks. There are steps, stiles and steep inclines and declines requiring sturdy footwear. There are many other paths to explore to lengthen and vary your walk for progression.

Rogerstone Welfare Ground and Coed Bedw Distance 3.5 Km, 2.2 Miles



	Walk Route
	Car Park
	Bus Stop
	Picnic Area
	Bridge
	Café
	Gate

Rogerstone originated as a Norman Castle built by Roger de Haia in the 12th Century.

Start in Cadira Beeches car park...

A	From car park entrance, cross over the road, turn right then after about 15 metres turn left up forestry road. (Take care, there may be some traffic on road).	G	As road leads steeply downhill, take the forestry track on left next to green metal forestry gate
B	Keep following the main forestry road past waymarker post 64	H	At path junction, waymarker post 98 (if there?) turn right and keep on path as it narrows
C	Cross over the tarmac road past waymarker post 66. Take forestry footpath straight ahead (note: left of a forestry road) in direction of signpost, (restricted byway)	I	Keep straight ahead on path passing waymarker post 97, a bench and Curley Oak.
D	Keep on path past a building and a mast on left. (note: there is a trig pillar on your left - if you can find it?)	J	Keep straight ahead to waymarker post 86 and turn right uphill.
E	At path junction, waymarker post 83, turn left down a grassy track (note: very uneven)	K	At forestry road junction, waymarker post 85, turn right along forestry road
F	Where path meets the forestry road, waymarker post 99, turn right along forestry road	L	at waymarker post 99 (also point F) turn left uphill and retrace your steps back to the start (note: turn right at waymarker post 83 - Point E)

DID YOU KNOW: Curley Oak is about 400 to 450 years old and is the only surviving veteran tree and is still alive!

WALK 5

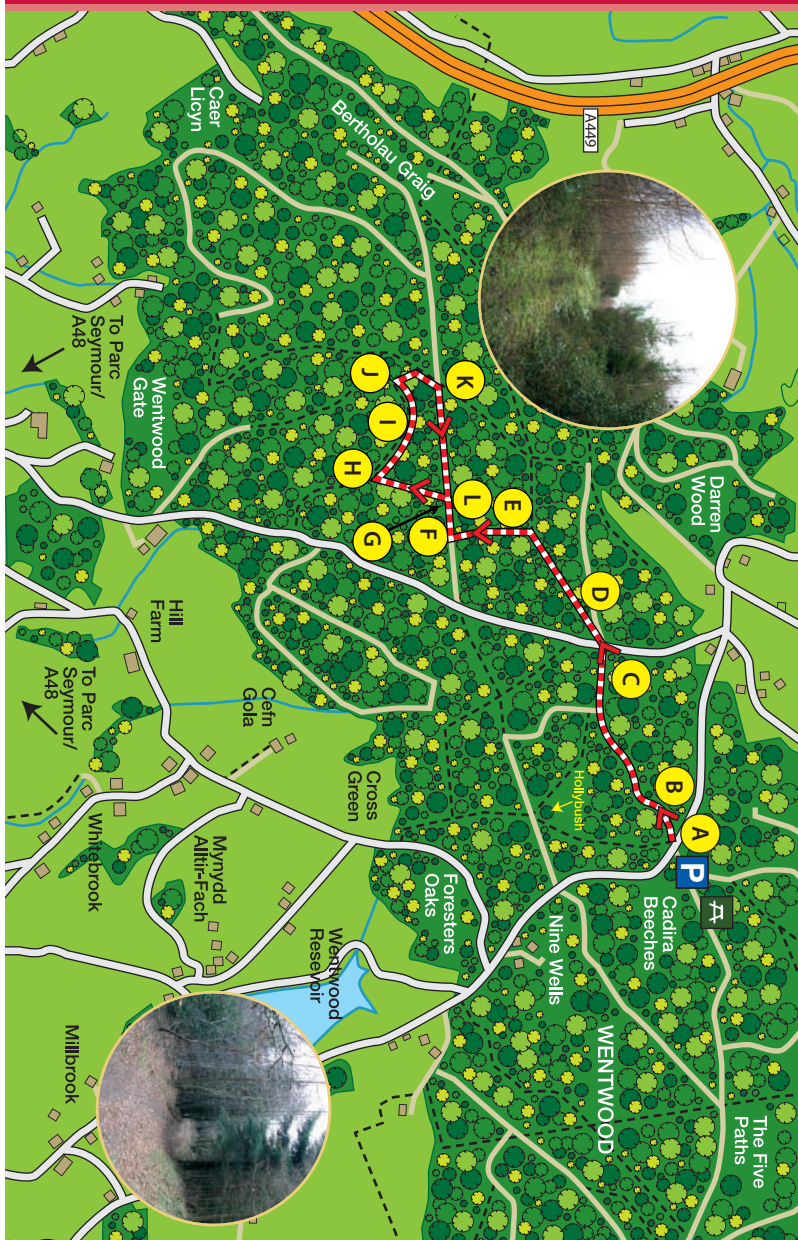
Wentwood Forest.

A rewarding woodland walk with some steep inclines and declines and uneven paths requiring sturdy footwear.

There are many other paths to explore to lengthen and vary your walk for progression.

For further information contact The Woodland Trust
TEL: 01476 581111

Wentwood Forest 3.3 miles 5.5 Km



KEY

	Walk Route
	Car Park
	Picnic Area

Wales's largest ancient woodland contains Bronze Age burial mounds, a stone circle and a megalithic alignment on Gray Hill, Marmouthshire.

In the middle ages the woods belonged to the lordship of Chepstow, providing hunting preserves, timber, fuel and pasturage for the tenants of nearby manors.

The Royal Forest of Wentwood had its own law courts held twice yearly at Forester's Oaks, above Wentwood Reservoir, where poachers were hanged as recently as 1829.

The Woodland Trust acquired 870 acres of Wentwood in 2006.

Start at top entrance to Beechwood Park on corner of Beechwood Road and Christchurch Road....

A	Cross Christchurch Road and turn right along pavement. (Take care, busy road).	H	Go through metal kissing gate onto Caerleon Road, turn right along pavement.	O	Go across bridge, follow winding concrete path on right onto Christchurch Road.
B	Turn left at metal footpath signpost, go through kissing gate and down Tarmac path. (Note, signpost obscured by garden hedge and tree).	I	After 50 metres, turn right at footpath signpost up grassy track, walk around gate up steep slope. At top of slope, turn left keeping gardens on left.	P	Turn right and follow pavement alongside Christchurch Road back to the start.
C	Go through M4 underpass, keep on path around left hand boundary of park.	J	At top of slope turn left at path crossroads, follow main path around left boundary.		
D	At exit from park on left, bear right down short steep grassy bank and keep on muddy path around park.	K	At fork, bear left along wider path, passing a large tree on the right.		
E	Keep straight ahead down main path leading downhill, ignoring many smaller paths to left and right until crossroads.	L	At open ground, continue straight ahead onto muddy path into wood.		
F	Enter large, open grassy area and walk along right hand boundary of grassy ground, keeping to main path.	M	Keep on main path leading uphill along left hand boundary. (Note: View of Caerleon on your right)		
G	Turn right down wide muddy path to stream, bear left keeping to path on left side of stream and follow path towards white house and road. (Note, do not cross stream at small wooden footbridge).	N	Go through kissing gate, then head diagonally right to bridge over M4.		

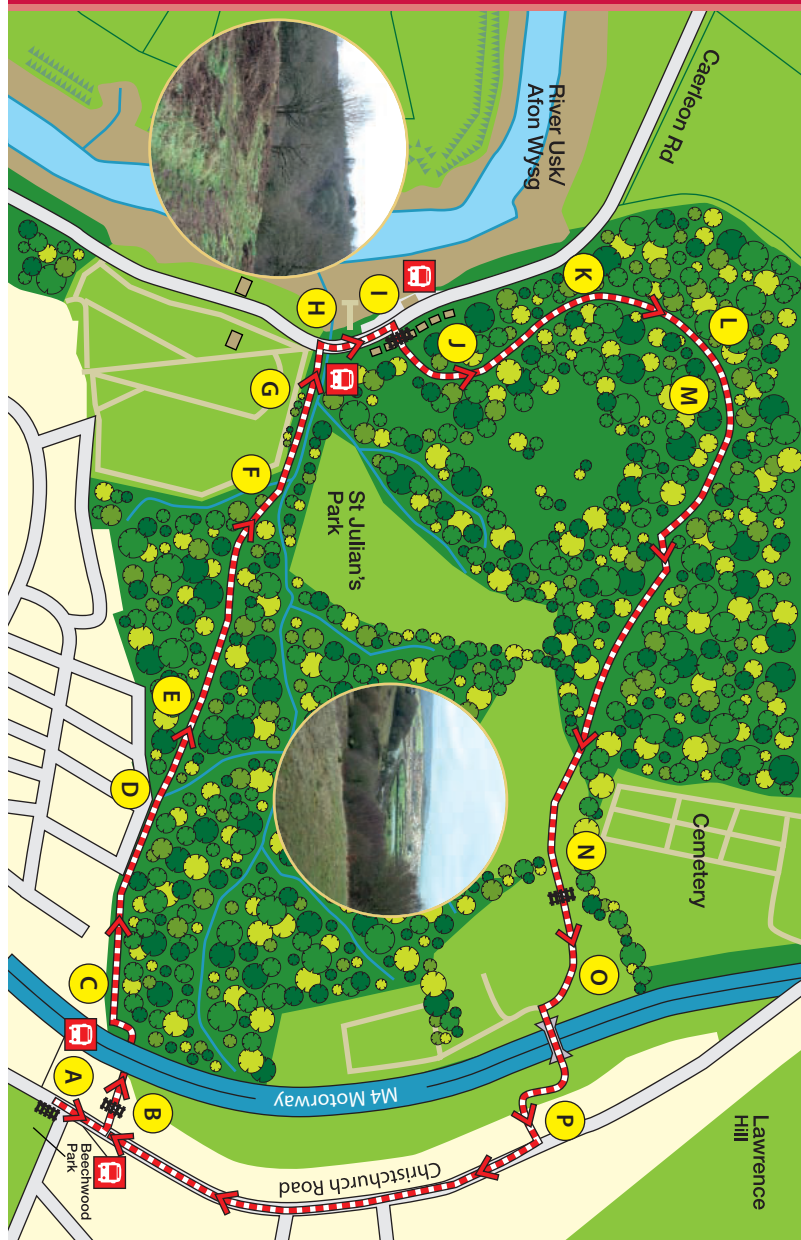
WALK 6

St Julian's Park and Wood.

A challenging and varying walk involving woodland and open ground with fine views of Caerleon and the River Usk.

There are some steep inclines and declines, which can be very muddy and slippery. However, there are many other paths to explore to vary your walk due to the conditions, your ability and for your progression.

St Julian's Park and Wood Distance 3 Km, 1.9 Miles



KEY

Walk Route

Bus Stop

Gate

All the roads in St Julian's estate are named after famous painters. St Julian's itself is named after Saint Julius of Caerleon, the Roman martyr. The Anglican parish church for St Julian's is dedicated to the martyred Saints of Julius and Aaron and sits midway along Heather Road and the Roman Catholic church on Beaufort Road is dedicated to St Julius.

WALK

7

Fourteen Locks to Allt-Yr-Yn Nature Reserve

Start at Fourteen Locks Visitor Centre car park...

A	Take path in bottom right hand corner of car park leading downhill, keeping the ponds on your right.	H	Walk along path leading downhill to pond then bear right at pond, keep pond on left and go past a bench on right.	O	Stay on bridleway keeping canal on right.
B	At forks, keep on main path leading straight ahead downhill.	I	Bear left between 2 ponds. (Note, pond on right is small).	P	Take right fork keeping straight ahead on main path alongside canal.
C	Keep straight ahead through Pensarn Farm passing hump-backed bridge No.5 on right, permissive bridleway on left and go through metal 'bike slow' gate.	J	Take right fork, then go through a gate.	Q	Step over small wooden barrier, keep straight ahead on level path alongside canal, passing kissing gate on right.
D	Pass a permissive bridleway and footpath on left and go through M4 underpass.	K	At junction turn right.	R	At gate step over small wooden barrier, turn right, walk over hump-backed bridge and turn left along canal.
E	Take left fork, keeping canal on right and go past a hump-backed bridge on right.	L	Go past kissing gate on left, follow level path bending to the right and head uphill.	S	Bear right and go through M4 underpass and head up steep slope, ignoring footpath and permissive bridleway on right.
F	Go past small wooden footbridge on right. (Note, fine open views to left of hillsides across M4).	M	At kissing gate on left, turn right and head downhill.	T	Turn left over humped-back bridge No. 5, then turn right through bike slow gates and up steep path following left side of canal.
G	At Boarding Kennels turn right over hump-backed bridge, keep straight ahead through kissing gate.	N	Turn left onto permissive bridleway on left.	U	Continue straight up path until reach pond. Turn right over a large wooden footbridge at far end of pond back to car park.

WALK 7

Fourteen Locks to Allt-Yr-Yn Nature Reserve.

An enjoyable mostly level walk along the Monmouthshire and Brecon canal with one steep decline at start and incline at finish. There are some stiles and uneven paths requiring sturdy footwear.

Bus stops on Allt-Yr-Yn Road off Allt-Yr-Yn View.

Fourteen Locks to Allt-Yr-Yn Nature Reserve Distance 4 Km, 2.5 Miles



	Walk Route
	Car Park
	Bus Stop
	Café
	Bridge
	Gate

Allt - Yr - Yn nature reserve is a former Lido and has ancient woodland, meadows and five ponds ideal for studying pond life. The reserve is owned by Newport City Council and managed by WING - Wildlife in Newport Group.

Start near Llanwern High School

A	Walk past school entrances on left along road towards RSPCA Kennels.	I	Keep straight ahead on path passing large barkless tree on right.	Q	At fork bear right along Tennyson Avenue.
B	Turn left onto lane opposite Road Safety Centre, before RSPCA Kennels. (Take care, no pavements).	J	Bear right, at gap in fence, then after 10m turn left keeping in a straight ahead direction from starting point.	R	Keep on Tennyson Avenue around right hand bend.
C	Go through kissing gate on left, and immediately turn right following footpath, keep hedge on right and enter wood.	K	At fork bear left. (Note: right fork leads downhill), after 20m go over a stile, keep to right boundary of field. (Take care, farm animals).	S	At end of road bear right through a metal kissing gate, then through another metal kissing gate. Keep straight ahead through golf course keeping hedge on right. (Take care, golf balls).
D	At fork bear left onto often muddy path, after 30 metres bear right at fork onto muddy path up slope, keep metal fence on right.	L	Keep straight ahead into next field and along right boundary leading downhill. (Views to left & ahead)	T	Go through metal kissing gate, keep straight ahead onto gravel road.
E	Go through metal zigzag gate, keep straight ahead up slope.	M	Go over stile on right, keep straight ahead in direction of footpath marker arrow across centre of field.	U	Go through gap in hedge, bear right up muddy path.
F	Bear left onto grassland come shrubland, keep straight ahead on grassy path keeping hedge on right. (Note: fine views of surrounding hills and countryside on left and behind).	N	Go over stile, keep level through centre of field and head for concealed stile, following a route 100 metres to the right of houses.	V	At fork bear left (also at point D).
G	At fork bear right.	O	Go over stile onto golf course, keep to left boundary. (Take care, golf balls).	W	Go through kissing gate on left (also at point C), turn right and follow lane back to start.
H	Keep straight ahead on path keeping wire fence on right.	P	Go over stile, turn right following pavement along Station Road.		

WALK 8

Llanwern Circular

An exhilarating walk with some steep inclines and declines requiring sturdy footwear but there are fine views along the way.

Llanwern Circular Distance 4.1 Km, 2.5 Miles



KEY

Gate	Bus Stop	Bench	Walk Route

Llanwern House was the home of Lord Rhonda of Llanwern, (David Alfred Thomas), who was Food Controller during the First World War.

It was demolished in the 1950s, however the site is on a hill overlooking the parish church and is still visible and the parkland intact.

D. A. Thomas is buried in the graveyard of the tiny church.

Start at River Bridge on Broadway Lane...

A	Take tarmac path signposted - River Bridge. (Note: Amphitheatre on right) and continue along tarmac path.	J	Take right fork signposted Usk Valley Walk uphill.
B	Go through a wooden gate and follow tarmac path through a field passing wood carvings.	K	Take left fork signposted Usk Valley Walk. Go through gate, bear left up grassy bank, follow Usk Valley Walk signposts in a clockwise direction on grassy ground to outer boundary of golf course.
C	Go through a wooden gate, turn left along pavement and cross at controlled crossing. Turn right and follow pavement and head over bridge.	L	Bear left onto muddy track on left signposted Usk Valley Walk. At opening on left keep straight ahead on narrow grassy footpath.
D	After bridge turn left along New Road, signposted towards Christchurch.	M	Cross road, keep straight ahead to left of hedge following Usk Valley Walk signposts. (Note: Views of Usk Valley.)
E	After 30 metres turn left onto Lulworth Road, signposted Usk Valley Walk, follow road around bend onto Isca Road. (Take care, no pavements).	N	At signpost turn right up gravel then tarmac road and follow Usk Valley Walk signposts, around Chepstow Hill in a clockwise direction.
F	At road junction turn left and walk up Bullmore Road signposted Usk Valley Walk. (Take care, no pavements)	O	Go through large metal gate then immediately bear left onto tarmac path and follow Usk Valley Walk sign.
G	Go up 5 steps, through a wooden zig zag gate and follow path uphill alongside fence.	P	Walk between hedges, through a wooden gate and turn right onto Catstow Road. Continue along road passing reservoir on right and golf club house on left. (Take care, no pavement)
H	Go through kissing gate and keep following path uphill. At metal gate on left, bear right up steps.	Q	Turn right at signpost next to the kennels, for Bullmoor Road and Belmont Hill. Go over stile and keep straight ahead towards bench.
I	Go through open wooden gate, head up steps take right fork following Usk Valley Walk signposts uphill through wood.	R	At bench turn right along tarmac path, after 20 metres turn left at junction following winding tarmac path downhill through golf course. (Take care, golf balls).
		S	At fork turn left in direction of yellow arrow on green background (not Usk Valley Walk direction) downhill, down steps and through open wooden gate keeping straight ahead.
		T	Keep following signposts in direction of yellow arrows with green background along grassy muddy path.
		U	Turn left over wooden platform. (Note: A well on left) up steps, over stile on right and head downhill along path.
		V	Go down 3 steps, then down another 3 steps onto New Road, turn right and follow road downhill. (Take care, no pavement and on a blind bend).
		W	Take left fork, signposted towards Caerleon, use pavement on left side of road.
		X	Turn right at junction, signposted Caerleon, walk over bridge back to start.

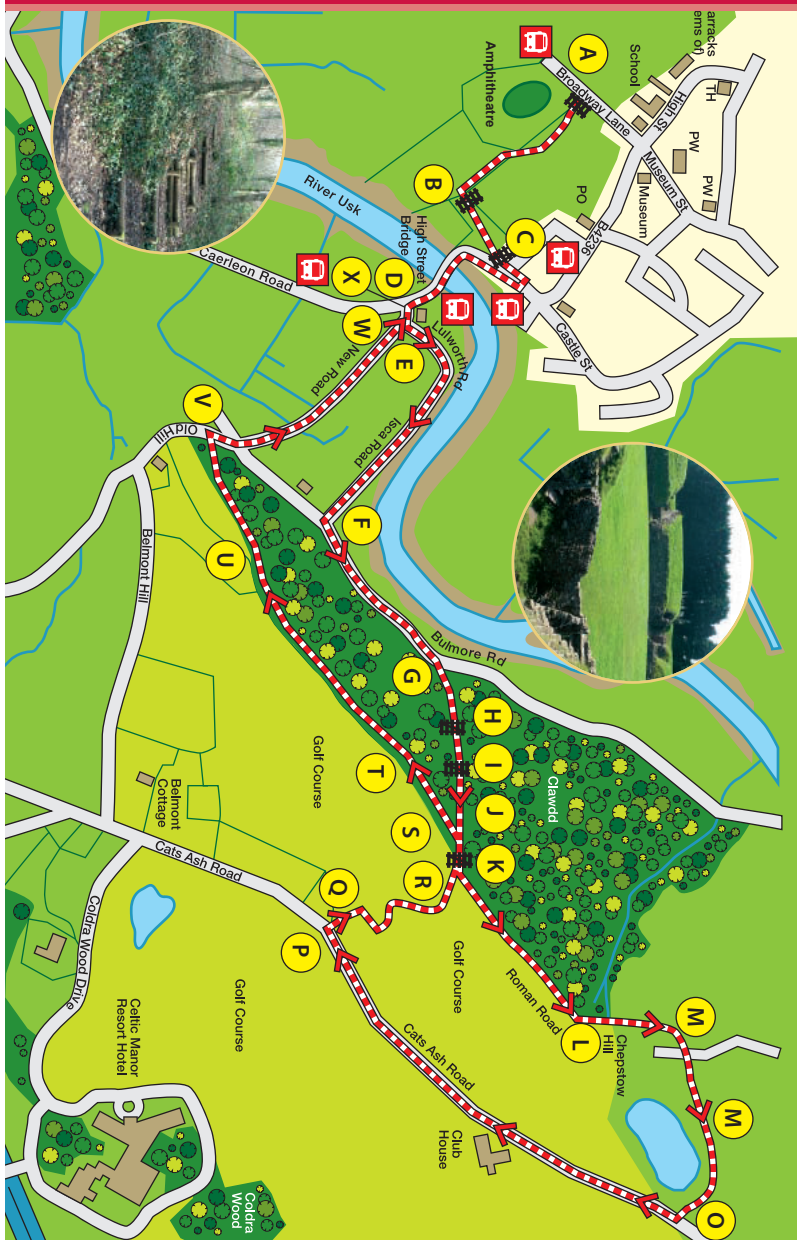
WALK 9

Caerleon and Chepstow Hill.

A challenging hill walk with some steep inclines and declines, stiles and uneven paths requiring sturdy footwear.

There are fine views of surrounding hills and countryside to make the uphill sections worthwhile.

Caerleon and Chepstow Hill Distance 6 Km, 3.7 Miles



KEY	
	Walk Route
	Bus Stop
	Gate

Caerleon was the headquarters of the Augustan Legion from AD75 to the end of the 3rd century and was excavated in the 1920s.

The amphitheatre, Roman Road and Chepstow Hill are particular points of interest.

WALK 10

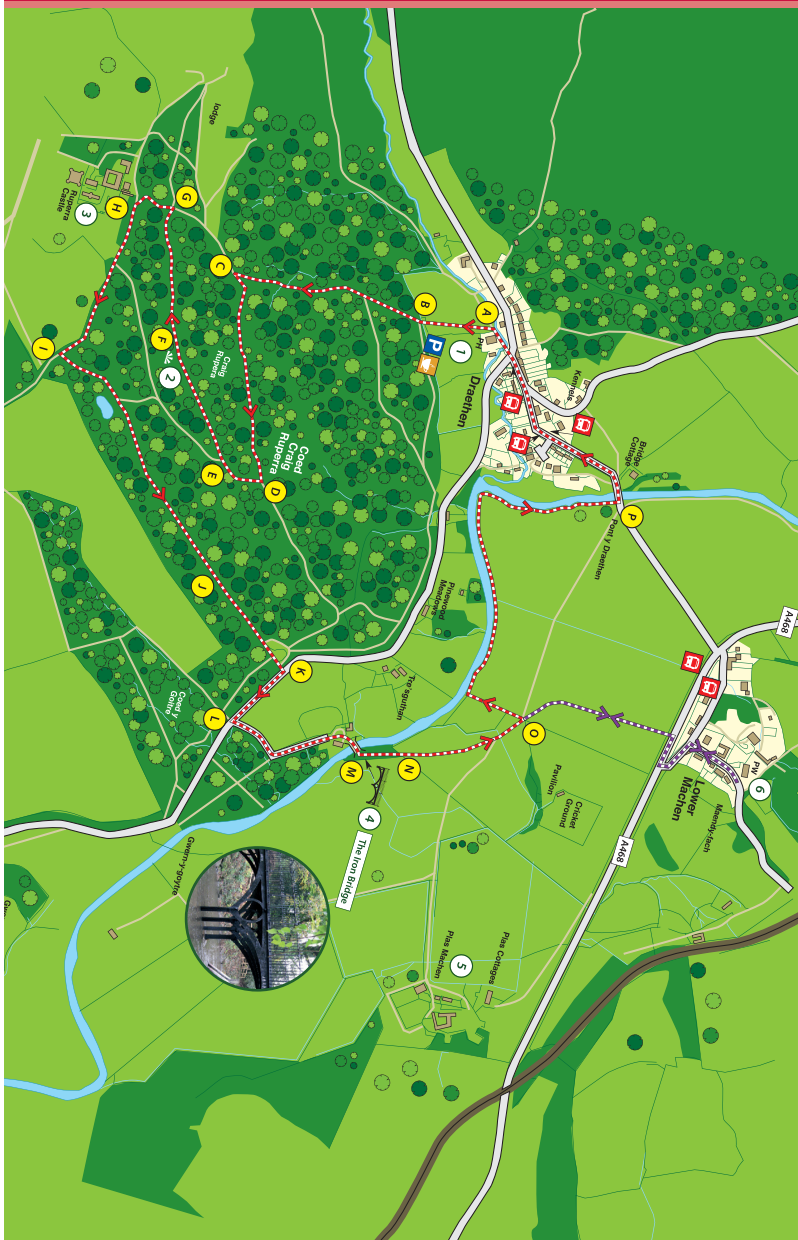
Iron Bridge Circular Walk

Start at Hollbush Inn...

A	Cross the stile at the rear of the pub and follow the trail uphill towards the woodland.	I	Turn left through the metal kissing gate and follow the path through the woodland, looking out for the Iron Bridge circular walk waymarker disc.
B	Pass through the kissing gate and continue uphill and through the woodland. Please note this path can be very wet during winter season.	J	Continue straight ahead following the track passing through 2 metal kissing gates to the lower car park and to the road.
C	At the path junction turn left and follow the waymarker through the woodland. Continue along wooded track heading slightly down hill reaching a bench at the next junction.	K	Turn right and follow the road for 150 metres approximately to a finger post at Iron Bridge cottage. (Take care - no pavement along road)
D	At the path junction follow the waymarker to the right and continue along path uphill to a wooden kissing gate.	L	Walk around gated entrance and continue along the access lane to Iron Bridge cottage, pass Iron Bridge cottage on your right and follow the path to the Iron Bridge
E	Pass through the kissing gate and follow the waymarker disc towards Craig Ruperia. Keep on path to the right of Ruperia Summerhouse and enjoy spectacular panoramic views	M	After the bridge follow the path through woodland to a metal gate.
F	Continue along the trail and follow the waymarker heading downhill, passing the wooden arbour on your right.	N	Follow waymarker arrow across open fields to another farm gate at point O.
G	At the path junction, turn left and follow the path towards a flight of steps onto the main track behind Ruperia Castle.	O	Here you have a choice, you can either: continue along the well defined track towards Lower Madchen by following the waymarker discs showing the extended route (take care when crossing busy road) or turn left along the hedgerow and then follow the river back to Draethen Road.
H	Turn left and follow the access track adjacent to the castle wall for approximately 300 metres.	P	At Draethen Road follow the waymarker disc over the road bridge to Draethen and the Hollbush Inn.

WALK 10 Iron Bridge Circular Walk

Iron Bridge Circular Walk Distance 4.5km, 2.8 miles



KEY		
	Walk Route	
	Bus Stop	
	Cafe	

Lets Walk Newport - Healthy Challenge Walks

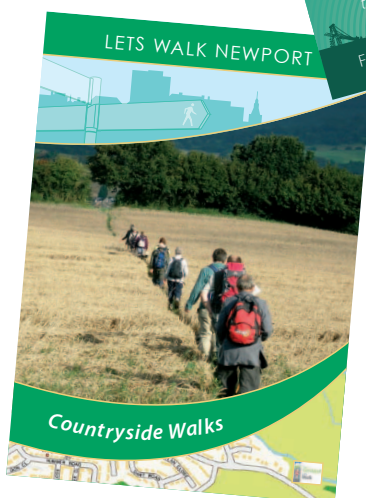
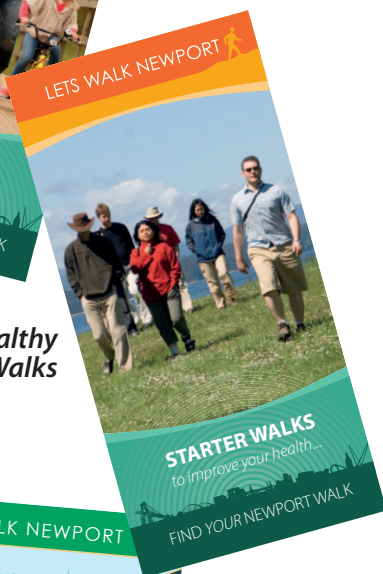
This brochure forms part of a series of four brochures on walk in the Newport area.

Please see below for the other three brochures in this series.



***Small Walks
for small Feet***

***Healthy
Start Walks***



***Countryside
Walks***

Useful Information

Bus & Rail Information

Traveline Cymru - 0871 200 22 33

www.traveline-cymru.org.uk

Other Information

NHS Direct Online - 0845 46 47

www.nhsdirect.nhs.uk

Newport City Council - 01633 656 656

www.newport.gov.uk

Ramblers Association - 01633 894 172

www.ramblers.org.uk

Gwent Police -01633 838 111

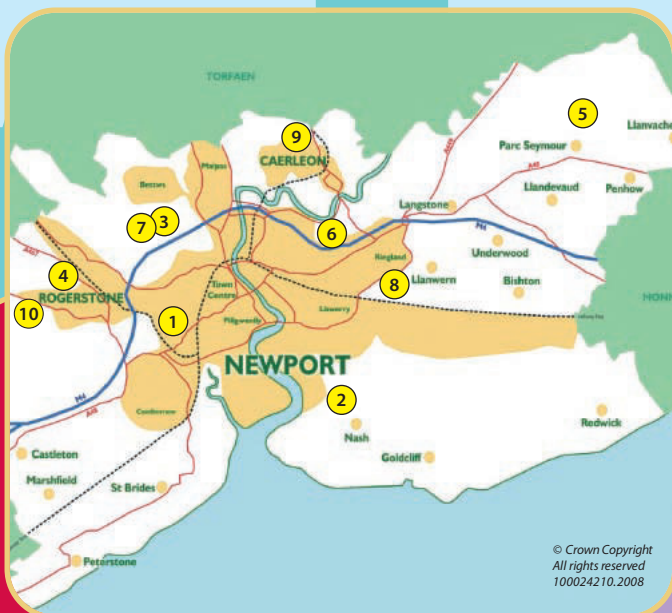
www.gwent.police.uk

Walking Information

www.newport.gov.uk/countryside



LETS WALK NEWPORT



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Healthy Challenge Walks in Newport...

- | | |
|---|---|
| 1 Tredegar Fort - Gaer | 6 St Julian's Park & Wood |
| 2 Solutia Circular Trail | 7 Fourteen Locks to Allt-yr-yn Nature Reserve |
| 3 Fourteen Locks to Cefn Wood | 8 Llanwern Circular |
| 4 Rogerstone Welfare Ground and Coed Bedw | 9 Caerleon and Chepstow Hill |
| 5 Wentwood Forest | 10 Iron Bridge Circular Walk |



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FIND YOUR NEWPORT WALK