

LETS WALK NEWPORT



STARTER WALKS
to improve your health.



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 (Countryside brochure only)

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



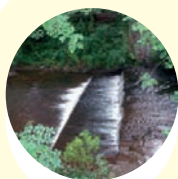
Have fun and enjoy your walk!



Walks

	<i>Distance</i>	<i>Page</i>
1. <i>Lliswerry Pond</i>	1.6 km 1 mile	6-7
2. <i>Morgans & Woodstock Pools</i>	1.5 Km 1 Miles	8-9
3. <i>St. Woolos Cemetery</i>	2 Km 1.2 Miles	10-11
4. <i>Caerleon Circular</i>	2.2 Km 1.3 Miles	12-13
5. <i>Fourteen Locks</i>	2.3 Km 1.4 Miles	14-15
6. <i>Bettws Brook</i>	2.9 Km 1.8 Miles	16-17
7. <i>Malpas Meander</i>	2.9 Km 1.8 Miles	18-19
8. <i>Tredegar Park</i>	3.7 km 2.3 miles	20-21
9. <i>Ringland Wood</i>	2.7 Km 1.7 Miles	22-23
10. <i>Rogerstone Welfare Ground</i>	3.2 Km 2 Miles	24-25

Please refer to map on back cover



Start at bottom of Lliswerry Road...

- A** Go through gate, continue along alleyway between houses and go through another gate entering Lliswerry Pond.
- B** Turn left and continue walking on gravel path in a clockwise direction around Lliswerry Pond.
- C** At far end of Lliswerry Pond keep on lower path on your right running alongside the Pond.
- D** Go through gate and enter recreation ground.
- E** Walk around the recreation ground in a clockwise direction and re-enter Lliswerry Pond through the same gate.
- F** Turn left and continue in a clockwise direction around Lliswerry Pond back to the start.
- G** **OPTION:** To shorten walk - Go from **E** directly to **G**, through a gate and back to the start.

WALK 1

Lliswerry Pond

Note: There is no car parking available.

A short and enjoyable walk around Lliswerry pond with plenty of wildlife to spot.

A level hard surface path around the pond with a level grassy route around the recreation area.

Liswerry Pond Distance 1.6 Km, 1 Mile



	Walk Route
	Bus Stop
	Gate
	Bench
	Picnic Table

Liswerry from the Welsh "Llys-wry" means Maidens Court, possibly relating to the manor house of King of Brycheiniog's daughter.

Start in the car park off Bettws Lane...

- A** Cross metal stile in bottom right hand corner of car park, take path on your left and walk around Woodstock Pond in a clockwise direction.
- B** Turn left when you reach the green metal buildings on your left, follow path over bridge.
Take care: No sides to the bridge.
- C** Take path on your left and walk around Morgans Pond in a clockwise direction.
- D** At fork keep on main path running level alongside the Pond.
- E** At fork take path to your left up a short incline, bear right at top of incline and follow path, cross over the bridge on your left leading back to Woodstock Pond.
- F** Follow path past Green Buildings on your left and carry on walking around Woodstock Pond in a clockwise direction back to the start.

WALK 2

Morgans & Woodstock Pools

A short and peaceful walk around the fishing pools near Bettws.

There is an abundance of wildlife to spot.

A level walk on hard surface paths.

Morgans & Woodstock Pools Distance 1.5 Km, 1 Miles



	Walk Route
	Car Park
	Bus Stop
	Bench
	Foot Bridge

Morgans & Woodstock Pools, also commonly known as Morgans & Woodstock Ponds or the Bob Smalls Fishery.

Start at main entrance to St Woolos Cemetery on Bassaleg Road...

- A** Turn left before cemetery office and follow tarmac footpath around outer edge of cemetery down a slight slope (fine views of hills ahead)
- B** Bear left and carry on along main road around cemetery in a clockwise direction.
- C** Bear right following main road around cemetery down a slope then uphill. **There are many options to take the footpaths on your left around the outer edge of cemetery which loop back to the main road around the cemetery.**
- D** Turn right and keep following main road around cemetery leading uphill.
- When you reach a building ahead of you take the small footpath on your right, between bollards then turn left and follow footpath around outer edge of cemetery.
- E** **Option to carry on past the building ahead of you, through kissing gate into small wood 'Coed Melyn' outside cemetery boundary leading to Risca Road, turn right on pavement along Risca Road and back into cemetery entrance at point F.**
- F** Keep straight ahead on footpath passing a gate entrance on your left and follow footpath around outer edge of cemetery.
- G** At path junction turn left and follow road around cemetery in a clockwise direction.
- H** At mini roundabout keep following outer path around edge of cemetery back to start.

WALK 3

St. Woolos Cemetery

A lovely walk with fine views of the hillsides surrounding Newport. Some tarmac footpaths are uneven, otherwise use main road around cemetery. There are many benches to rest at.

ALSO - SURVIVORS OF THE BATTLE OF RORKE'S DRIFT

- ① Alfred Saxty
- ② John Murphy
- ③ John Jeremiah Lyons

St. Woolos Cemetery Distance 2 Km, 1.2 Miles

- 1 **Arthur Gould**
Welsh Rugby's first Superstar
- 2 **New Dock Disaster Memorial, 1909**
An event which gave Newport one of its heroes - Tom "Toya" Lewis
- 3 **Colour Sergeant John Byrne VC DCM**
Only holder of the VC to be buried in Newport
- 4 **George Philip Reynolds**
Founder of The Boys' Brigade in Wales



KEY

		
Walk Route	Car Park	Bus Stop

There are many interesting grave sites with the following of notable interest. See left 1-4.

Also...

-  **Commonwealth War Graves**
-  **James Flewitt Mullock**
Clerk to Newport and St Woolos Burial Board - blue plaque on office wall

Start in car park on Broadway Road...

A	Go through the gate leading to the amphitheatre, walk around amphitheatre in a clockwise direction keeping on the level grass and exit using the same gate.	F	Cross over the roundabout using the traffic island and continue straight ahead down Usk Road.
B	Turn right along Broadway Road then take the tarmac path known as Fosse Lane on your left leading towards the Barracks. Option to take short path leading to Barracks and return by same route to tarmac path.	G	Cross over Usk Road into Afon Lwyd Close, bear right between houses onto Tram Road.
C	At end of Fosse Lane turn right onto Cold Bath Road, take the gate on your left and walk around the grassy perimeter of Caerleon AFC Football Ground.	H	Turn left at junction with Mill Street then cross road using road crossing and head up Backhall Street. Take care as Mill Street is a busy road to cross.
D	Exit gate and turn right along road towards junction with Cold Bath Road, turn left and continue along Cold Bath Road. (Take care: no pavements.)	I	At fork bear left and continue straight ahead onto Museum Street.
E	Turn right at junction with Lodge Road then turn left. Cross road and follow road next to Goldcroft Common	J	At junction with the High Street, cross over the road towards Broadway Road using road crossing back to the car park. Take care as the High Street is a busy road to cross.

WALK 4

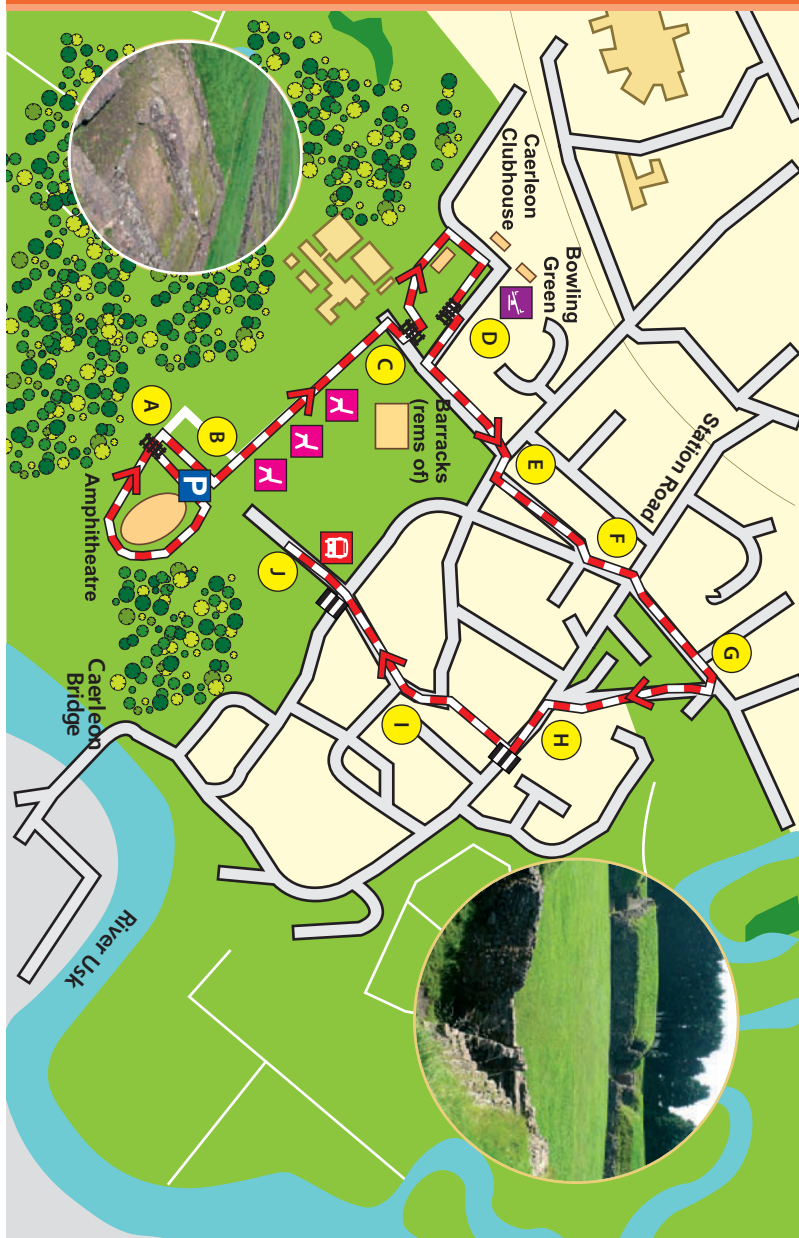
Caerleon Circular

A wonderful historical walk around Caerleon and the remains of the Roman Amphitheatre and Barracks.

A level walk, mostly on pavements or hard surface with grass around the Amphitheatre.

*(Open 09.30 - 17.00
Last admission 16.30)*

Caerleon Circular Distance 2.2 Km, 1.3 Miles



KEY

	Walk Route
	Car Park
	Bus Stop
	Bench
	Gate
	Playground
	Road Crossing

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

Start at the Fourteen Locks Visitor centre car park off Cwm Lane in Rogerstone...

- A** From car park cross over Cwm Lane and walk along Brunel Avenue. **(Take care - busy lane and on a bend.)**
- B** Turn right at tarmac footpath on your right (opposite Jessop Close) and follow footpath straight ahead between the houses.
- C** At end of footpath, cross over Ruskin Avenue, turn right along Ruskin Avenue for about 10 metres then take the tarmac footpath on your left, signposted 'Scott Walk'.
- D** At path junction turn right and follow path straight ahead passing 'Barry Walk' and then 'Paxton Walk' both signposted on your left.
- E** At end of path, turn left.
- F** Cross Ruskin Avenue and keep straight ahead down five steps. **(Take care - busy road.)**
- G** Walk over a humpbacked bridge, there is a handrail on your right on the steeper downhill slope.
- H** Turn left after bridge and follow the tarmac footpath along the canal. **(Take care - cyclists on cycle route 47.)**
- I** Cross Ruskin Avenue and keep straight ahead along canal footpath. **(Take care - busy road and on a bend.)**
- J** Cross Cwm Lane and walk straight ahead down a slope, bear left across footbridge back to the Fourteen Locks Visitor Centre. **(Take care - busy lane and on a bend.)**

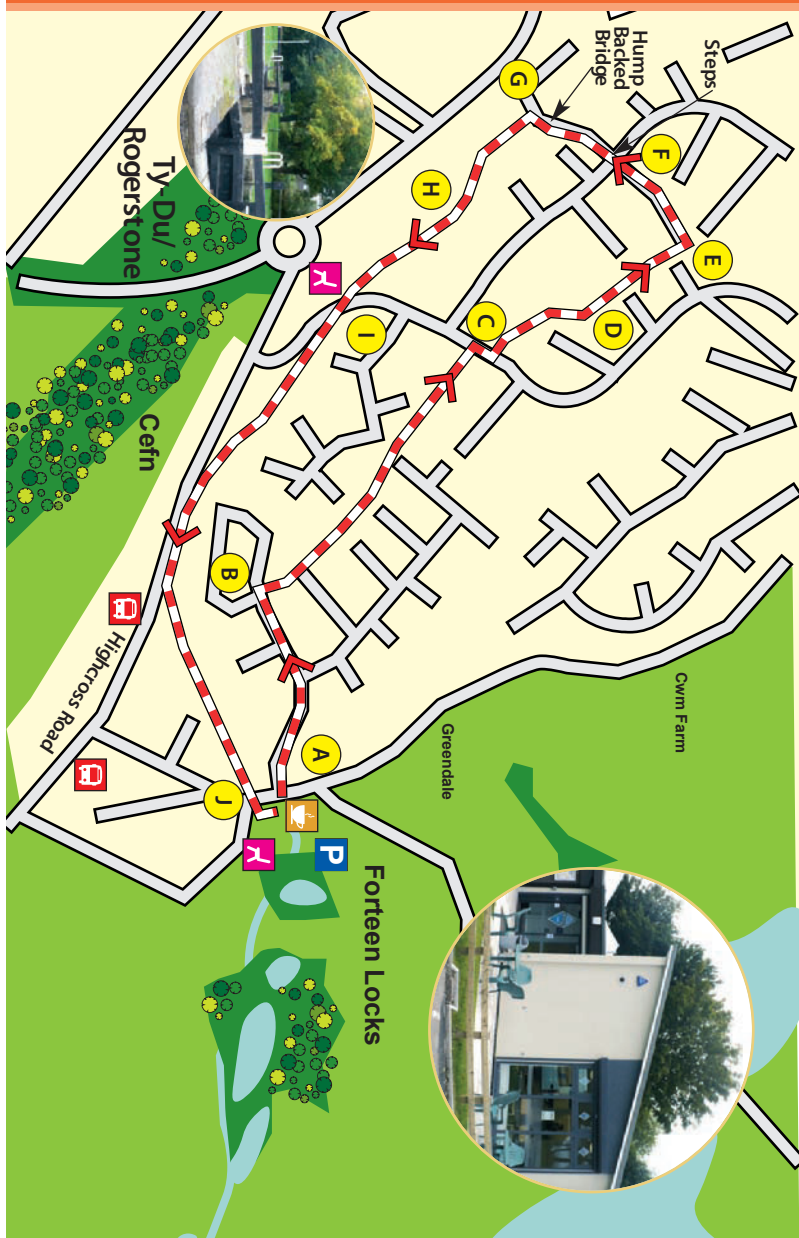
WALK 5

Fourteen Locks Canal Walk

A rewarding walk through quiet residential paths and along the banks of the Monmouthshire & Brecon Canal.

A level walk, mostly on pavements or hard surface, with one small steep section over a hump backed bridge.

Fourteen Locks Canal Walk Distance 2.3 Km, 1.4 Miles



KEY

	Walk Route
	Car Park
	Bus Stop
	Bench
	Cafe

The flight of locks was completed in 1799 and raises the water level 160ft in just half a mile. 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 car park behind police station...

- A** Walk past Bettws Sensory Garden and cross over Lambourne Way using zebra crossing outside police station.
- B** Turn right and follow pavement over Bettws Brook.
- C** Turn left and follow tarmac footpath running along Bettws Brook.
- D** Carry on past bridge, then past weir.
- E** Follow tarmac path uphill onto Tamar Close, walk past garages on you left.
- F** Turn left onto Monnow Way and follow road downhill past roundabout, using traffic island. **(Take care, busy road to cross.)**
- G** Turn left through gate, opposite Foxglove Meadows Estate, keep straight ahead across grass & cross bridge over Malpas Brook.
- H** Turn right and walk around outer edge of playing fields in an anticlockwise direction.
- I** Turn right and follow gravel path along Malpas Brook.
- J** Go through "Bike Slow" gate and cross over Monnow Way. **(Take care, busy road.)**
- K** Go through "Bike Slow gate" opposite and follow tarmac path alongside Bettws Brook

WALK 6**Bettws Brook**

A pleasant mostly level walk on pavements or hard surface along both sides of Bettws Brook.

Bettws Brook Distance 2.9 Km, 1.8 Miles



KEY

	Walk Route
	Car Park
	Bus Stop
	Bench
	Foot Bridge
	Road Crossing
	Gate

Bettws means oratory or chapel.
John Frost, Chartist Leader, married in St David's Church, Bettws.

Start at the car park in Grove Park off Pillmawr Road...

A	From car park walk up tarmac footpath past children's playground on your left and the Usk Vale Bar & Restaurant on right.	G	At bottom of slope turn right following path past wood carving and benches.
B	Follow path through underpass, continue straight ahead.	H	Walk around short loop at end of path, then head back towards benches and woodcarvings.
C	When you reach trees and grass in front, turn right, then immediate left and follow path over footbridge.	I	Keep on path, past two footbridges and boardwalks on your right.
D	Keep straight ahead and at end of grassy ground on your right, turn right.	J	Head up slope on your left with handrail just before woodcarving. At top of slope, keep straight ahead towards "Claremont" sign opposite and follow path between houses.
E	Follow path straight ahead, then bear right following paved footpath around bend and continue straight ahead.	K	At bollard bear left, then turn left at path crossroads, heading up slope towards footbridge.
F	At end of path, turn right, then first left going downhill, using handrail if necessary.	L	Walk over footbridge keeping straight ahead and then turn right at white bungalows (signed for houses "235-387") and continue straight ahead back to start, remembering to bear left at both forks with bollards.

WALK 7

Malpas Meander

This satisfying walk follows some pleasant residential paths and along an enjoyable section of the cycle route. There are some delightful wooden sculptures and many benches to rest at.

A level walk, mostly on pavements or hard surface, with a short incline and decline near the cycle route.

Malpas Meander Distance 2.9 Km, 1.8 Miles



KEY

	Walk Route
	Car Park
	Bus Stop
	Bench
	Foot Bridge
	Children's Playground
	Slopes

Malpas is derived from the French for "bad passage", the road west from Caerleon ran through a wet and difficult area.

Start in car park at Tredegar Park...

- A** Walk along the tarmac track passing the LifeTrail exercise equipment, have a go if you are feeling energetic!
- B** At the end of the tarmac path walk through the M4 underpass.
- C** Take the first left hand path and walk in a clockwise direction on the grassy path.
- D** Follow path over a small bridge over a brook and turn right. Follow low path in a clockwise direction.
- E** At gravel path turn right where it forks, following narrow path towards Ebbw River Bridge
- F** At bridge over Ebbw River do not cross. Turn right down short steep path and keep straight ahead on path back to the underpass
- G** Go through underpass, then turn left and up slope along path towards picnic benches. Keep straight ahead on path back to the start.

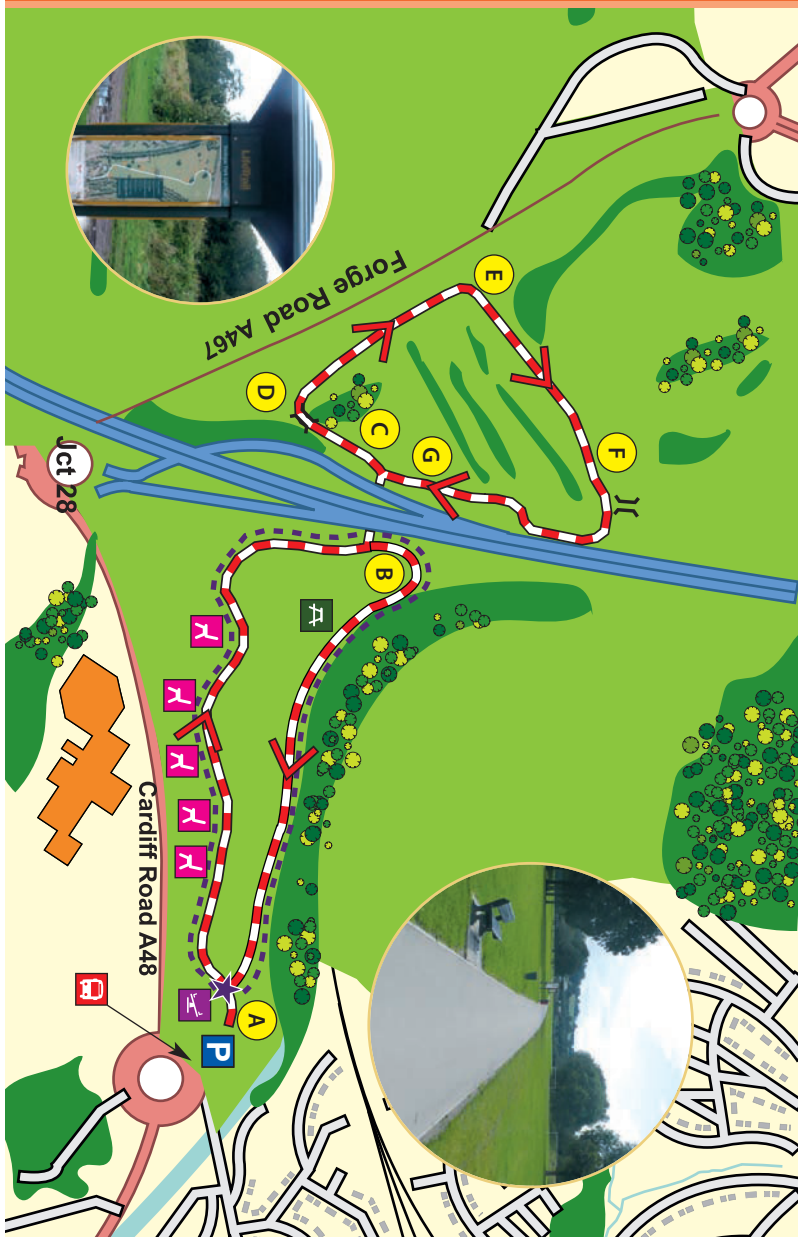
CHALLENGE: Try out the marked 1 mile route. Can you beat the 4 minute mile? ■ ■ ■ ■

WALK 8**Tredegar Park**

A fine walk across the open spaces of the park and beyond into the attractive old golfing range, skirting the river Ebbw.

A level walk, mostly on tarmac or hard surface, with some short steep uneven sections near the river.

Tredegar Park Distance 3.7km, 2.3 Miles



KEY

	Walk Route
	Car Park
	Bus Stop
	Bench
	Foot Bridge
	Children's Playground
	Picnic Tables
	1 mile Start and Finish

There are 9 Life trail exercise stations to try out as you walk around the route.

Start in car park on Cot Farm Circle...

A	Turn right out of car park onto Cot Farm Circle and follow road towards & then alongside the recreation ground.	H	Just after the children's playground take the tarmac path on your left leading to a gate into Ringland Wood.
B	At end of recreation ground turn right before houses and take the footpath bearing to the left, through a gate leading into Ringland Wood.	I	Go through gate and continue along the top path of Ringland Wood.
C	Go through gate and turn right. At end of path take steps leading down to Ringland Circle, with views towards Celtic Manor Resort & Christchurch.	J	At path crossroads, turn right and go up 3 steps and through the gate exiting Ringland Wood onto Newman Close.
D	Turn left and follow Ringland Circle.	K	At Junction with Edward German Crescent, turn left and follow the road downhill.
E	Turn left onto Dunstable Road and follow the road uphill.	L	At junction with Sterndale Bennett Road, turn left and follow the road downhill.
F	Turn left onto Sterndale Bennett Road and follow the road uphill.	M	Near the bottom of the hill, take the second gate entering Ringland Wood and continue along path.
G	Turn left onto Edward German Crescent and follow the road uphill.	N	Exit Ringland Wood through the gate on your right and return to the start.

WALK 9

Ringland Wood

An enjoyable walk through Ringland Wood, with some steep hills but fine views over the Bristol Channel.

Hard surface paths in the wood with the remainder on pavements alongside the quiet roads.

Ringland Wood Distance 2.7 Km, 1.7 Miles



	Walk Route
	Car Park
	Bus Stop
	Gate
	Children's Playground
	Recreational Ground

Ringland was named after a local farm.

Start in car park at Rogerstone Welfare Ground...

- A** Take footpath with tennis courts on your left, and playing fields on your right over grass fields towards picnic benches.
- B** Keep straight ahead past small pond on your right and walk through a gap in the trees, keep to the left-hand boundary of the recreation ground, then midway along recreational ground take the path on left through a gap in the trees to meet the path running alongside the river.
- C** Turn left and follow the river path past two pipes running across the river.
- D** Cross over footbridge on your right. (Note: there is a small metal stile.)
- E** Turn left after crossing bridge and head up uneven tarmac path.
- F** Go through kissing gate & turn right following 'Sinhwy' Valley Walk' arrow signs, along hardcore gravel path.
- G** Go through opening in fence and at Pentre Tai Road, turn right and follow country road downhill. (Take care: there are no pavements along this quiet country road.)
- H** Bear right and walk through underpass.
- I** Bear right and cross over footbridge and turn right following river path.
- J** Keep following river path past two pipes running across the river.
- K** Take footpath on your left back to the start.

WALK 10

**Rogerstone
Welfare Ground**

*A scenic walk along
the banks of the river
Ebbw and along a
quiet country lane.*

*Some uneven and
sometimes muddy
tracks alongside the
river.*

*Mostly level route but
with one short steep
section leading up to
the country lane.*

Rogerstone Welfare Ground Distance 3.2 Km, 2 Miles



KEY

	Walk Route
	Car Park
	Bus Stop
	Picnic Bench
	Foot Bridge
	Refreshments
	Gate

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

Lets Walk Newport - Healthy Start Walks

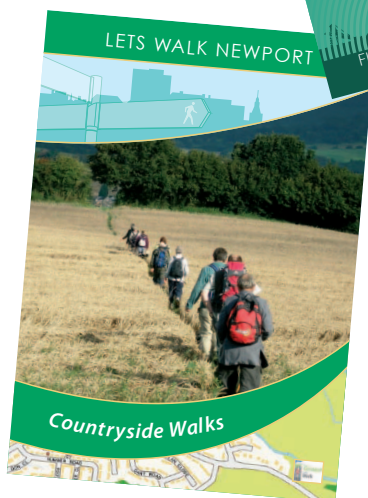
This brochure forms part of a series of four brochures on walk in the Newport area.

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



***Small Walks
for small Feet***

***Healthy
Challenge
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



Healthy Start Walks in Newport...

- | | |
|-----------------------------|------------------------------|
| ① Liswerry Pond | ⑥ Bettws Brook |
| ② Morgans & Woodstock Pools | ⑦ Malpas Meander |
| ③ St. Woolos Cemetery | ⑧ Tredegar Park |
| ④ Caerleon Circular | ⑨ Ringland Wood |
| ⑤ Fourteen Locks Canal Walk | ⑩ Rogerstone Welfare Grounds |



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