

10

Reasons to walk...

1. Makes you **feel good**
2. Reduces stress
3. Helps you sleep better
4. **Reduce 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!



The Countryside Code...

The 5 golden rules are

1. Be safe, plan ahead and follow any signs
2. Leave gates and property as you find them
3. Protect plants and animals, take your litter home
4. Keep dogs on lead and under close control
5. Consider other people

Walks

Distance

1. *Fourteen Locks Circular Walk* 5 Km
3.1 Miles
2. *Castleton Circular Walk* 11.5 Km
7.1 Miles
3. *Gwent Levels Circular Walk* 12 Km
7.5 Miles
4. *Llanwern Hill Circular Walk* 5 Km
3.1 Miles
5. *Lodge Hill Walk
Caerleon* 5 Km
3.1 Miles
6. *Michaelstone-y-Fedw Circular Walk* 8 Km
5 Miles
7. *Redwick Circular Walk* 8 Km
5 Miles
8. *Rhiwderin Circular Walk* 4.5 Km
2.8 Miles
9. *Rhymney Circular Walk* 10 Km
7 Miles
10. *Langstone-Penhow Circular Walk* 14 Km
8.7 Miles

Please refer to map on back cover of folder



Start at Fourteen Locks Visitor Centre...

- A** Start at the Fourteen Locks Visitor Centre and follow the canal towpath towards the M4.
- B** Continue underneath the motorway until you reach a stone arched bridge over the canal.
- C** Cross at the stone bridge and walk to the gate on your left.
- D** Follow the bridleway sign along a well defined track until you reach a steep set of steps that wind up along the old quarry face. When you reach the top, follow the waymarked path to the kissing gate.
- E** Turn sharp right through another kissing gate and follow the path downhill through the meadow to a kissing gate close to the pond. Turn left through the gate and follow the wide path to the canal at Allt-yr-yn Lock.
- F** Cross the canal and briefly follow the tow path left, before heading right past Grove farm. Heading underneath the motorway, through the underpass, continue along the track for a short distance looking for a stile and fingerpost on the left.
- G** Cross over the stile and follow waymarks over another two stiles before reaching Ynysfryd golf course. Follow the waymarks through the golf course adjacent to the woodland and passing the club house on your right.
- H** Cross stile into small paddock and head diagonally crossing a small stream to another stile.
- I** Follow the track left, adjacent to the garden and continue along the road between the Ynysfryd Reservoirs and back to Fourteen Locks Visitor Centre.

WALK 1

Fourteen locks Circular Walk.

A refreshing walk following the surfaced tow paths of the Monmouthshire and Brecon Canal with some steep steps, stiles and uneven field paths further along requiring sturdy footwear.

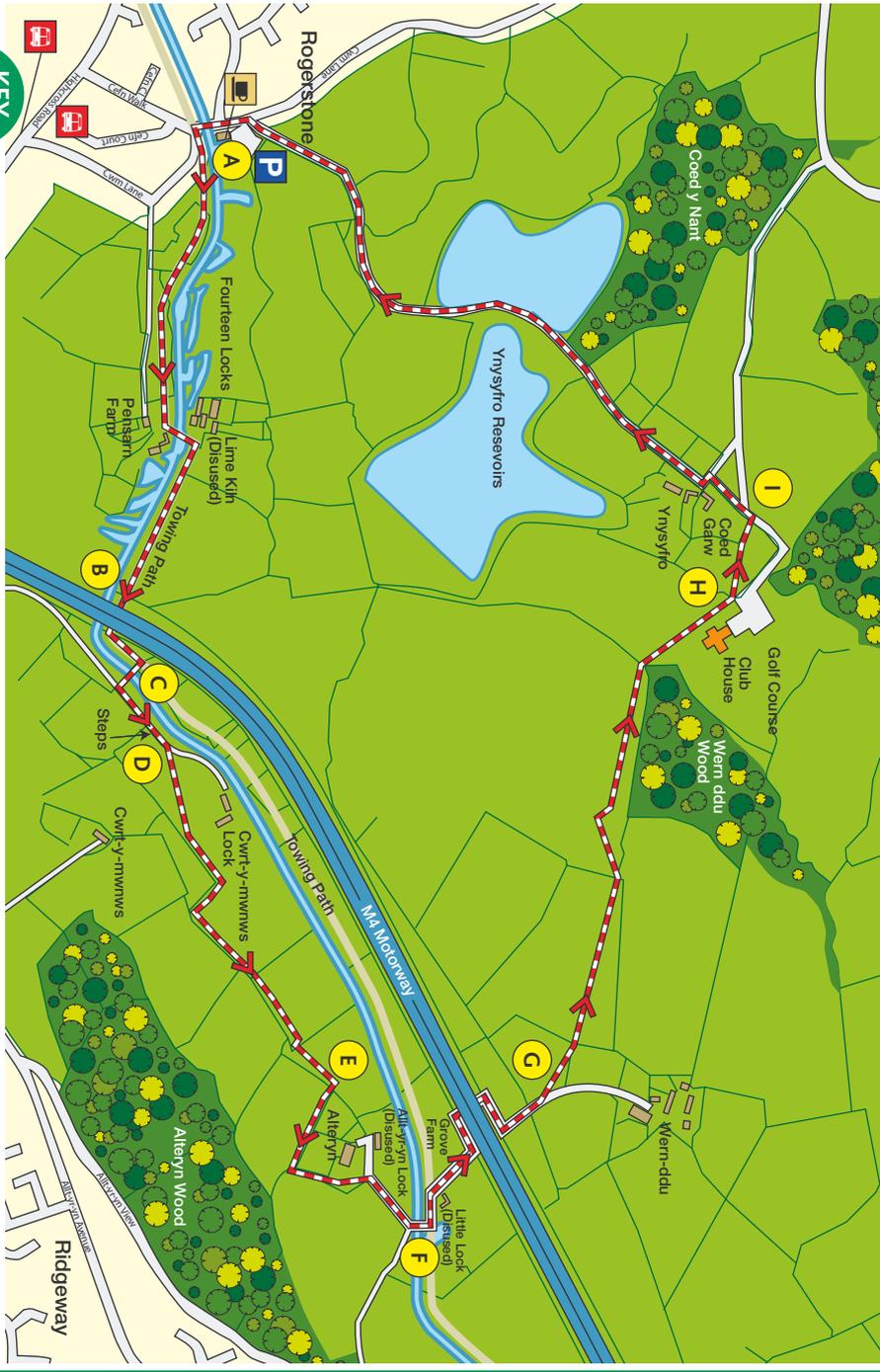
Bus stops at Highcross Road and free car park at the Fourteen Locks Visitor Centre.



Look out for the Fourteen Locks Circular Walk Waymark Disc.

Fourteen bcks Circular Walk

KEY	
	Walk Route
	Car Park
	Bus Stop
	Road
	Track
	Residential Area
	Refreshments and Toilets



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**.

For further information contact Newport City Council on **01633 656656** or visit www.newport.gov.uk, email: countryside@newport.gov.uk

Distance 5 Km, 31 Miles, OS Map: Explorer 152

Start at Castleton Community Centre...

- A** Start at the community centre and walk to the top right corner of car park to a metal kissing gate. Follow waymark arrows along the field boundary to a wooden kissing gate. Continue through kissing gate and follow path crossing Bakery Lane towards St Mary's Church.
- B** Walk through the church gates and head towards the right of the church. You will see a stile alongside a yew tree. Cross stile and continue diagonally across a small paddock to another stile. Cross here and walk through metal field gate and follow waymark arrows over two more stiles towards Pwllbargoed reën.
- C** Follow the waymark arrows alongside reën through two metal field gates and continue over two more stiles until you reach a stile and sleeper bridge next to the cottage.
- D** Cross the bridge and follow the waymark arrows around the side of the cottage to a field gate. Pass through the gate and follow waymark arrows across field to a stile and then onto a footbridge.
- E** Cross bridge and continue straight across the large open field to a narrow farm track, and stile opposite. Follow the waymarks along field boundary towards Park Golf Course.
- F** At the stile, leading into the Golf Course, follow path alongside conifer hedge, leaving Golf Course over two stiles and small sleeper bridge and continue on towards Berry Hill Farm.
- G** Follow path along hedgerow, through three metal field gates, to a stile onto Church Lane. Turn left and cross the spiralling footbridge spanning the carriageway.
- H** Continue through the underpass to a stile on your right. Cross stile and follow path adjacent to motorway for a short distance before bearing left to a footbridge and onto a stile.
- I** Cross stile, turn left and follow path alongside woodland following waymark arrows, crossing two small streams before heading uphill to a metal field gate.
- J** Walk through gate and follow footpath along field edge, crossing two more stiles before a third stile leading you briefly into a private garden, before the path meets Pen-y-Lan Road. Turn left towards cross roads.
- K** Head down Pound Hill, to a stile on your right, opposite a mobile phone mast. Cross stile and continue to the hedgerow and follow waymarks alongside hedgerow towards Pen-y-Lan Farm and stile in fence line.
- L** Cross stile and head diagonally across small paddock, cross another stile and follow path downhill to field boundary. Turn right and follow path alongside telegraph poles towards farm buildings. Cross farm access track and follow waymark arrows towards footbridge over motorway.
- M** Cross footbridge and follow path towards stile (keep pond on your right) and onto footbridge. Follow arrows up steep embankment dropping down to the underpass. After underpass, continue straight ahead to a stile in fence line. Turn left after stile and follow path to the rear of the Travelodge Car Park.
- N** Use pedestrian footbridge to cross dual carriageway. Rejoin footpath at Walk Farm. Look out for stile on left before farm buildings, cross stile and follow waymark arrows diagonally over field and continue onto a wooden kissing gate.
- O** Through kissing gate turn right and follow waymark arrows leading over two footbridges, continue straight ahead after second footbridge and follow waymarks to a stile at side of tarmac road. Continue on towards bungalow and at fence line turn right and retrace your steps back to Castleton and start of walk.

WALK 2

Castleton Circular Walk.

Mostly rural paths with some stiles and kissing gates with spectacular views over the Went Levels and Ewern Estuary. Roadside parking in Castleton.



Look out for the distinct Castleton Circular Walk Waymark Disc.



Castleton Circular Walk

KEY	
	Walk Route
	Bus Stop
	Road
	Track
	Residential Area
	PW
	Limited Roadside Car parking
	Place of Worship st Mary's
	Refreshments and Toilets in Garden Centre



For further information contact Newport City Council on 01633 656656 or visit www.newport.gov.uk, email: countyside@newport.gov.uk

Distance 11.5 Km, 7.1 Miles, OS Map: Explorer 152

Start at Newport Wetlands Visitor Centre...

- A** Start at the Visitor Centre and follow surfaced path onto main reserve and around the reed beds leading towards East Usk Lighthouse.
- B** Continue along coastal footpath before heading inland towards Salt Marsh Lane.
- C** Follow waymarks leading you to field path on the right, the route winds across fields and footbridges past Redhouse farm and eventually onto Goldcliff Road.
- D** Turn right along road for approximately 50 metres, look out for a finger post again on your right.
- E** Turn right along a footpath that loops around Goldcliff Pill back to kissing gate onto Goldcliff Road.
- F** Turn left onto road toward Farmers Arms Pub and follow footpath that leads to the church. Once through the church gates continue along tree-lined path bearing left on approach to church, looking for a footbridge to rear of church.
- G** Follow the waymarks across a series of footbridges towards Henton Farm.
- H** Cross stile onto lane and head left following a rutted track that will take you past Henton farm, before a better surfaced track leads you towards Cross Farm, and the main Goldcliff Road.
- I** Turn right along the road for a short distance before rejoining the footpath at a finger post and bridge on your left.
- J** Follow waymark arrows over several footbridges to Farmfield Lane.
- K** Turn left along Farmfield Lane until you reach a kissing gate leading you back onto the reserve, continue through gate and follow wide grassed track to the sea wall.
- L** Turn right at sea wall and retrace your steps back to the visitor centre.



Look out for the distinct Gwent Levels Circular Walk Waymark Disc.

WALK 3**Gwent levels Circular Walk.**

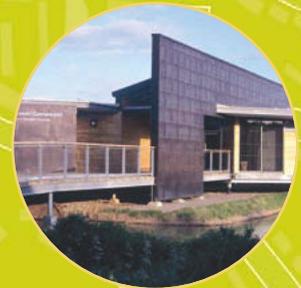
An exhilarating mostly level walk on hard surface paths around the reserve.

Generally flat rural footpaths with stiles and gates to negotiate as you leave the reserve.

Walkers are encouraged to find an alternative route between point C and D during the nesting season.

Parking in Newport Wetlands Car Park.

Bus service information on 01495 292888



Start at The Old Rectory of Bishton Road...

- A** Start on the track with the old rectory on the right and the church on your left. Climb stile and follow fingerpost direction along fence line reaching another stile, continue over the stile a short distance to a waymarking post.
- B** Follow waymarks uphill to a stile, cross stile and follow path downhill alongside woodland to a stile and small footbridge. Cross bridge and head uphill, following waymarks around woodland edge to stile. Cross stile follow waymarks towards large Beech trees and on to stile leading into Llanwern Park Woodland.
- C** Cross the stile and follow the path that winds through woodland towards Llanwern Park Farm.
- D** Follow access road downhill for approximately 100 metres, then bear left at waymark post towards Bishton road. Follow the road to the left until you reach St Mary's church.
- E** Walk through the church yard to stile at rear of church and follow waymark arrows across a series of footbridges.
- F** At the third footbridge, head diagonally across the field towards the steelworks, and follow the path adjacent to the railway line to a roadside stile. From here walk 50 metres along the road to a stile in the hedgerow, leading back to the church and the start.

WALK 4

Llanwern Hill Circular Walk.

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

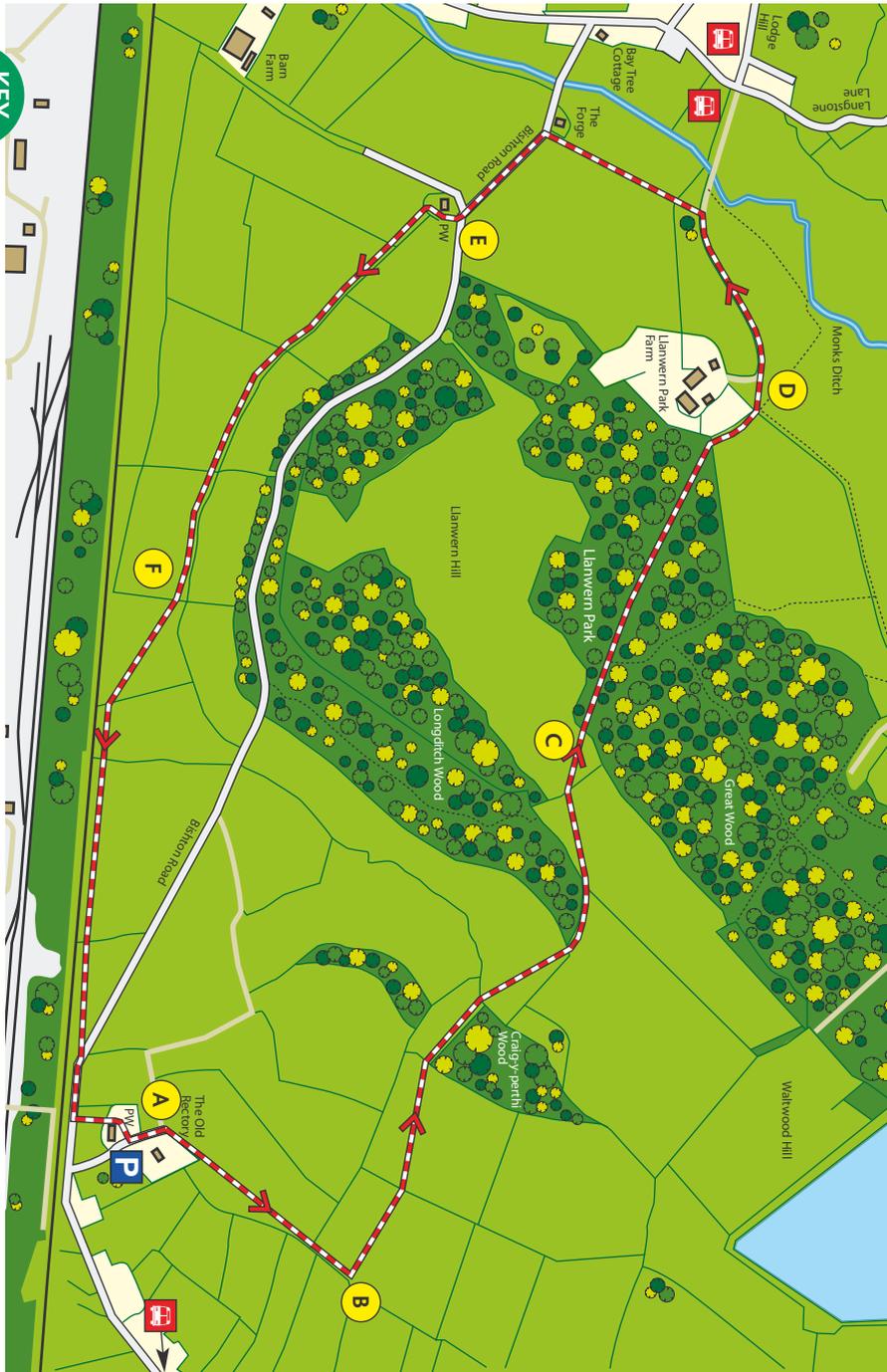
Limited parking adjacent to Bishton Church.



Look out for the distinct Llanwern Hill Circular Walk Waymark Disc.



Llanwern Hill Circular Walk



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, although the site, on a hill overlooking the parish church is still visible and the parkland intact. D. A. Thomas is buried in the graveyard of the tiny church.

Distance 5 Km, 3.1 Miles, OS Map: Explorer 152

Start at Lodge Hill Church...

- A** With your back to the church, follow the fingerpost at the entrance to Lodge Farm along a grass track leading towards a metal kissing gate. Continue along this path towards the hill fort until reaching a stile which will take you into an open field. Enjoy the great views of the River Usk and Newport beyond.
- B** Continue across field to second stile, then head downhill to Pillmawr Farm. Cross stile and drop down steep bank to metal field gate. Pass through field gate onto Pillmawr Lane. Follow narrow pathway directly in front of Mount Pleasant cottage, continue over stile and bear right before heading downhill to stile at roadside.
- C** Turn right after stile passing two driveways and look out for a stile on your right. Follow waymarkers along farm track to a stile at field boundary. Cross and continue along to footbridge. Follow waymarks over several fields and footbridges before reaching farm access road just beyond Park Farm Cottage.
- D** Continue along farm track for approximately 400 meters before crossing stile on your right, heading towards footbridge and uphill towards the woodland.
- E** Do not cross stile here, but follow waymarks to the right to another stile leading you into the wood, cross here and follow path through Lodge wood back to the start.

WALK 5

Lodge Hill Circular Walk in Gwerleone.

Mostly rural paths with some stiles and kissing gates. Some steep sections. Spectacular views from the high ground over the River Usk and City of Newport.

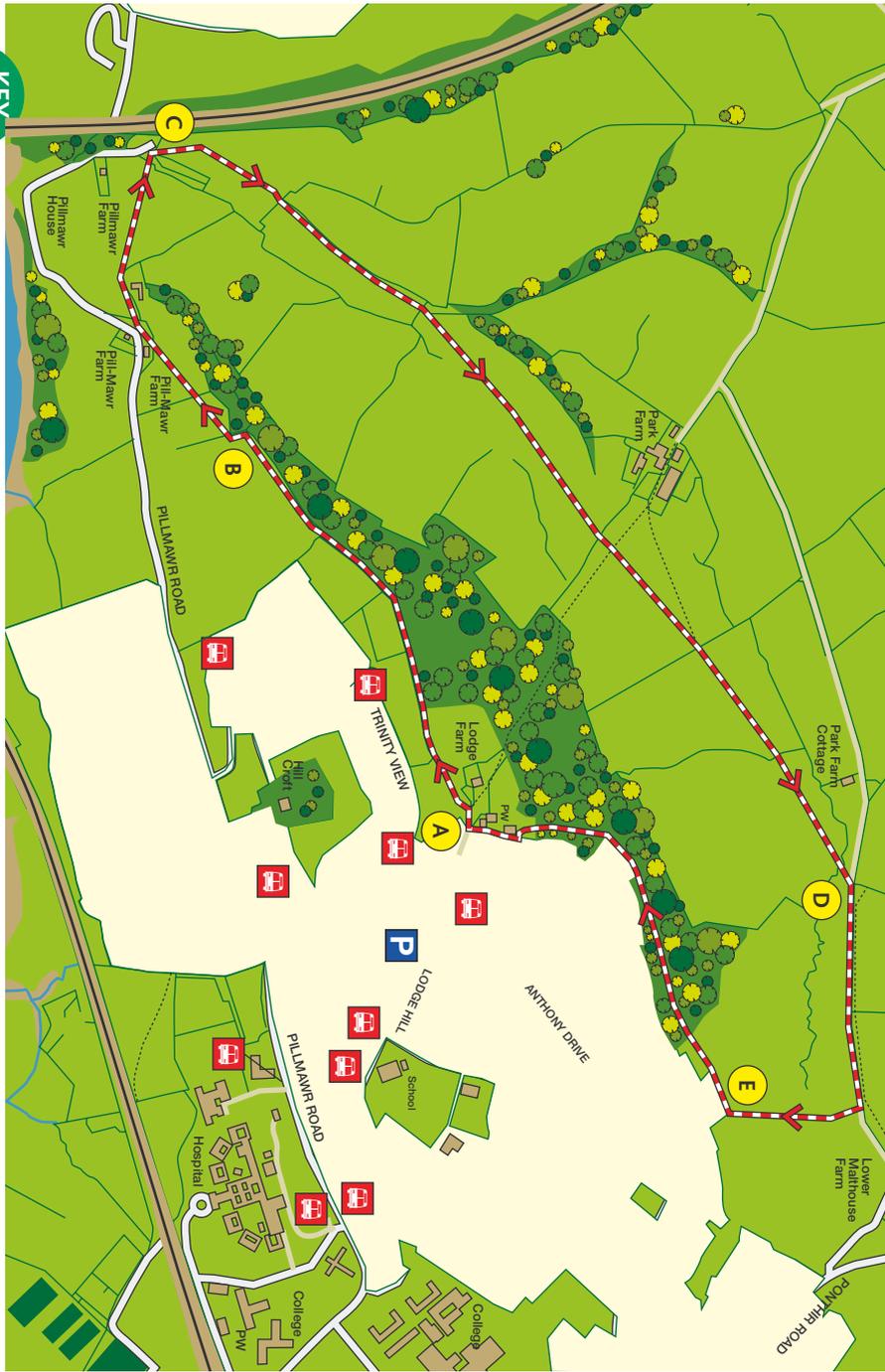
Roadside parking in Lodge Hill area.



Look out for the distinct Lodge Hill Circular Walk Waymark Disc.



Lodge Hill Circular Walk



KEY

	Walk Route		Track		Roadside Parking on Lodge Hill
	Road		Residential Area		Bus Stop
	Bus Stop		Place of Worship		Roadside Parking on Lodge Hill
	Bus Stop		Railway Line		

LODGE HILL FORT - Lodge Fort is a large Iron Age hill fort of the Silures. The Silures were a formidable Celtic tribe of skilled farmers and metal workers. The earth works of the fort are very evident and can be viewed from the footpath which passes alongside the earth embankments.

Start at Cefn Maby Arms...

- A** With the Cefn Maby Arms behind you, turn right onto road, then after approximately 10 metres turn left along the track next to the old rectory. Follow the lane reaching a finger post and stile on your left.
- B** Follow the path and waymarks through a field gate towards a pylon in the centre of the field, then onto a stile, climb the stile and follow path downhill towards Michaelstone bridge.
- C** Cross roadside stile with three steps down and follow footpath immediately opposite leading you along the river. Continue along this path following the waymarks, briefly skirting into Park Wood, for a short distance before returning to the path along the river which winds its way to a small stone bridge and a stile on your right, leading you into the woodland.
- D** Cross stile, on your right, into wood and follow circular walk waymark discs through conifers before reaching a wide farm track leading towards Park House.
- E** Follow this track, bearing right at Park House, and continue along woodland path until reaching Parkwood House.
- F** Turn right and follow access road to junction with main road.
- G** Turn left along road for short distance, then look out for finger post directing you along a farm access track towards Croes-carn-Einion (Farmer's Daughter Restaurant). Follow path that skirts behind farm buildings and leads to roadside stile.
- H** Cross stile and turn left onto road for approximately 100 metres.
- I** Look out for a finger post on the right directing you across the fields to Pen-y Lan and roadside stile.
- J** Cross stile and turn right following the road.
- K** Reach a finger post directing you across the fields towards Pen-y-Grose Fach (marked bridleway).
- L** Continue along field edge path before reaching track that leads you back to the Cefn Maby Arms.

WALK 6**Michaelstone-y-Fedw Circular Walk.**

Rural footpaths through woodland and pasture with some steep sections. Stiles and gates to negotiate.



Look out for the distinct Michaelstone-y-Fedw Circular Walk Waymark Disc.



Michaelstone-y-Fedw Circular Walk



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Distance 8 Km, 5 Miles, OS Map: Explorer 152

Start at Redwick Church...

- A** Start at church gates and follow path through church yard to small paddock at rear of church to roadside stile.
- B** Turn left onto road and after short distance look for finger post on right.
- C** Follow footpath through field gate and continue along field path towards sea wall.
- D** Walk up onto sea wall and turn right and follow footpath towards Porton House.
- E** Follow waymarks and head inland across a series of footbridges until reaching a stile leading you onto a track.
- F** Follow track to the right and continue to Hare's Lane, continue along Hare's Lane for approximately 100 metres.
- G** Join footpath on the right and follow waymarked path over a series of footbridges towards Llanwern pipeline.
- H** Cross pipeline steel footbridge and continue along the footpath as it zigzags across fields and footbridges reaching a roadside stile at Mead Lane.
- I** Turn left onto road and follow lane back towards Redwick, retracing your steps through the church yard to finish.

WALK 7**Redwick
Circular Walk.**

A pleasant mix of rural footpaths and a refreshing coastal walk. Many tiles and narrow footbridges to cross, however, fields can be very muddy throughout winter.

Limited car parking opposite Redwick Church.



**Look out for the distinct Redwick
Circular Walk Waymark Disc.**



Redwick Circular Walk



KEY

	Walk Route		Track		Place of Worship
	Road		Residential Area		Footbridge
	Bus Stop on Whitewall Road		Car Parking		

The ancient church of St. Thomas the Apostle is unusually large for a parish church on the Caldicot and Wentloog Levels. The church has a full-immersion baptistry, unique medieval stone carvings and a fine Victorian pipe organ salvaged from two previous churches. On the ancient south porch is a mark indicating the flood level caused by the Bristol Channel flood, 1607.

Distance 8 Km, 5 Miles, OS Map: Explorer 152

Start at Rhiwderin Village...

- A** Follow Springfield Road into Springfield Lane. Leaving residential area continue along road towards The Carpenters. Turn right and walk uphill to a finger post and stile, cross stile and follow path until you reach a stile on your left close to the stream.
- B** Cross stile and stream and continue ahead towards a small lambing shed, keep to right and look out for stile in fence line a little further along.
- C** Cross stile and follow path diagonally downhill to another stile. Do not cross here but walk back uphill alongside the woodland to a stile on your left. Cross stile and walk through narrow woodland and continue uphill towards field gate.
- D** Cross road through field gate and follow directional arrows uphill towards Graig-Wyllt woodland.
- E** Cross stile leading into the woodland and continue along path ahead, diagonally uphill to a stile at woodland edge. Cross stile and continue ahead to another stile which then leads onto a sunken grass lane. Follow lane to roadside stile.
- F** Turn right and follow access road to Panteg Farm. Follow fingerpost on your right (just before Panteg Farm) along a grassy track over two more stiles to the roadside.
- G** Turn right and continue along the green lane into Coed Mawr. Stay on the sunken lane and follow waymark arrows for some distance until reaching crossroads.
- H** Turn right and follow lane towards Five Lanes Farm, pass farm buildings and look out for a stile and fingerpost on your left.
- I** Cross stile and follow path towards woodland, cross another stile and continue straight ahead for a short distance then bear left retracing your steps to the stile and stream at point B. Retrace your steps to The Carpenters and Rhiwderin village.



Look out for the distinct Rhiwderin Circular Walk Waymark Disc.

WALK 8

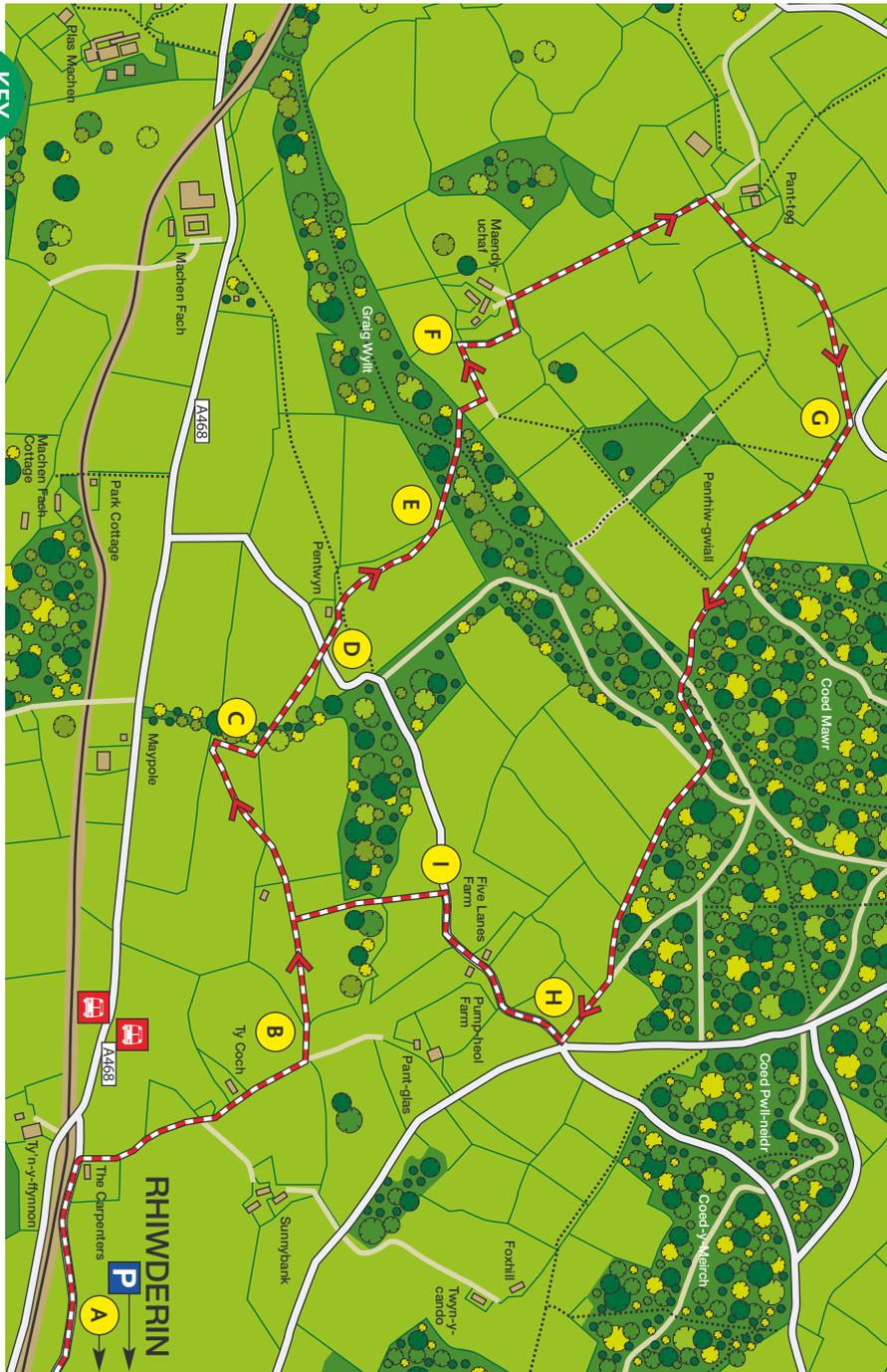
Rhiwderin Circular Walk.

Mostly rural paths, woodland tracks with some steep limbs, stiles and gates to negotiate. Enjoy great views over the rolling countryside around Machen.

Limited roadside parking in Rhiwderin.



Rhiwderin Circular Walk



KEY

	Walk Route		Track		Bus Stop
	Road		Residential Area		Car Parking
	Railway Line		Place of Worship		

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Distance 4.5 Km, 2.8 Miles, OS Map: Explorer 152

Start at Cefn Mably Arms - Michaelstone-y-fedw...

- A** With the Cefn Mably Arms behind you, turn right onto road. After approximately 10 metres turn left along the track next to the old rectory. Follow lane reaching a finger post and stile on your left.
- B** Follow the path and waymarks through a field gate towards a pylon in the centre of the field, then onto a stile, climb the stile and follow path towards Michaelstone bridge.
- C** Cross road, down three steps and follow footpath immediately opposite leading you along the river. Continue along this path following the waymarks, briefly skirting into Park Wood, then back to the path along the river leading you to a small stone bridge.
- D** Cross stile into field and follow waymarks along field edge footpath toward Plas Machen, then on through a series of kissing gates returning to the river edge path leading to Draethen Bridge.
- E** Turn left over road bridge and continue to Hollybush Pub.
- F** Rejoin the footpath behind the Hollybush, the path climbs steeply towards a kissing gate, leading you into Ruperra Wood.
- G** Follow waymarkers through the woodland leading you towards Ruperra Castle.
- H** Follow path along Castle wall boundary and then left through a wooden gate. The path heads diagonally across the large open field towards a huge oak tree at the entrance to Wern-ddu Woodland.
- I** Pass through gate and continue along waymarked path through the woodland.
- J** Turn left onto road and almost immediately pick up path on your right. Follow path through a series of metal kissing gates, crossing a small stream, leading to another metal kissing gate. Pass through the gate and follow stream and field edge path to Cefn Mably Drive.
- K** Turn left along access road towards Cefn Mably Farm.
- L** On reaching the road turn right crossing road bridge and pass the farm park, after approximately 50 metres further look for finger post on left.
- M** Rejoin path here and follow lane through small woodland bearing right at home farm. Follow waymarks over stile towards Ty-hir Farm, continue on line of path to stile behind the farm house, and then follow path uphill before reaching roadside stile.
- N** Turn left onto road and after approximately 50 metres rejoin footpath over stile to St Michael's Church and finish.

WALK 9

Rhymney River Circular Walk.

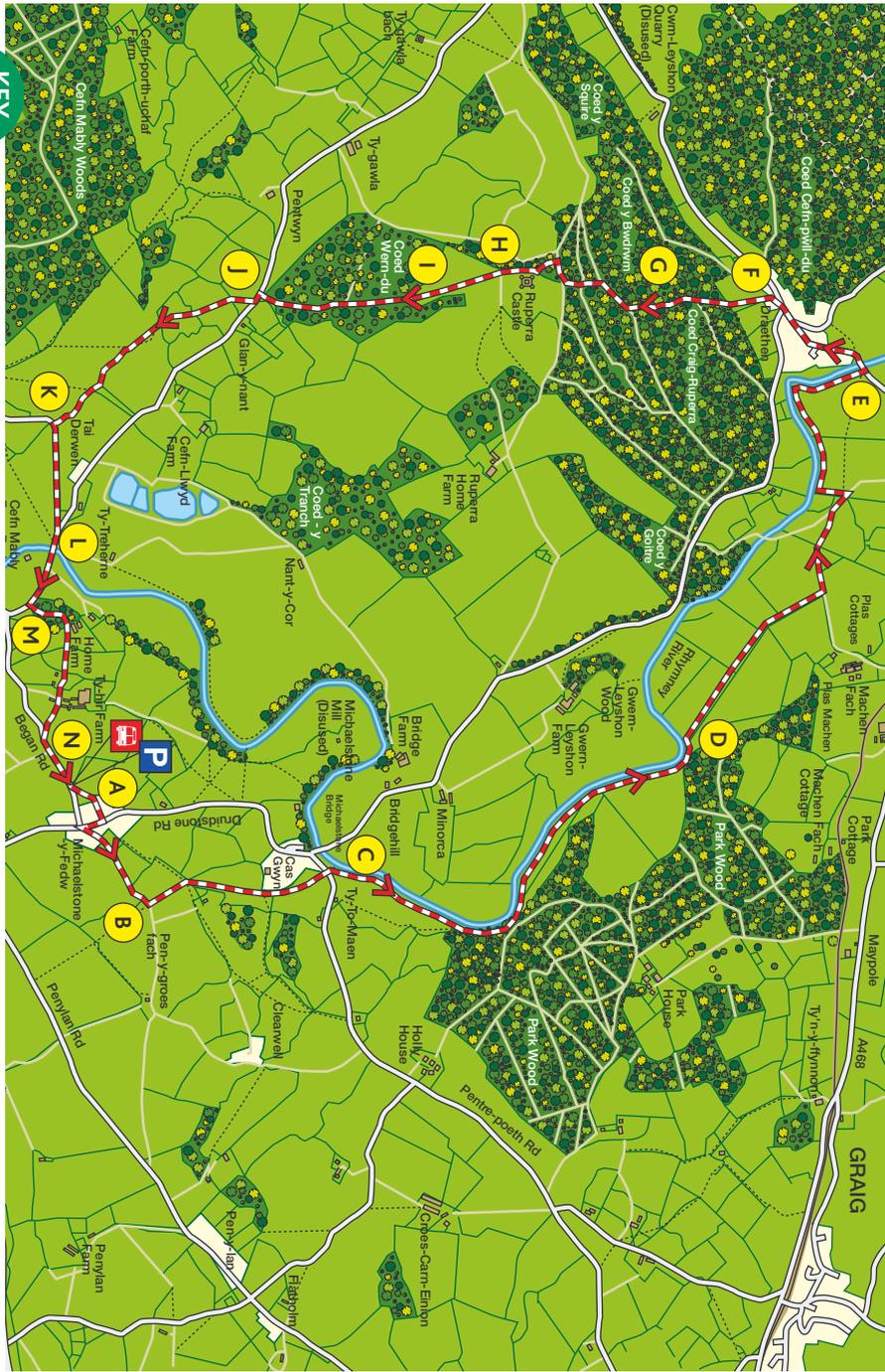
The Rhymney River Walk is a seven mile circular walk around the lower Rhymney Valley. The short climbs through dappled woodland reward the walker with panoramic views of the valley floor and archaeological heritage of the area.



**Look out for the distinct
Rhymney River Circular
Walk Waymark Disc.**



Rhymney River Circular Walk



Rupperra Castle: Built by Sir Thomas Morgan in 1626. It was a typical Jacobian courtier's house, an example of the "Great Rebuilding" of the 16th and 17th Centuries.

Distance 10 Km, 7 Miles, OS Map: Explorer 152

Start in lay-by of Major Road...

- A** Start at the farm gate leading to Ford Farm and follow the track past some poly tunnels until you reach a fingerpost on your right. Follow the path over a stone stile and through the garden to a gate. Follow the waymarked path across a number of arable fields towards Landevaud Farm.
- B** Turn right at the road and continue for a short distance to a tarmac path between houses.
- C** Follow the road to the right, past the common and look for the finger post on the left. Follow the path over a number of stiles and open countryside towards Bowden's Farm.
- D** Follow the waymarks around the farm buildings and across the road to a stile leading through Coed Wen Woodland. Follow the well defined path through the woodland and out into the open countryside heading towards Penhow Castle.
- E** Cross the road and pick up the path through a gate and up a fairly steep farm track. Follow the waymarkers around woodland and along the edge of a quarry.
- F** Follow the path immediately to the left, over a stile and down a steep bank. Follow the path over two stiles and bare right following the track towards Whitebrook. Follow waymarks to bridge over small stream then uphill to field gate. Follow the road uphill, look out for a finger post on the right leading you into Castell-prin Wood.
- G** Cross over stile and continue along woodland path until you reach the road. Immediately opposite is another stile, cross the stile and head diagonally through a small woodland paddock towards Holly House. Follow waymarkers directing you along the footpath, adjacent to the cottage into Wentwood Forest.
- H** Follow the well defined path hugging the boundary of the woodland reaching a stile, cross into field and follow path downhill onto lane.
- I** Follow path to the right crossing small fjord, looking out for a finger post on the left, here bear left and follow path uphill. The path skirts around the boundary of Yew Tree Cottage and then climbs steeply through the forest to a stile.
- J** Cross the stile into open fields. Follow the path across the fields and up until you reach the country lane.
- K** Bare left and follow lane until you reach a T-junction. At the junction turn left and follow Caerlicken lane (approximately 400 metres) until you pick up the path on your left. Walk through the gate and follow path downhill across several fields until you get to the road. Take care crossing the road to the Foresters Oak pub.
- L** Follow lane past the pub, and pick up the footpath to the right, leading to the church. Follow the path from the church towards the old mill and continue along the waymarked footpaths back towards Ford Farm.

WALK 10**Langstone-Penhow Circular Walk.**

Mostly rural paths with some stiles, kissing gates and steep climbs with fantastic views over Wentwood and surrounding countryside.

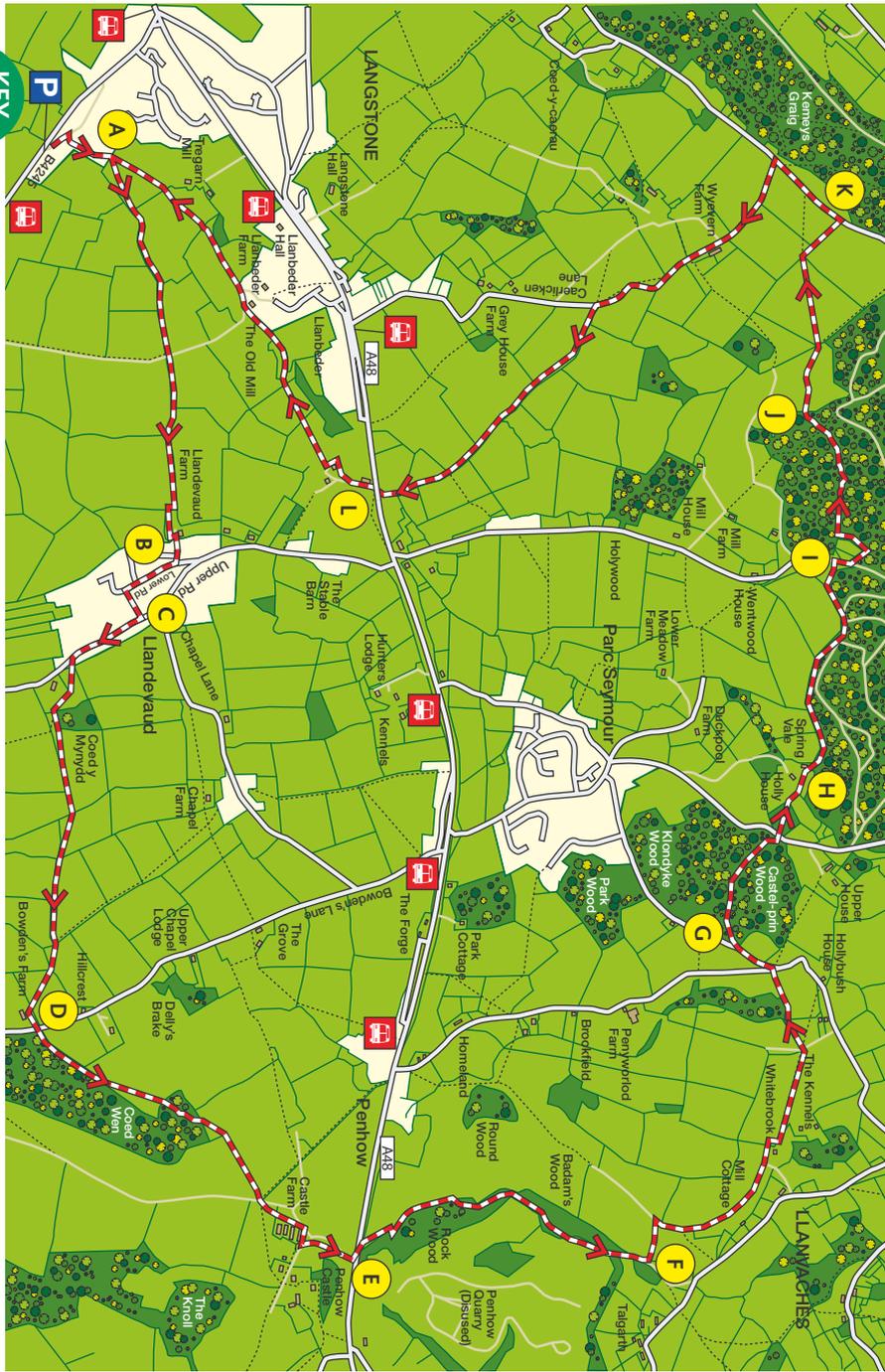
Limited Parking in layby off Major Road.



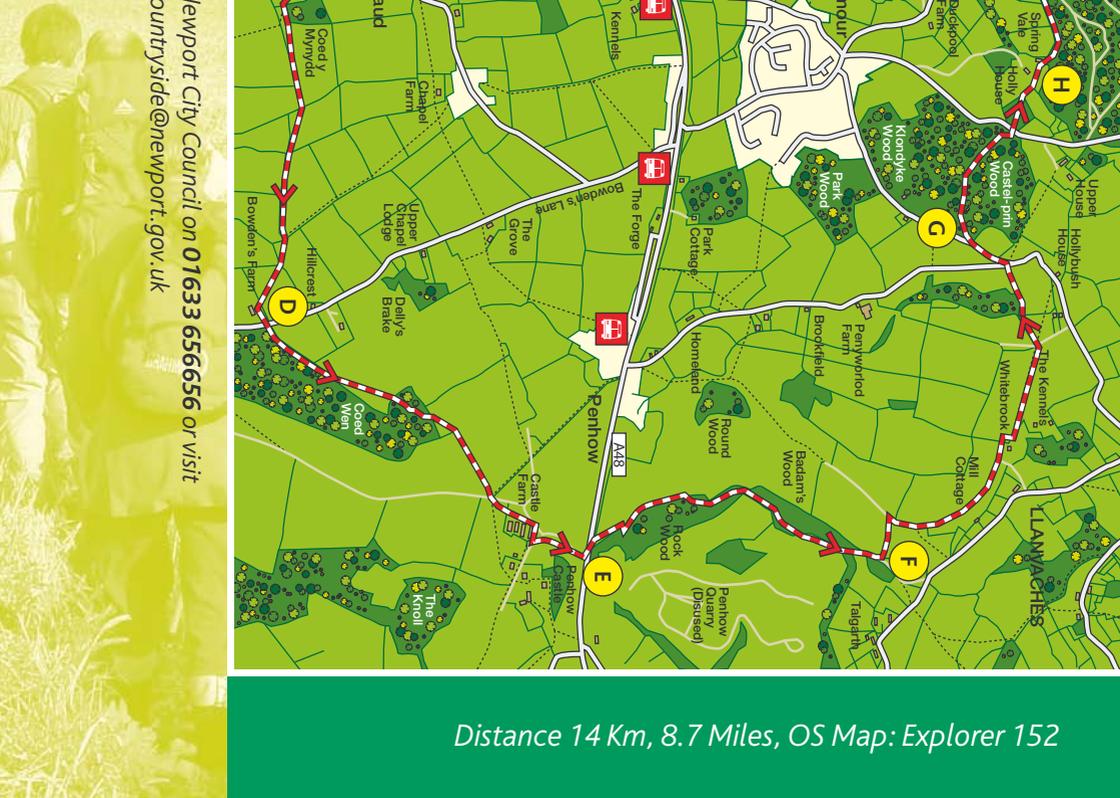
Look out for the distinct Langstone-Penhow Circular Walk Waymark Disc.



Langstone-Penhow Circular Walk



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Distance 14 Km, 8.7 Miles, OS Map: Explorer 152