

LETS WALK NEWPORT



SMALL WALKS
for small feet...

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>Bassaleg Beginner</i>	0.6 Km 0.4 Miles	6-7
2. <i>Pill Mill Circular</i>	0.7 Km 0.45 Miles	8-9
3. <i>Shaftesbury Park</i>	1 Km 0.6 Miles	10-11
4. <i>Newport International Sports Village</i>	2.3 Km 1.4 Miles	12-13
5. <i>Tredegar House & Park</i>	2.6 Km 1.6 Miles	14-15
6. <i>Newport Wetlands Reserve</i>	2.3 Km 1.4 Miles	16-17
7. <i>Belle Vue Park</i>	1.3 Km 0.8 Miles	18-19
8. <i>Lysaghts Park</i>	1.8 Km 1.1 Miles	20-21
9. <i>Beechwood Park</i>	1.4 Km 0.9 Miles	22-23
10. <i>Glebelands</i>	3.5 Km 2.2 Miles	24-25

Please refer to map on back cover



Start at the entrance to the park next to the lay-by on Caerphilly Road...

- A** Enter park through a large black kissing gate. Turn right and follow gravel path towards Graig Community Hall car park.
- B** Walk through car park and exit car park in far right corner.
- C** Turn left onto Cowshed Lane and follow lane down gradual slope.
- D** At end of lane turn left and follow pavement along the Griffin Road.
- E** At junction with Caerphilly Road turn left onto grassy area and walk towards large black gate in far corner. (Note: there are benches to rest at and views of Bassaleg School and surrounding hills).
- F** Take gravel path and go through large black kissing gate into park and back to the start.

NOTE: There is no pavement and narrow gate so not suitable for pushchairs and buggies.

OPTION TO EXTEND WALK:

Follow Blue dotted line:



At C keep straight ahead along B4388. At Bethel Baptist Church sign turn left down a tarmac lane. Keep on path passing Bethel Baptist Church on your right then go through narrow opening and turn left along Penylan Road towards the Griffin.

Question: Who was the first person to walk on the moon?

His footprints are still there because there's no wind or rain on the Moon!

Neil Armstrong. He set foot on the lunar surface at 3.56am BST on 21st July 1969.

ANSWER:

WALK 1

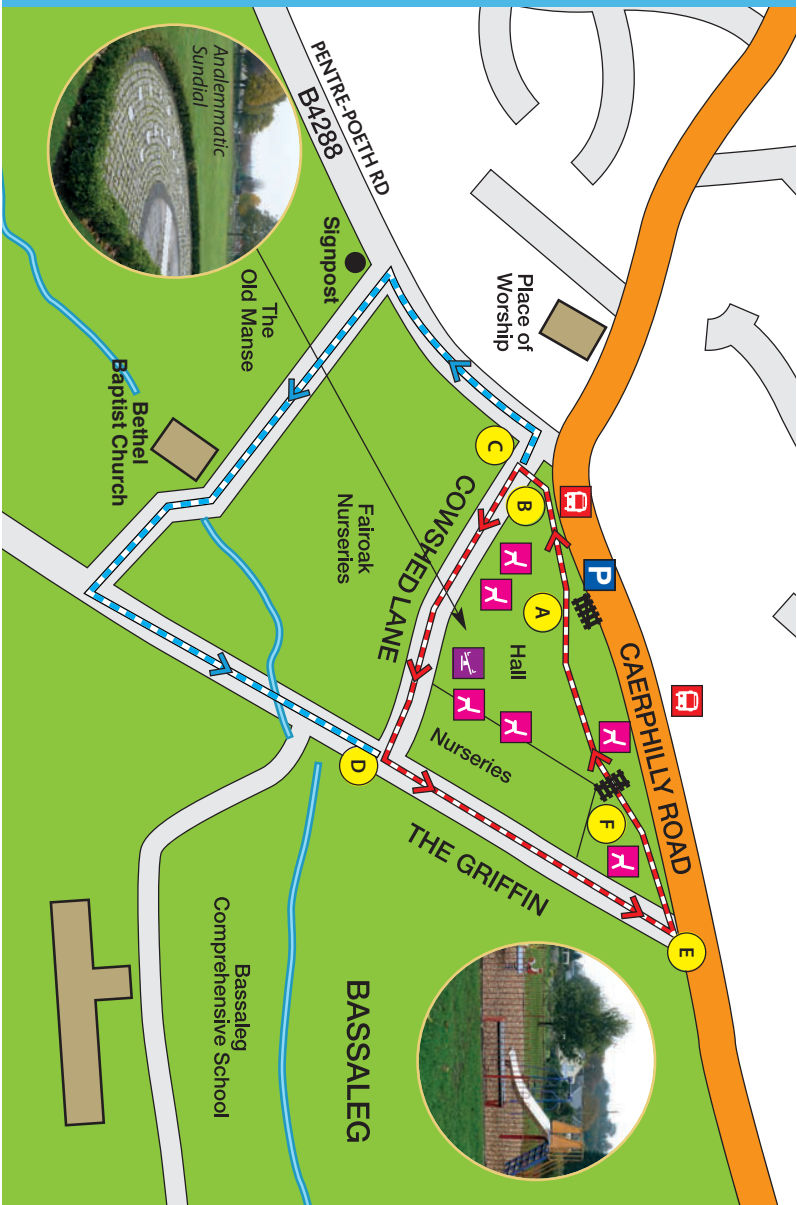
Bassaleg Beginner.

An easy, short and level walk on tarmac and gravel paths with uneven ground along the cowshed lane but suitable for pushchairs and wheelchairs.

The path in the park can be muddy at times.

An ideal beginner's walk for smaller children.

Bassaleg Beginner Distance 0.6 Km, 0.4 Miles



	Walk Route
	Car Park
	Bus Stop
	Bench
	Children's Playground
	Gate

A likely explanation for the origin of the word 'Bassaleg' is that it is a corruption of the Latin word 'basilica', a word usually used for a religious building erected on the site of a shrine of a saint or martyr. There is a children's playground in the park and an andlematic sundial whereby you can stand on the current month and your shadow will tell you the correct time.

KEY

Start in car park outside Pill Millennium Centre...

- A** Walk towards entrance of Pill Millennium Centre. Turn left when facing entrance and follow path alongside Pill Millennium Centre.
- B** At edge of Pill Millennium Centre keep on path straight ahead through trees, passing children's playground on right and keep straight on path around playing fields in a clockwise direction.
- C** At fork keep right.
- D** At concrete bollards turn right and keep on main path heading around playing fields.
(Note: there are many paths leading away from main path around playing fields).
- E** At path crossroads keep straight ahead, then at fork keep right passing small hill and bridge on right.
- F** Keep on path passing basketball court on left and children's playground on right back to the start.

DID YOU KNOW? About 1 in 4 children sleepwalk at least once between the ages of 7 to 12!

QUESTION: How long would it take to walk non-stop around the World?

One whole year Walking the Pill Millennium Centre

ANSWER:

WALK 1

Pill Mill Circular.

A short, level walk on tarmac paths around Pill playing fields. There may be some muddy patches along the route.

There is a children's playground and slide along the route.

Bus stops on Commercial Road and Alexandra Road.

Pill Mill Circular Distance 0.7 Km, 0.45 Miles



Walk route	Car Park	Bus Stop	Bench	Children's Playground

'Pill' is the Welsh word for water inlet or harbour and 'Gwenllŷ' a corruption of Saint Gwynllyw therefore, Pillgwenly means Gwynllyw's harbour. Supposedly when Gwynllyw was a pirate he based his ships here.

Start at junction of Evans Street and Pugsley Street and enter park through small green gate...

- A** Follow path straight ahead keeping park on your left and river on your right. (Note: fine views on right of river Usk and surrounding hillsides and houses).
- B** At gate to Shaftesbury Park allotments, bear left onto hardcore gravel then onto footpath running along park boundary.
- C** At disused school buildings on your right, keep ahead on tarmac path next to buildings. (Option: Bear right before buildings & follow path (Cycle Way 47) towards Barrack Hill, keeping canal on your right.)
- D** At path junction, turn left, follow path past children's playground on right, and at next junction turn right, back to the start.
- E** Option: take path on left before exiting park gate ahead and bear right following path alongside river towards Newport Castle and city centre, passing basketball court and disused supermarket building on your right. Note: Keep river on your left.

DID YOU KNOW? The average person walks the equivalent of three and a half times around the earth in a lifetime.

QUESTION: How long would it take you to walk to the moon?

11 years 11 months 13 days 16 hours 47 minutes 14 seconds (at 1.3 seconds to travel from the earth to the moon!)

ANSWER:

WALK 3

Shaftesbury Park

A pleasant, level walk on tarmac and hard surface paths along the banks of the river Usk and around the park boundary.

There is a long slide and children's playground with a large recreation area and many benches to rest on.

Shaftesbury Park Distance 1 Km, 0.6 Miles

KEY	
	Walk Route
	Bench
	Bus Stop
	Children's Playground
	Gate
	Optional Path

Views of the river are best at high tide and there is the recommended option of following the path along the river to the ruins of a 12th century castle near the city centre.

Newport International Sports Village

WALK

4

Start at the entrance to the sports centre...

A	Turn right on exiting the sports centre and walk around the building.	I	Turn right on tarmac path around Stadium.
B	At rear of building turn right and follow tarmac path around building.	J	At Velodrome turn left and follow tarmac road around rear of building. (Take care, some vehicles may use road).
C	At end of tarmac path keep straight ahead on grass, walking past the outdoor tennis courts on right.	K	Take tarmac path on left, just before outdoor cycle speedway track on left and follow path towards Nash College.
D	Walk around pond in a clockwise direction.	L	Turn right and follow pavement along Nash Road.
E	Go between large boulders & bear left onto tarmac pavement alongside road.	M	Turn right onto pavement along Traston Road, passing Traston Avenue, Traston Close and Traston lane (not signposted) on right.
F	Cross road onto tarmac path towards Newport Stadium.	N	Keep straight ahead between bollards in front of you onto tarmac road through wooded area.
G	Walk around Newport Stadium on paving stone path.	O	Go between bollards then turn immediate right back to the start, passing Dragon Park National Football Centre.
H	Keep straight ahead on tarmac path around Stadium.		

WALK 4

Newport International Sports Village..

A level walk on tarmac and gravel paths suitable for pushchairs and wheelchairs. However, there are some grassy and muddy areas around the pond which may be difficult for pushchairs and wheelchairs. An ideal walk to introduce children to other sporting activities in the area.

Newport International Sports Village

Distance 2.3 Km, 1.4 Miles



KEY

	Walk Route
	Bus Stop
	Gate
	Car Parking
	Boulders
	Children's Playground

Newport International Sports Village is known locally as Sparty Park with the name coming from the original Sparty Fields on which it is built.

It has a number of sporting facilities, including the Wales National Velodrome. It also houses Newport Stadium and Dragon Park. There is also a children's playground and a pond with wildlife.

Start in the car park... (National Trust - pay to park if not a member)

A	Head towards buildings, taking tarmac road to the left of the buildings. (Keep to pedestrian marked walkway)	H	At junction turn left onto the hardcore path, leaving running trail and head back towards Tredegar House
B	At junction keep straight ahead following outer wall of house. (Note: children's playground on left)	I	Keep straight ahead on hardcore path keeping row of trees on your right.
C	At junction turn right, passing Gorsedd Stones on left, go through large gate.	J	At junction keep straight ahead passing Gorsedd Stones on left and walk through large gate.
D	At junction turn left, walk past running trail posts, keep straight ahead passing boathouse on left.	K	At junction turn right and walk past Tredegar House on right and go through gate on right.
E	At lake keep following gravel footpath in anticlockwise direction around lake. (Note: keep following path next to the lake, there are many paths leading off to the right including the running trail).	L	Turn left and keep straight ahead between Great Barn on left and Brewhouse Tearooms on right.
F	At running trail sign bear right (initially away from lane), the path then bends around to the left back towards the lake and follow running trail arrows.	M	Keep straight ahead through gates to car park.
G	Cross wooden footbridge on left and follow running trail sign around to the right.		

WALK 5

Tredegar House & Park.

A picturesque walk on level tarmac and countryside paths with some uneven sections including tree roots on the far side of the lake and cobbles near the Brewhouse. There is a lot of interesting wildlife to spot around the lake and buildings and gardens to explore.

Tredegar House & Park Distance 2.6 Km, 1.6 Miles



KEY

	Walk Route
	Car Park
	Bus Stop
	Picnic Area
	Bridge
	Bench
	Children's Playground

Tredegar House is set in a beautiful 90 acre park and is one of the best examples of a 17th Century Charles II mansion in Britain. The house and formal gardens are open from Easter to the end of September, with house tours hourly from 11.00am to 4.00pm. The park is open all year from 9.00am to dusk.

Start at rear entrance of Visitor Centre...

A	Head over footbridge and at fork keep straight ahead then turn right after wooden bench on your left.	H	At junction turn left then after 30m turn right heading through another viewpoint.
B	At junction turn left and follow path around right hand bend.	I	At path junction turn left towards East Usk lighthouse. (Wonderful views over saltmarsh and mudflats towards Severn Estuary and across to the west Usk lighthouse).
C	At junction turn left leading uphill. (Option: to use zig-zag path for wheelchairs/pushchairs).	J	At fork bear left before lighthouse then turn left on path over floating pontoon and past a viewpoint on your left. (Note: if you have trouble crossing floating pontoon retrace steps turning right on path beyond first viewpoint you reach).
D	At junction at top of slope turn right heading towards wooden sculptures and Uskmouth Power-Station.	K	At junction turn right and follow path around left hand bend past a bench on your right and through viewing area keeping straight ahead.
E	At wooden bench and seat sculptures on right bear left on gravel path.	L	At junction keep straight ahead down slope and at fork turn right, go around left hand bend.
F	At junction turn left passing a wooden bench on right and heading towards a metal sculpture.	M	At gravel path keep straight ahead passing children's playground on left, over footbridge and past seating area on left back to Visitor Centre.
G	Walk through viewpoint.		(Option: to carry on at Point J past lighthouse along coast, through woodland and returning to Visitor Centre via Point L).

WALK 6

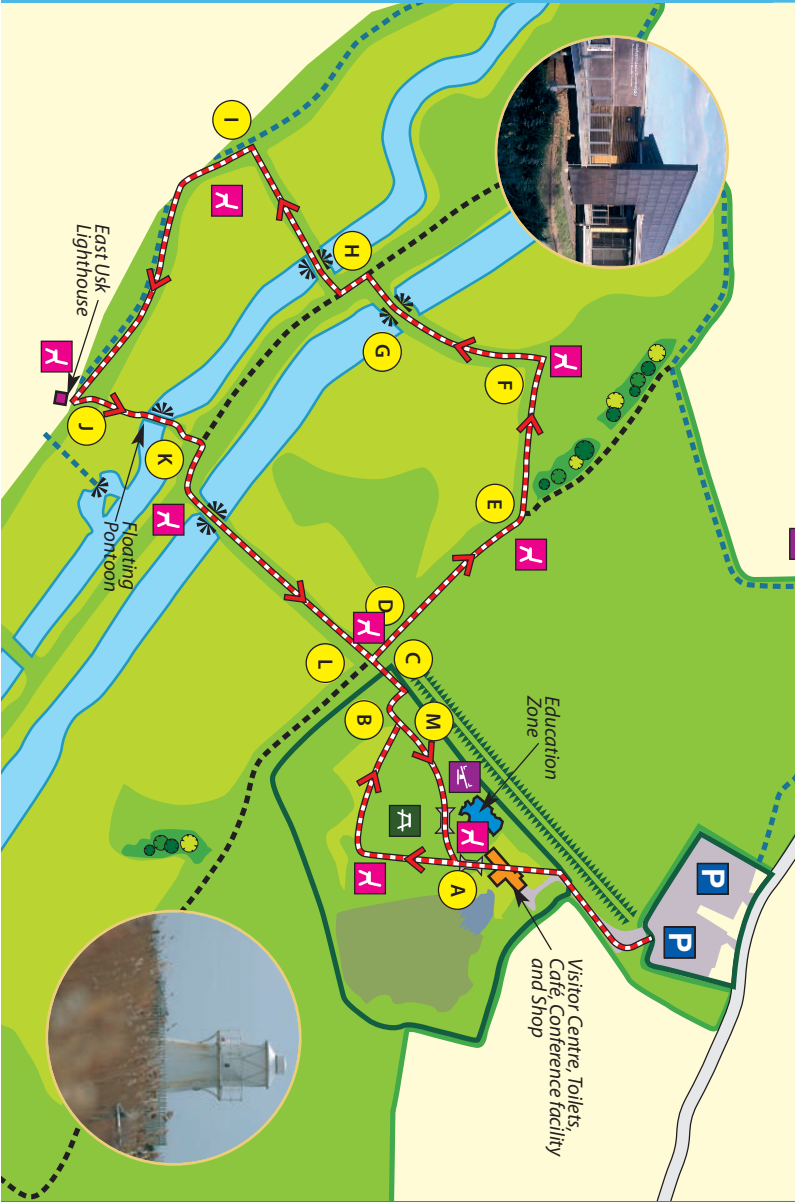
Newport Wetlands Reserve.

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

There is a children's playground, benches approximately every 100m and coffee shop. Free admission to the Environment Education and Visitor Centre and Reserve.

Opening Hours 9am to 5pm or dusk if earlier, every day except Christmas day. For further information including details of the programme of events contact 01633 636363.

Newport Wetlands Reserve Distance 2.3 Km, 1.4 Miles



Newport Wetlands Reserve is a nationally important haven for wildlife and is a designated National Nature Reserve.

There is an amazing variety of wild birds, wildlife and flora.

Start in car park off Waterloo Road...

A	Head down slope from car park and go through green bollards on left and head towards pavilion.	G	At junction bear left following path downhill to bridge.
B	Follow level path past buildings on right into wooded area.	H	At junction turn right heading uphill, signposted Toilets, Pavilion and Bandstand.
C	At junction keep straight ahead passing bowling green on left.	I	At 3-way fork turn left in direction of playground then at junction turn left.
D	At crossroads bear right following main path, passing basketball and tennis courts on left and fountain on right, leading gradually down slope. (Option to take path on left, then next left into Friary Garden to rest on benches).	J	Pass 3 paths on right.
E	At fork bear right heading down slope. After 15m bear left and then after a further 10m turn left. (Option: Turn right here to avoid steeper slopes & follow mostly level path straight ahead over bridge to point "I")	K	Turn right up 3 steps then at fork bear right following path around Gorsedd Garden. (Option: To avoid steps, at J - turn right at second path on right and head uphill passing children's play area on right, towards the start).
F	At fork bear right with fine views of Transporter Bridge on left and keep straight ahead.	L	At junction turn left and head uphill back to the start.

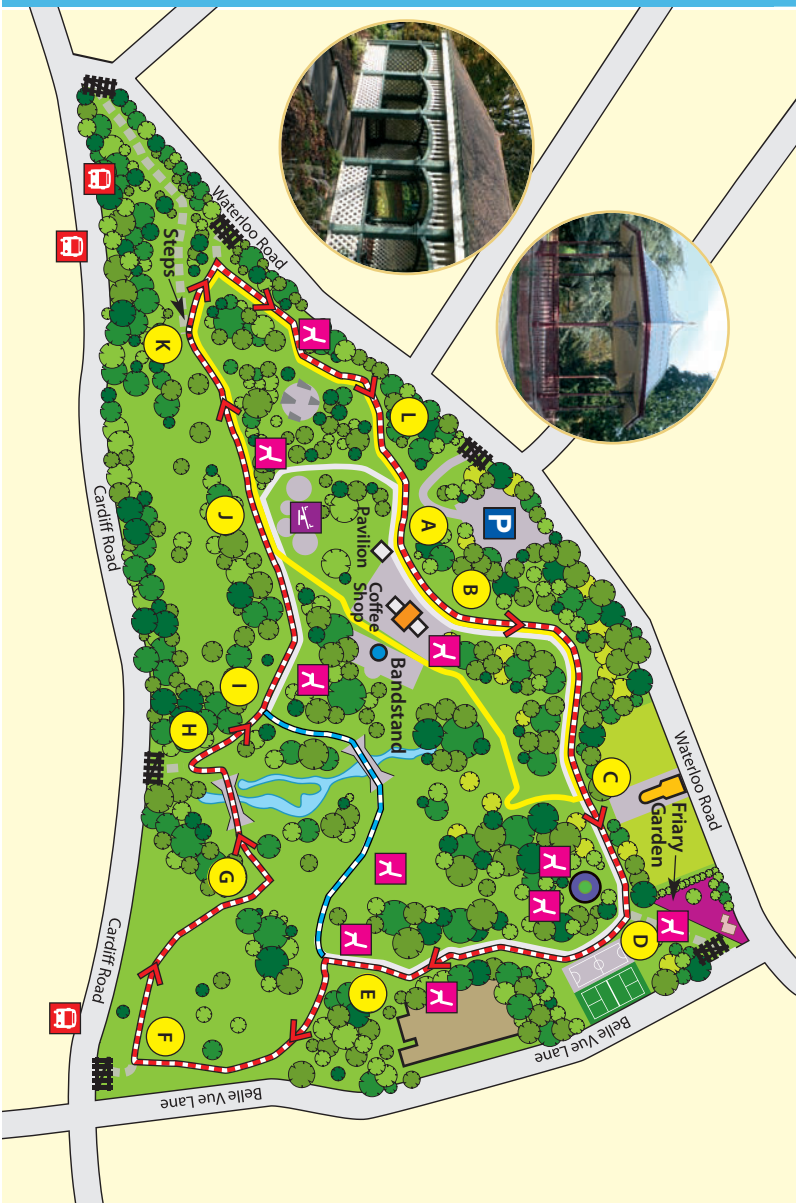
WALK 7

Belle Vue Park.

*A lovely walk on tarmac paths with some steep uphills and downhills near lower end of park
Bus Stops on Cardiff Road.
Opening Hours
6:00am until 30 mins before dusk.*

The paths are lined with some wonderful mature trees, many planted when the park was built in 1894.

Belle Vue Park Distance 1.3 Km, 0.8 Miles



KEY

	Walk Route
	Car Park
	Bus Stop
	Benches
	Bridge
	Children's Playground
	Gate

The only public park in Wales to be developed by leading Edwardian landscape architect Thomas Mawson. Opened at a cost of £119,500 in September 1894 on land presented to Newport Council in 1891 by Lord Tredegar.

Start at entrance to park on Corporation Road, next to children's playground...

- A** Turn left before children's playground along path passing MUGA on right, keep following park boundary in a clockwise direction on grass around park.
- B** Exit park through zigzag gate in corner on your left after passing basketball hoop on right, onto Lilleshall Street.
- C** Turn left onto Liberty Grove then turn right and follow road around bend then turn left up tarmac path running between houses.
- D** Bear right then turn left and follow pavement along Excelsior Close. (Note: Road signpost at far end only)
- E** At junction with Argosy Way (no signpost) turn left for 10m then cross road onto wide tarmac footpath.
- F** Follow wide tarmac footpath along riverside heading towards George Street Bridge. (Note: fine views of river Usk on left and city skyline).
- G** Retrace steps along riverside path back to Lysaghts Park, turn left and follow park boundary back to the start. (Option: Just before reach George Street bridge turn right onto Coverack Road, leading onto Corporation Road, turn right along Corporation Road back to the start).

DID YOU KNOW? One quarter of all the bones in the human body are found in the feet.

QUESTION: How long would it take you to walk the length of the river Nile, which flows through 9 countries in Africa?

167 days! (if you walked 40 km every day).

ANSWER:

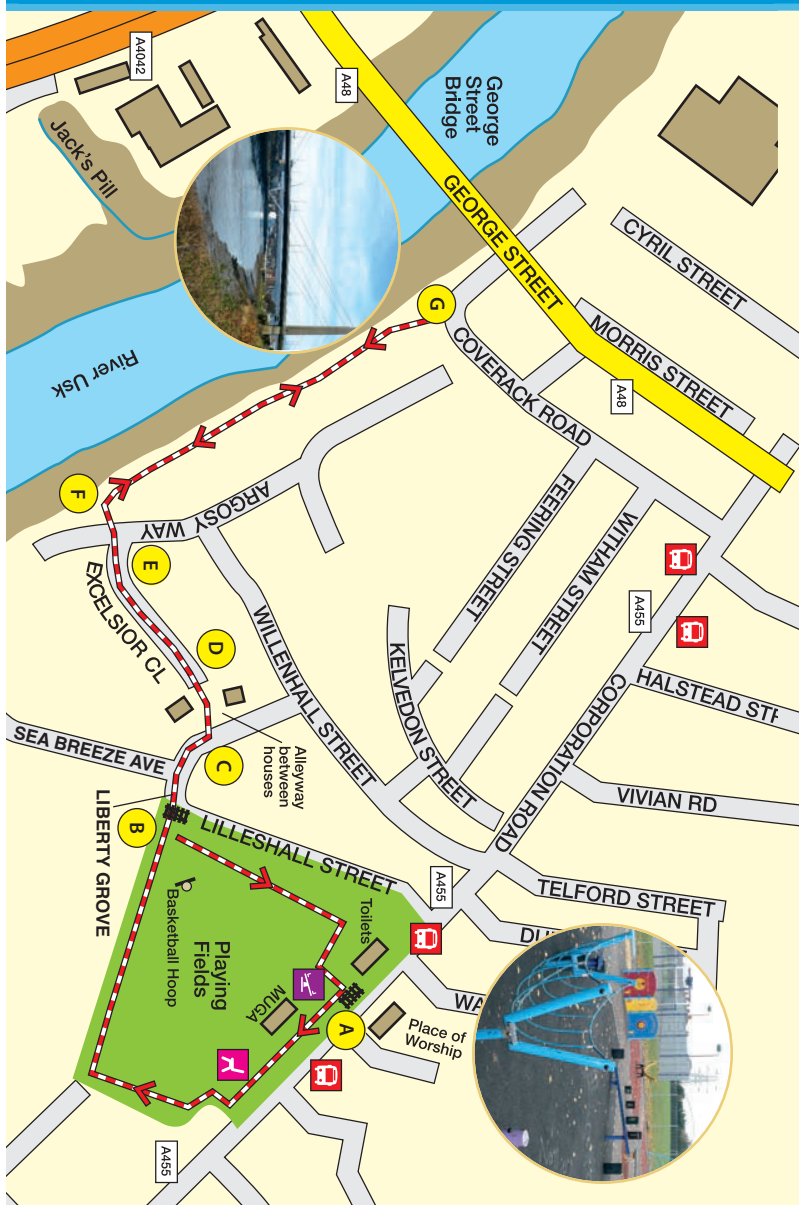
WALK 8**Lysaghts Park**

An enjoyable level walk around Lysaghts Park boundary and along the new wide tarmac path along the banks of the river Usk.

There is a children's playground, a large recreation area and a MUGA (multi-use games area).

The MUGA is very versatile and caters for a whole host of activities, including basketball, netball and football. It also features low-level floodlighting and is a state-of-the-art all-weather outdoor facility.

Lysaghts Park Distance 1.8 Km, 1.1 Miles



KEY

Walk Route



Bus Stop



Children's Playground



Lysaghts Park is locally known as 'Chern Park' and was named after Lysaght's steelworks and institute. In 1896 John Lysaght from Wolverhampton announced his intention to build a steelworks in the south west. To attract him to the site on the east bank of the river the Transporter Bridge was constructed.

Views of the river are best at high tide and there is a fine view of George Street bridge and the city skyline behind.

Start: Main entrance on Chepstow Road...

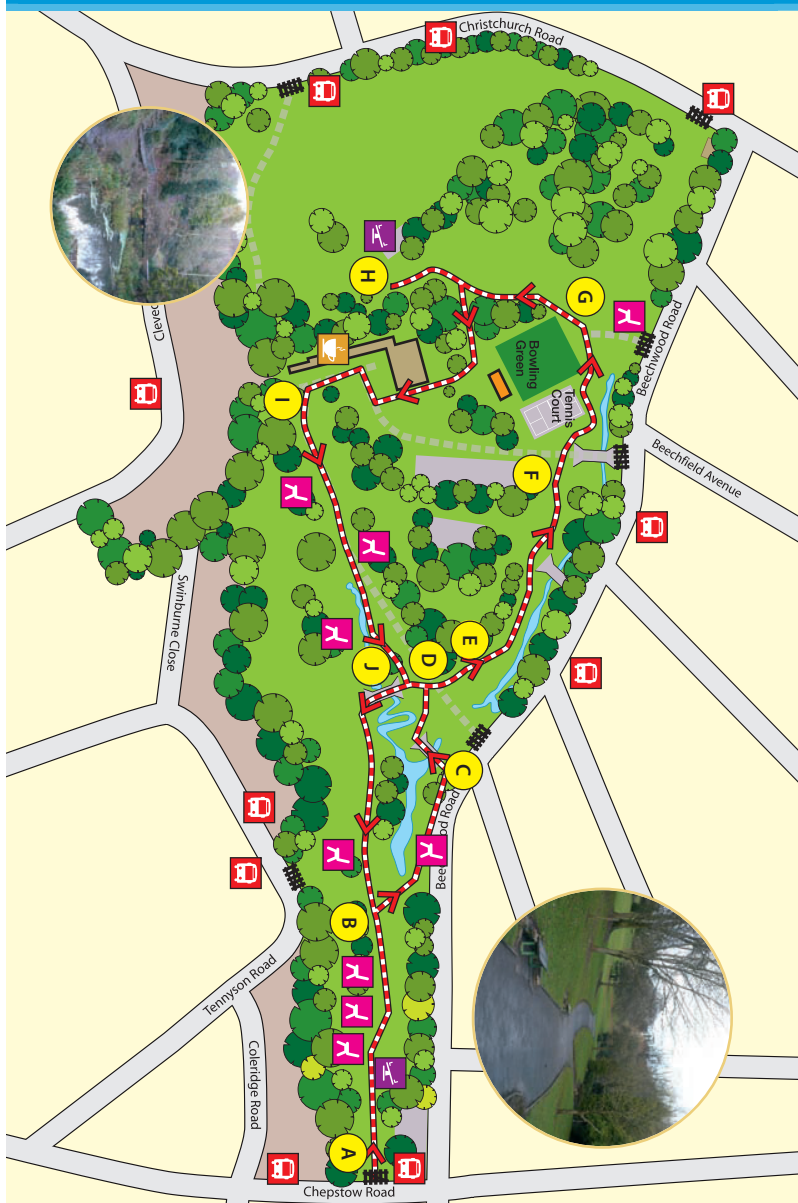
- A** Enter park through main gates, follow path straight ahead up the hill past play area on right and benches on left.
- B** Turn right following path with ornamental garden and small pond on left.
- C** At fork bear left following path closest to the water, cross wooden bridge and walk up steps. (Option: to avoid steps take right fork).
- D** Turn right up spiral steps heading away from stone bridge.
- E** At crossroads go straight ahead and keep low metal fence on your right, ignore any paths heading off to the left as you walk uphill.
- F** Climb 11 steps. At top of steps turn right then left at litter bin and signpost, follow path up a further 6 steps and continue on this path keeping the stream on your right). (Option: to avoid steps take paths on your left).
- G** At fork (with green shed on left) bear left, then at junction turn left and after 5m take right fork onto the path heading up to the play area.
- H** From playground head back down path towards bowling green then turn right on to path going around the front of Beechwood House and buildings.
- I** At far end of low buildings turn left down steep path, ignore minor paths on right then left.
- J** At crossroads turn right, passing a wall on right, at fork bear left taking path heading down hill back to start.

WALK 9

Beechwood Park.

An invigorating walk through a beautiful, landscaped park with far reaching views across Newport and the Bristol Channel. Walk involves paths going up and down hill as well as some steps to climb. Care should be taken in wet weather on the steeper downhill sections. There are 2 children's play areas in the park.

Beechwood Park Distance 1.4 Km, 0.9 Miles



KEY

	Walk Route
	Bench
	Bus Stop
	Children's Playground
	Bridge
	Café
	Gate

Beechwood Park dates back to 1900 when the land was bought from George Fothergill, a former Mayor of Newport, and opened as a public park. Beechwood House has recently been renovated and has now opened as Beechwood House Entrepreneurship Centre. A café open to the public is part of this development.

WALK
10

Start at Newport Castle...

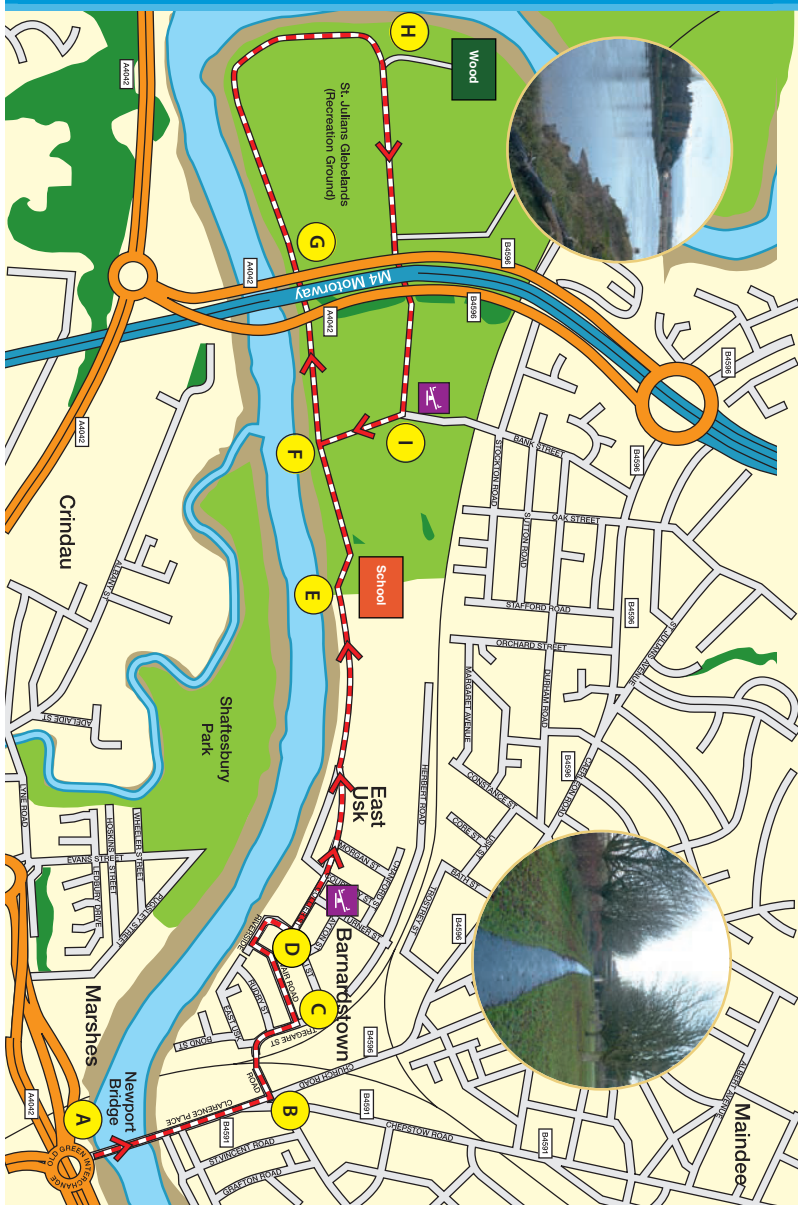
- A** Walk along Clarence Place over Town Bridge.
- B** Turn left down East Usk Road passing under the railway bridge, onto Tregare St then take the first right down Tregare Street. (Option to start walk from Tregare Street as parking is available).
- C** Walk along Tregare Street and turn left down Llanvair Road. At end of Llanvair Road turn right. Keep red brick wall & river on left.
- D** Turn right onto Cornelli Street and then turn left down Collier St. At end of Collier St bear left and take wide tarmac path up a slight slope heading towards the river. Keep river on your left.
- E** As wide tarmac path bends towards the school building keep straight ahead on grassy path between trees, still keeping river on your left. (**Note: No clearly marked path for 100m.**)
- F** At tarmac path continue straight ahead on path running along the river, passing under 3 bridges.
- G** Just after bridges, leave tarmac path when it bends to the right, continue straight ahead on grassy path running between 2 rows of trees between river and football pitch, walk around perimeter of recreation ground.
- H** At gravel path keep straight ahead towards and then through underpass. After underpass keep straight ahead on grassy ground towards children playground.
- I** Just after passing play area on left, turn right along grassy ground and walk behind rugby posts towards river until it meets the path running along the river, leading back to the start.

WALK 10

Glebelands.

A city centre walk, along a pretty, less developed and less travelled section of Newport's riverfront. The route takes in Glebelands, a pleasant park with a play area. The walk is flat but can be muddy depending on the weather. A great choice for a quiet stroll away from the bustle of the centre of the city!

Glebelands Distance 3.5 Km, 2.2 Miles



KEY

- Walk Route
- Children's Playground
- Bus Stop

This is an ideal walk to decide if you are ready to progress onto the longer Healthy Challenge Walks.

DID YOU KNOW?

Cats step with both left legs, then both right legs when they walk or run. The only other animals to do this are the giraffe and the camel.

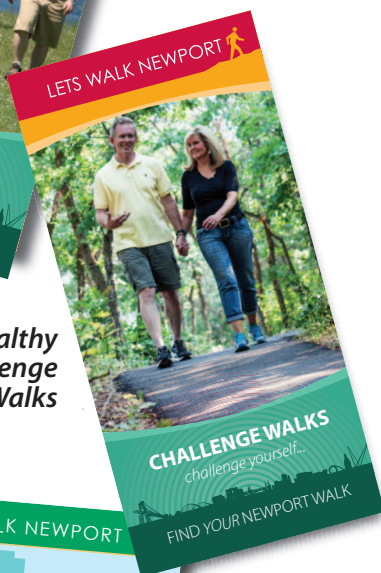
Lets Walk Newport - Small Walks for Small Feet

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

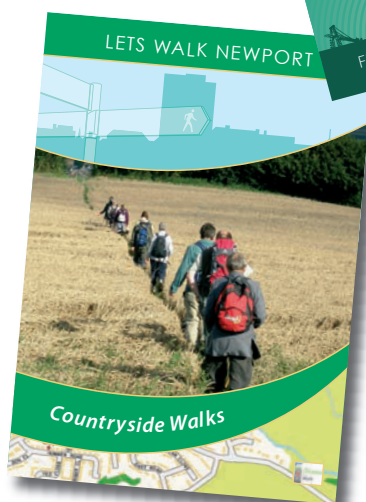
Please see below for the other three brochures in this series.



Healthy Start Walks



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 Bassaleg Beginner | 6 Newport Wetlands Reserve |
| 2 Pill Mill Circular | 7 Belle Vue Park |
| 3 Shaftesbury Park | 8 Lysaghts Park |
| 4 Newport International Sports Village | 9 Beechwood Park |
| 5 Tredegar House & Park | 10 Glebelds |



FIND YOUR NEWPORT WALK