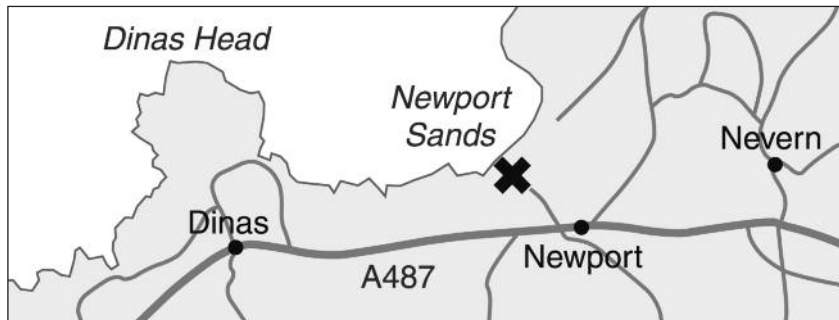


How to get there:

Public transport: (wheelchair accessible). Service bus 412 (Cardigan – Fishguard – Haverfordwest) in Newport town centre. Poppit Rocket in Newport Parrog car park.

Own transport: North Pembrokeshire; in the town of Newport. Approach via the A487 trunk road and follow signs to the Parrog car park.



Grid ref. starting point: SN051396

Toilets: at Newport Parrog car park.

Please note: this walk can only be undertaken at low tide, so please check the tide table before venturing out.

A separate leaflet of this walk has been produced by the Newport Paths Group, and is available at the TIC and Morawelon Café. A Braille version is also available on a 'take and return' basis.

Newport Parrog to Cwm

Easy access walk: 0.8 miles (1.3 km).

Character: gentle walk mostly on surfaced paths along Newport Bay. Great views of estuary and coast.



**Parc Cenedlaethol Arfordir Penfro
Pembrokeshire Coast National Park**



Description

This walk follows the southern edge of Newport Bay from Newport Parrog out towards the sea. There are great views across Newport Sands to the cliffs on the other side of the bay.

Newport Parrog used to be a busy harbour. More than 50 sailing vessels were built

alongside the Nevern estuary, and local merchants had shares in dozens of ships which traded along the Irish Sea and further afield. One of the old storehouses on the Parrog has been preserved as the home of the town's boat club.

Directions

Turn right out of the car park and go up ramp on right (1:8 gradient for 7 metres) onto causeway and down (up to 1:8 gradient for 6 metres) onto paved path. Follow path in front of houses. There is a short 1:10 cross gradient where path bears right.

When path reaches Rock House (up to 1:7 gradient for 7 metres) turn right then left onto the foreshore and join the path for a short distance. The walk enters the foreshore again, and although the sand is firm there is a cross gradient of up to 1:15 (depending on the season) for 23 metres.

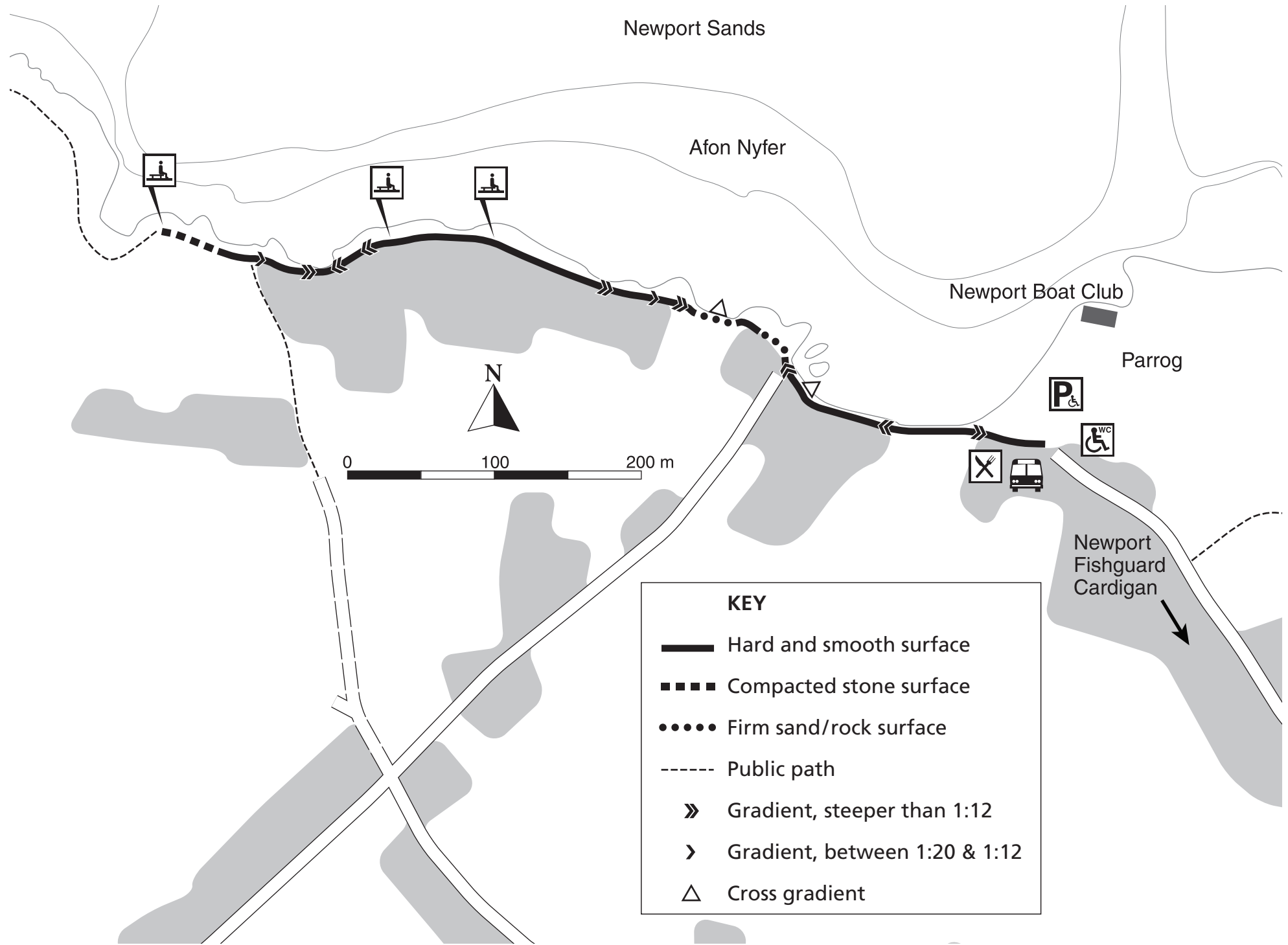
There is a short 1:8 ramp up from the foreshore for 2 metres, after which the path goes steadily uphill (1:15 gradient for 30 metres then 1:8 for 20 metres and finally 1:15 for 23 metres) after which it levels out.

Keep following obvious Coast Path. After the second seat the path goes downhill with two 1:6 sections: the first one for 14 metres and the second one for 5 metres. After this the path goes uphill (47 metres at a 1:10 to 1:7 gradient, then 10 metres at 1:15).

The path is now level and continues to a seating area and viewpoint.

Retrace steps.





Newport Sands

Afon Nyfer

Newport Boat Club

Parrog

Newport Fishguard Cardigan

0 100 200 m



KEY

- Hard and smooth surface
- ■ ■ ■ Compacted stone surface
- ● ● ● Firm sand/rock surface
- Public path
- » Gradient, steeper than 1:12
- > Gradient, between 1:20 & 1:12
- △ Cross gradient

