



Pembrokeshire Coast National Park

Newport/Carningli

Half Day + Walk

SCALE: 0 300 600 m

DISTANCE/DURATION: 3.5 miles (5.6 km) 2 hours

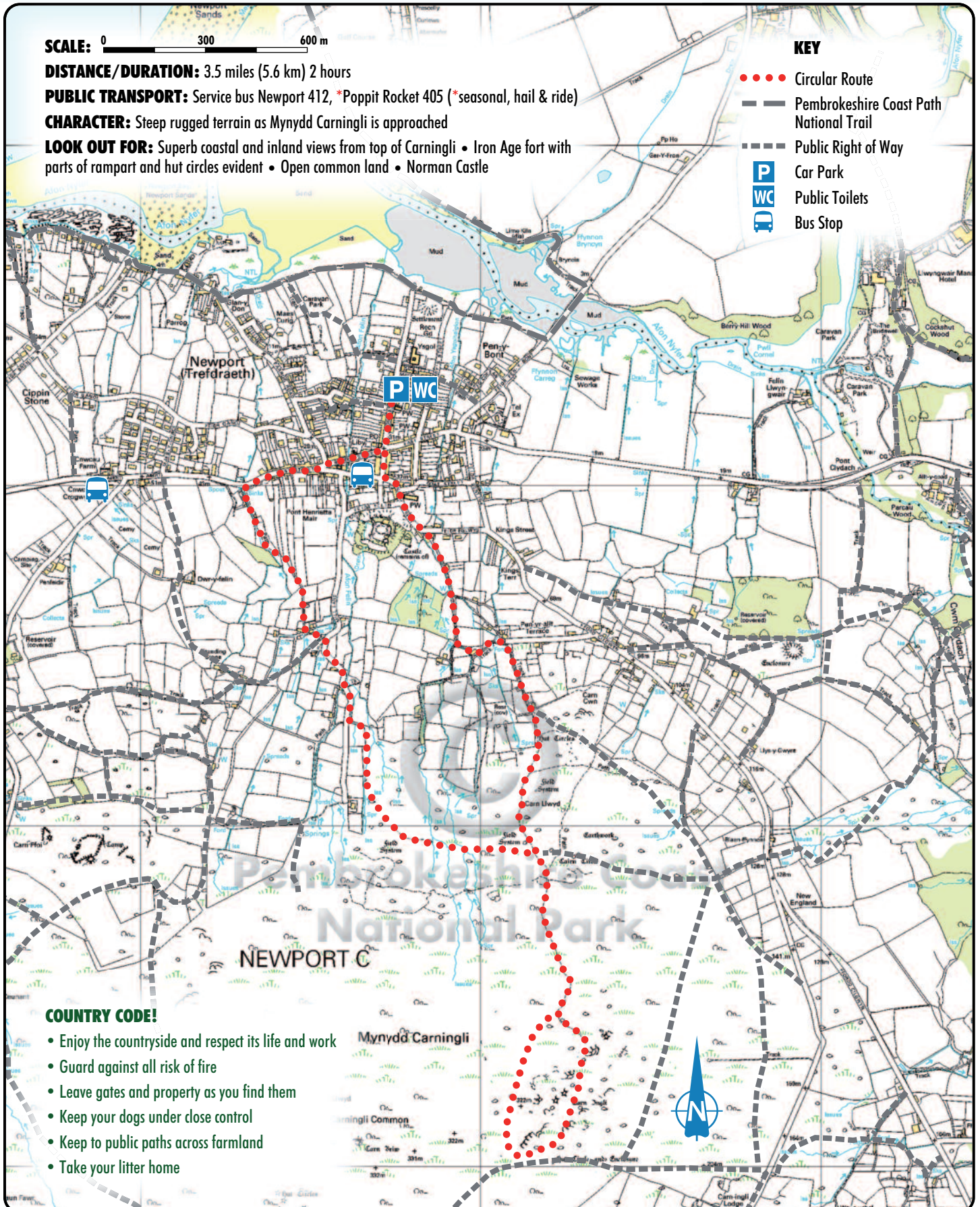
PUBLIC TRANSPORT: Service bus Newport 412, *Poppit Rocket 405 (*seasonal, hail & ride)

CHARACTER: Steep rugged terrain as Mynydd Carningli is approached

LOOK OUT FOR: Superb coastal and inland views from top of Carningli • Iron Age fort with parts of rampart and hut circles evident • Open common land • Norman Castle

KEY

- ● ● Circular Route
- Pembroke Coast Path National Trail
- - - Public Right of Way
- P Car Park
- WC Public Toilets
- Bus Stop



COUNTRY CODE!

- Enjoy the countryside and respect its life and work
- Guard against all risk of fire
- Leave gates and property as you find them
- Keep your dogs under close control
- Keep to public paths across farmland
- Take your litter home

Newport/Carningli

Half Day + Walk

Duration: 2 hours

Length: 3.5 miles (5.6 km)

Public transport: Service bus Newport 412, *Poppit Rocket 405 (*seasonal, hail & ride).

Grid ref: SN056392

The town's Welsh name, Trefdraeth, translates as Beach Town, but Newport actually boasts two beaches - the Parrog and Newport Sands - that are separated by the River Nevern

One of the most striking hills in Pembrokeshire, rocky Carningli is a brooding presence over the town of Newport.

When the sun is setting, Carningli's profile against the red sky makes the hill look rather like the volcano it once was. Its hard dolerite rock is the solid core of cooled magma that was once the volcano's heart. Don't worry though, it last erupted around 450 million years ago.

Carningli translates as the Mountain of Angels. It may have been a holy site long before Christian times but since the Age of the Saints the hilltop has been associated with the Celtic St Brynach. Not a great deal is known about Brynach, who was a 6th century missionary. One of the few references to him describes him as a 'Son of Israel' and he is also said to have talked with animals and birds. Legend has it Brynach communed with angels, possibly at the top of Carningli.

Listen out for the song of skylarks and you may also hear the harsh nasal call of ravens. Carningli Common provides grazing for free-roaming sheep, cattle and ponies.

Everywhere there are clues to past occupation. There was a hill fort on Carningli during the Iron Age, while the remains of groups of huts from the Bronze Age can be found between Carningli and Carn Edward.

Land of Legends

Click on the icons below for a local legend, or go to www.pembrokeshirecoast.wales/legends

