

Newport Parrog-Aber Rhigion-Trilys

Half Day



SCALE: 0 300 600 m

DISTANCE/DURATION: 4.6 miles (7.4km) 2 hours

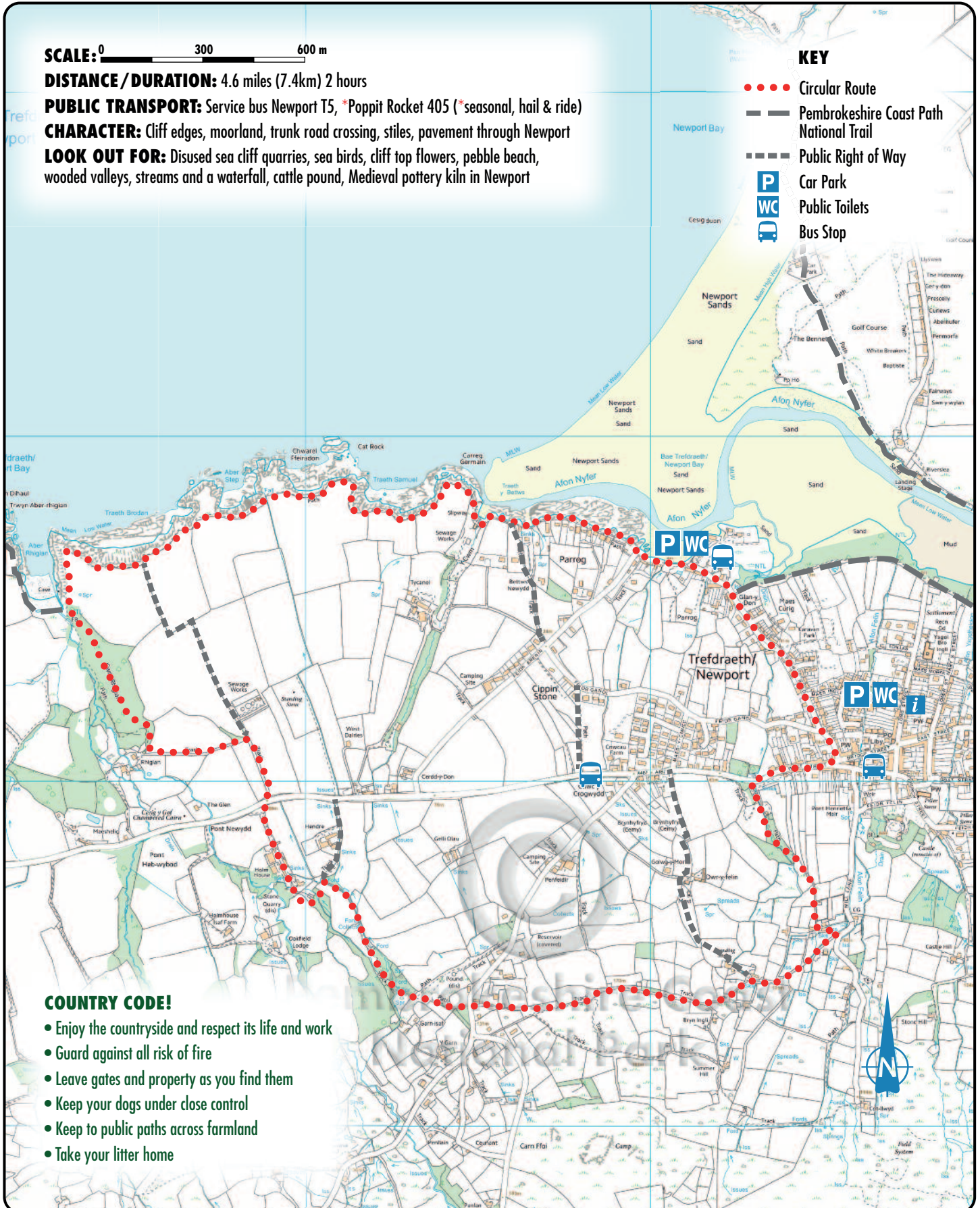
PUBLIC TRANSPORT: Service bus Newport T5, *Poppit Rocket 405 (*seasonal, hail & ride)

CHARACTER: Cliff edges, moorland, trunk road crossing, stiles, pavement through Newport

LOOK OUT FOR: Disused sea cliff quarries, sea birds, cliff top flowers, pebble beach, wooded valleys, streams and a waterfall, cattle pound, Medieval pottery kiln in Newport

KEY

- Circular Route
- Pembrokehire 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 Parrog-Aber Rhigian-Trilys

Half Day Walk

Duration: 2 hours

Length: 4.6 miles (7.4 km)

Public transport: Service bus Newport T5, *Poppit Rocket 405 (*seasonal, hail & ride).

Grid Ref: SN051396

The walk starts at Newport Parrog car park with Newport Boat Club (a former warehouse), a limekiln, a café, a camp site and pretty seafront cottages. The Parrog (harbour) lies on the south side of the Nevern estuary. Boats bob at anchor at high tide.

Our walk heads west past the old lifeboat station at Cwm on the Pembrokeshire Coast Path National Trail along cliff tops garlanded with squills, thrift and sea campion to the pebble beach at Aber Rhigian. You will be accompanied by herring gulls, jackdaws and fulmars with oystercatchers calling on the rocks below.

The path then turns up a wooded valley by the Rhigian stream where bluebells, wild garlic and wood anemones greet the summer visitor and the undergrowth is full of birdsong. After passing Rhigian house, a lane leads up to the main A487 road. Cross with great care. Continue up a track past Holmws Farm, go through and close the gate.

Follow the field boundary round to the left to a steep stile into a copse. Cross the copse to another stile. Cross a small field, go through one gate and immediately right through another gate to an enclosed path beside a stream.

Follow the signposted path through another gate and then over two stiles to the bottom of a steep slope. Turn left for 100 yards to visit an old cattle pound, and then retrace your steps to the stile.

Proceed up the steep slope to cross a tarmac road (Ffordd Bedd Morris) onto a lane leading to the Trilys track across the mountain. Ten yards before another tarmac road (Mill Lane), turn sharply left and walk back 30 yards, turn right through a gate with a signpost sign and walk north down a steep path, called The Slade, beside a stream in a wooded valley to reach the main A487 road again.

Cross with care and walk along the pavement past the Memorial Hall where you can visit the Medieval pottery kiln. Take the first turning left down Parrog Road to return to your starting point at the Parrog.



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