

## NEWPORT Walk With Angels

Explore Newport then a stiff climb to Carn Ingli, one of Britain's most sacred hilltops.

**5.5 miles/8.8km** 3hrs 30min **Ascent** 1,080ft/329m **Difficulty** 2

**Paths** Easy coastal footpaths, boggy farm tracks, rough paths, 2 stiles **Map** OS Explorer OL35 North Pembrokeshire **Grid ref** SN 057392 **Parking** Free car park opposite information centre, Long Street

- 1 Turn **R** out of car park and **L** on to High Street. Fork **L** into Pen y Bont and continue to bridge, where waymarked footpath leads off **L**. Follow this estuary along banks to small road.
- 2 Turn **R** on road and walk to its end, where path then follows sea wall. Continue to another lane (signed 'Coast Path'; this is diversion for high tide) and turn **L** to follow it up to A487. Turn **R** on to road, then turn **L** to continue up drive of Hendre farm.
- 3 Go through gate, to **L** of buildings, follow track to gate; bear **L** to follow stream. Path emerges on open ground and hugs **L** field edge to gate. Continue in same line along hedged section (boggy). Keep ahead at stile to climb up to road.
- 4 Turn **R** on to road and then fork **L** to continue past houses to 2 huge stones on **L**. Pass through stones to follow faint track up to rocky tor. Head up from this towards larger tor of Carn Ffoi. From top of here pick up clearer path through old field system defined

by small, ruined walls. Continue to obvious corner of fenced off field.

- 5 Bear half **R** on to clear footpath across hillside, aiming towards top of Carn Ingli, which rises ahead of you. Fork **L** after 50yds (46m); continue across hillside beneath high point of Carningli Common. Path bears **R** to climb into saddle between Carningli Common and Mynydd Carningli. Continue to far end of rocky ridge; bear **L** to follow faint path up on to ridge top.
- 6 Follow ridge line northwards; drop down, again on faint footpaths, to join clear track straight down hillside. Continue, keeping ahead at 2 crossroads, then turn **L** and then **R** when you get to next junction. This drops you down to gate in corner, which leads on to lane.
- 7 Take lane to crossroads and turn **L** to road head, where you turn **R**. Follow this down to junction in College Square, where you turn **L**. Then turn **R**, on to Church Street. Continue into centre and turn **R** into Market Street to main road. Cross into Long Street.

