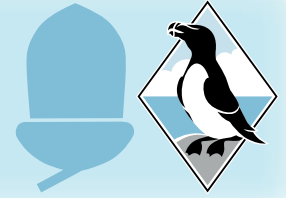


Newport Parrog / Abergighian

Short Walk



SCALE: 0 300 600 m

DISTANCE / DURATION: 3.2 miles (5.1 km) 1 hour 30 minutes

PUBLIC TRANSPORT: Please refer to Pembrokeshire County Council website:
www.pembrokeshire.gov.uk/bus-routes-and-timetables/bus-routes-list-all-buses

CHARACTER: Cliff edge, wooded valley, 400 m on trunk road verge

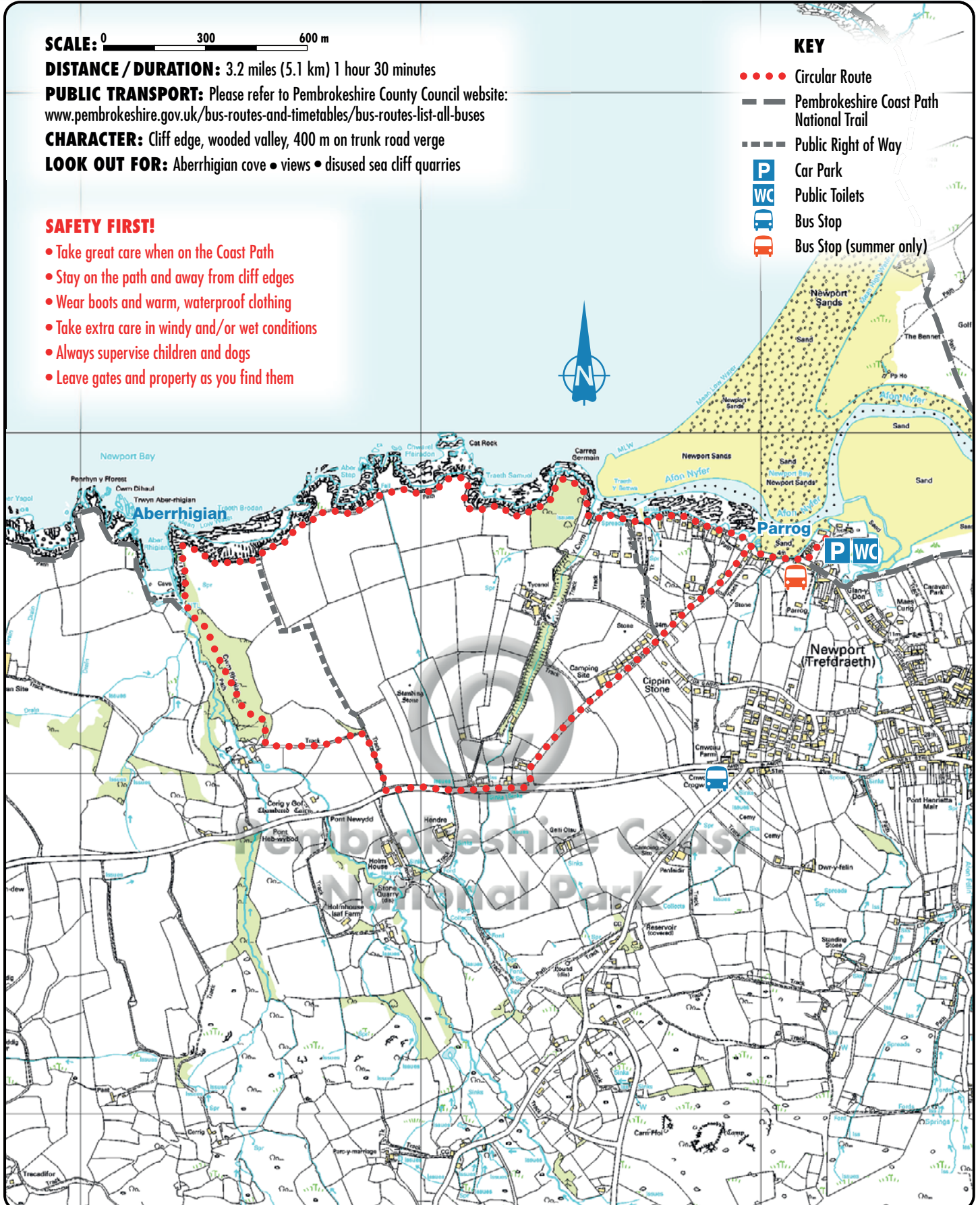
LOOK OUT FOR: Abergighian cove • views • disused sea cliff quarries

SAFETY FIRST!

- Take great care when on the Coast Path
- Stay on the path and away from cliff edges
- Wear boots and warm, waterproof clothing
- Take extra care in windy and/or wet conditions
- Always supervise children and dogs
- Leave gates and property as you find them

KEY

- Circular Route
- Pembrokeshire Coast Path
National Trail
- - - Public Right of Way
- P Car Park
- WC Public Toilets
- Bus Stop
- Bus Stop (summer only)



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Short Walk

Public transport: Please refer to Pembrokeshire County Council website:
www.pembrokeshire.gov.uk/bus-routes-and-timetables/bus-routes-list-all-buses

Duration: 1 hour 30 minutes

Length: 3.2 miles (5.1 km)

Grid ref: SN043398

Visit one of the region's most important historical trading towns, and check out one of its popular beaches.

Look out for: Aberrhigian cove, views.

Newport itself has a Norman Castle, some interesting eighteenth and nineteenth century houses, and two beaches - Newport Sands and Newport Parrog - separated by the river Nyfer. Newport Sands is a well-known windsurfing beach, but the Parrog, although more sheltered than Newport Sands, is a muddier beach with some dangerous currents.

From the sixteenth to the early twentieth century Newport was an important trading and shipbuilding centre and the Parrog formerly had several warehouses (one survives as the Boat Club). There's excellent fishing for bass and sea trout in the waters of the estuary.

Aberrhigian is a sheltered cove at the head of Cwm Rhigian, a wooded river valley - so look out for woodland birds.

Character: Cliff edge, wooded valley, 400 m on trunk road verge.

Text provided by the BBC

