

Monmouthshire Health Walk - Black Rock Walk

DISTANCE

3 miles / 5 kilometres

TIME

1 hour 30 mins

GRADE

Easy, no stiles, one foot-bridge with steps

STARTING POINT

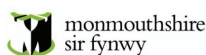
Black Rock Picnic Site Car Park

THE ROUTE

- 1 Turn right out of the car park entrance. Go through gate and right to follow the Wales Coastal Path to Sudbrook
- 2 Just past the pumping station in Sudbrook, turn left across the old railway line, then turn left again on Camp Road
- 3 There are seats, by the Chapel ruins, a handy resting place with a view
- 4 Follow the Wales Coastal Path round the camp rampart. Shortly afterwards, leave the coast path and turn right across a foot-ball field to a gap in the rampart
- 5 Pass through the rampart, pass a play area to your left and follow the track back to the main road
- 6 Turn left on Sudbrook Road and follow it until you come to some traffic lights. Turn right through a gate, cross the field
- 7 Pass an electricity pylon on your left and go through a gate into the next field. Head towards the next pylon
- 8 Go through a gate on your left onto a track and follow this, parallel to the railway line to a footbridge
- 9 Cross the footbridge over the railway
- 10 Turn left on Station Road, then right on Hill Barn View and, after 10m, right again onto Sunny Croft
- 11 At the T-junction, turn right on Black Rock Road and follow this back to the car park

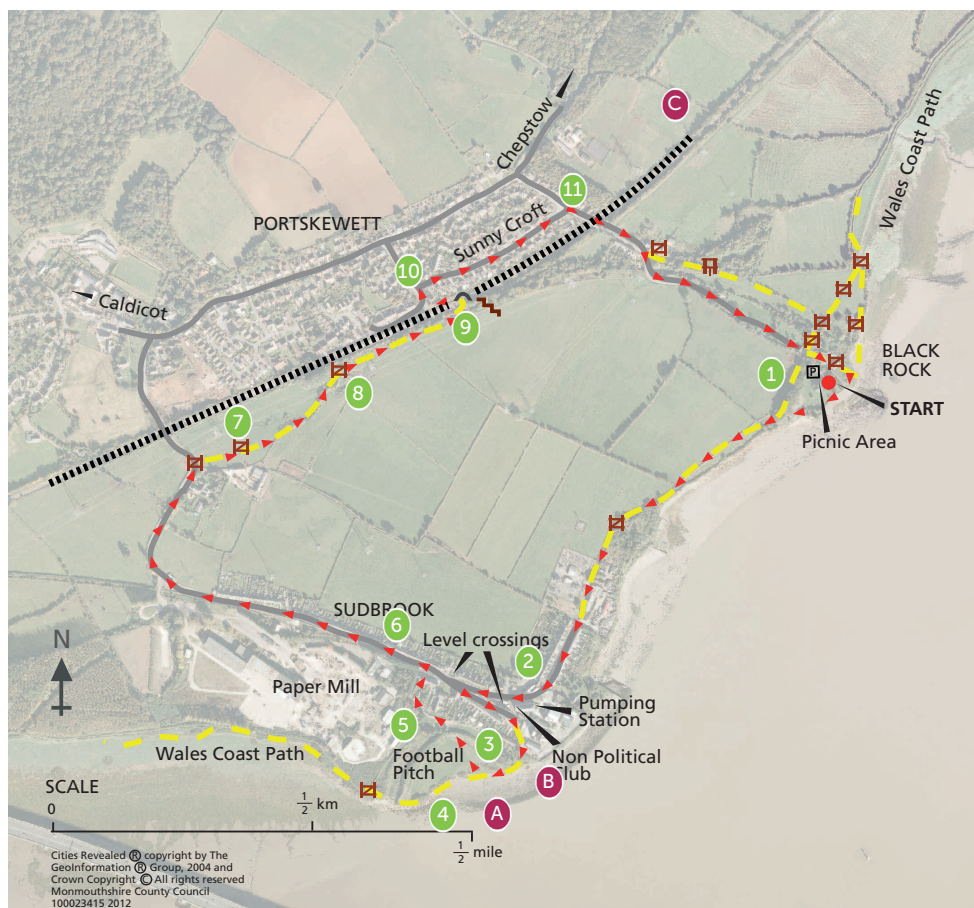
POINTS OF INTEREST

- A Sudbrook Camp is a late iron age cliff top camp or fort, one of several along the South Wales coast. It was probably built by the Silures, who occupied this area when the Romans arrived.
- B The ruined Sudbrook Chapel dates from the 12th Century. The last person to be buried in the churchyard was a sea captain in 1757. Although already in a state of disrepair, the chapel ruins were protected from erosion by the dumping of rubble from the construction of the Severn Tunnel.
- C The Great Western Railway Company built the Severn Tunnel in 1873-86. This reduced the journey time from Cardiff to London by one hour at the enormous cost (at the time) of £2 million. The first train to make the journey was fuelled by Welsh coal from the company's mines at Blaenavon.



KEY

- Walk route
- Public right of way
- Roads
- Parking
- Stile
- Gate
- Underpass
- Bench
- Bridge
- Footbridge
- Steps
- Church
- Pub
- Cafe
- Village Hall
- Railway line



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