

# Monmouthshire Health Walk - Bulwark Walk

## THE ROUTE

- 1 Leave the car park through the bollards and turn right on Marten Road
- 2 Walk down the slope into the woods and turn right on the Wales Coast Path
- 3 Walk around the ramparts of the hill fort
- 4 Back at the entrance to the hill fort, continue along the coast path on an un-surfaced road, with the ramparts of the hill fort to your left
- 5 Turn left on the road
- 6 Turn right before a red brick garage and follow this road (Raglan Way) down hill to a bend
- 7 At the bend in the road, turn left on a tarmacked path following a Wales Coast Path finger post
- 8 Follow the path between the railway embankment and some houses to the edge of the woods
- 9 Continue to follow the Wales Coast Path through the woods
- 10 Cross the playing field between a hedge and white railings to Tenby Lane
- 11 Turn right on Tenby Lane
- 12 Turn left at the T-junction, cross the road and follow it downhill to a large roundabout
- 13 Walk straight ahead around the large roundabout, then a second, smaller roundabout and continue ahead along Thornwell Road
- 14 Turn right at the Two Brewers pub onto Victoria Road
- 15 Turn left onto Camp Road
- 16 Turn right onto Alpha Road and follow it to the end
- 17 Turn left on the Coast Path and retrace the outward route from here back to the car park

## POINTS OF INTEREST

- A Bulwarks Camp is a hillfort, probably built by the Silures in the first century BC. It has a double bank and ditch. Its elevated position gives a good view over the Rivers Wye and Severn.
- B Warren Slade and Park Redding Woods have mostly deciduous trees and woodland flowers in the springtime. There are good views across the Wye.
- C The remains of a stone age 'chambered tomb' can be found beneath the large oak tree growing in the middle of the grass area at Fountains Way. Excavations have revealed three chambers containing pottery and human bones.
- D Archaeological excavations undertaken before construction of the housing estate and the M48 motorway junction suggest that the Thornwell area has been inhabited continuously from around 5,000 BC until the departure of the Romans in the 5th century AD.

## DISTANCE

2.6 miles / 4.2 kilometres

## TIME

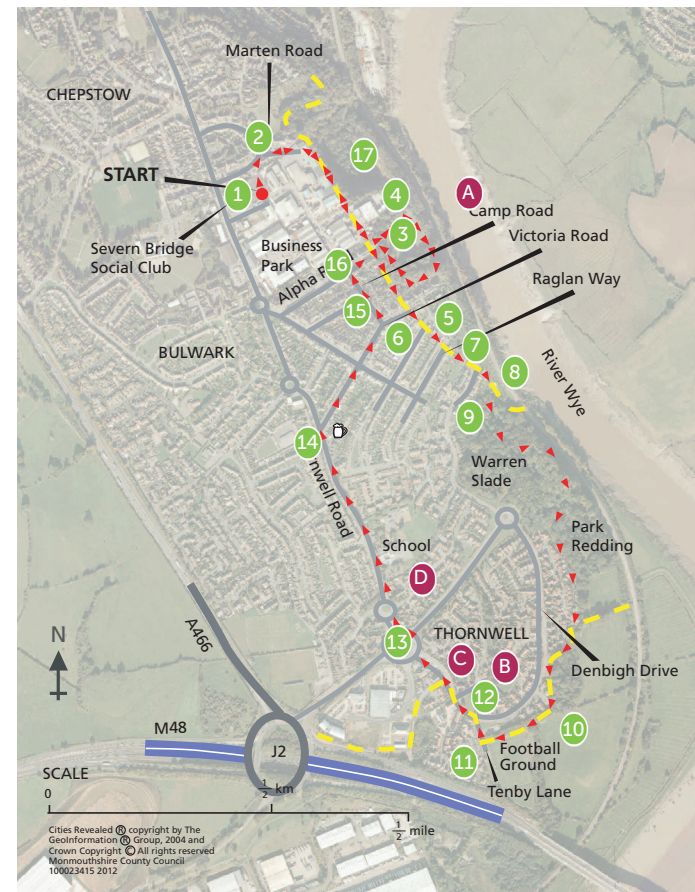
1 hour 25 mins

## GRADE

Moderate, one steep ascent and descent, no stiles

## STARTING POINT

Severn Bridge Social Club car park, at the far end by the bollards leading to Marten Road



## KEY

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

