



NEWPORT
CITY COUNCIL
CYNGOR DINAS
CASNEWYDD

NEWPORT 360°

A VISITOR'S PERSPECTIVE
OF THE PLACES AND PEOPLE OF NEWPORT



www.newport.gov.uk/visiting

THINK YOU KNOW NEWPORT?

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Gateway to the castles of the Welsh Marches and the heritage-rich South Wales Valleys - source of the Monmouthshire, Brecon & Abergavenny Canals



Coastal city where the River Usk meets the stunning Severn Estuary; just 18 miles from the border with England and the Wye Valley Area of Outstanding Natural Beauty



Training ground of Olympians and Paralympians at the Wales National Velodrome and home to the Dragon Park National Football Centre



Roman amphitheatre at nearby Caerleon, the most varied and fascinating Roman site in Britain



Pretty impressive bridges including one of the world's six working **Transporter Bridges**



Situated on the 870-mile **Wales Coast Path and the National Cycle Network**, with **RSPB's Newport Wetlands**, a wildlife haven, on the city's doorstep

You may be in for a surprise



Vibrant university campus at the heart of the city centre



Rodney Parade, home to Newport County Football Club, Newport Gwent Dragons regional rugby team and Newport Rugby Club, the only team to beat the New Zealand All Blacks during their 1963 tour



Just off the M4, with direct rail services from London, Birmingham and Manchester; **within easy reach of the Brecon Beacons and no distance to Cardiff**



Distinctive heritage stemming from Newport's history as a thriving port, including the **Monmouthshire, Brecon & Abergavenny Canals and 17th century Tredegar House**



Golfing capital of Wales: The Celtic Manor Resort hosted The Ryder Cup 2010 and there are 27 golf courses within 45 mins drive



Fiercely proud locals from all corners of the globe

Please tell us about your visit to Newport tourism@newport.gov.uk

How many SHADES OF GREEN CAN YOU FIND?

If you're keen on a countryside break far from the crowds, Newport should be high up your list of places to visit. Yes, it's a city.

Yes, it bustles with people and activity. But the urban part of Newport is relatively compact and 70% of the area is in fact rural.

So make the most of the excellent transport links to get you here and enjoy your own green space just a few minutes from city centre facilities.

Locals have their favourite spots to escape to. Here are some rural recommendations from those in the know.



East Usk Lighthouse



Bird Watching at Newport Wetlands Reserve



newport wetlands

— Elaine Friend and Pat Holcombe, keen walkers

'We never fail to feel refreshed after a visit to Newport Wetlands, whatever the weather. The views over the Severn Estuary are stunning and there's plenty of different wildlife to see throughout the year, such as bearded tits, little owls, five species of orchid and dragonflies and butterflies in abundance.'

PERFECT FOR:

Blowing the cobwebs away and relaxing in the café with views over the reserve.

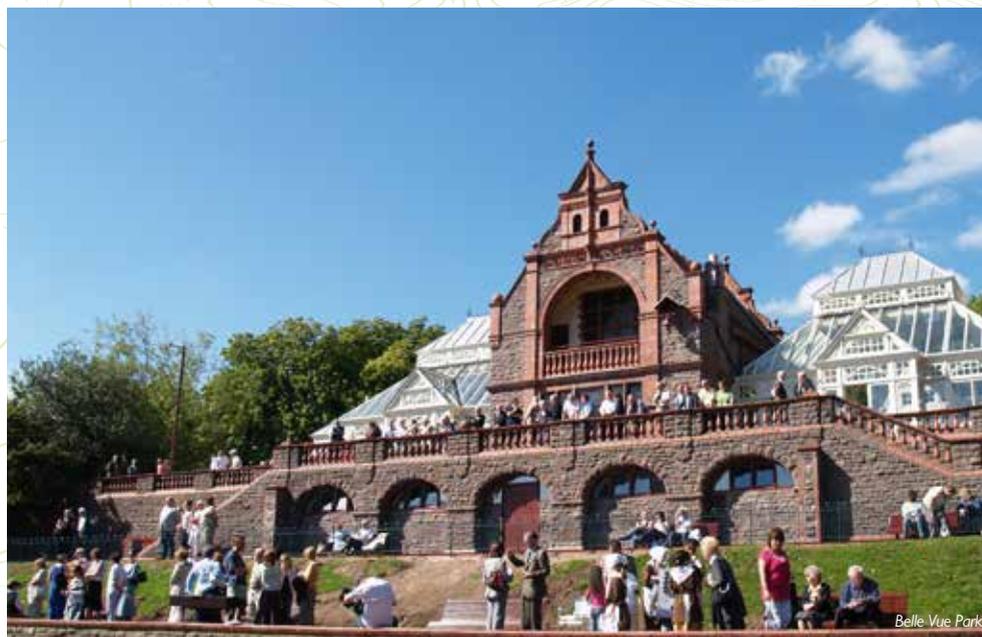
GOOD TO KNOW:

You can walk from the city centre along the Wales Coast Path; it's under 3 miles.

www.newport.gov.uk/naturereserves



Monmouthshire, Brecon and Abergavenny Canals



Belle Vue Park



Monmouthshire, Brecon and Abergavenny Canals

Roger Frances, deep sea captain

'Park the car at Fourteen Locks Canal Centre and take a gentle stroll westwards along the towpath towards Cwmcarn. You're bound to pass a friendly face or two.'

PERFECT FOR: Joining a guided walk on the first Saturday of every month.

GOOD TO KNOW: If you head east towards Newport, the towpath goes downhill. And in just over a mile you're at Allt-Yr-Yn Nature Reserve.

www.fourteenlocks.mbact.org.uk

Wentwood Forest

Anne Underwood, local resident

'There is so much variety in this, Wales' largest ancient forest. So many different paths to take, so much to explore. And breathtaking views where there are gaps between the trees.'

PERFECT FOR: Walking, mountain biking or just enjoying a family picnic.

GOOD TO KNOW: Explore Wentwood Forest from Foresters' Oaks (grid ref. ST425949) where there's a car park, picnic benches, barbecue sites and a large grassy open space overlooking a reservoir. There's more parking at Cadeira Beeches at the top of the hill (grid ref. ST428939). Maps are usually available in dispensers at the car parks or from Penhow Village Shop (grid ref. ST407917)

www.woodlandtrust.org.uk/mediafile/100081485/wentwood-walks.pdf

Belle Vue Park

Rhiannon Thomas, local resident

'This Victorian park is just a few minutes from the city centre but it feels like another world. There's a water cascade, band stand, tea rooms and children's play area.'

PERFECT FOR: Reading a book, enjoying an ice cream and watching the squirrels.

GOOD TO KNOW: Beechwood Park, also near the city centre, provides super views across the city and the Severn Estuary.

www.newport.gov.uk/parks

www.southwalesgardens.org

Magor Marsh

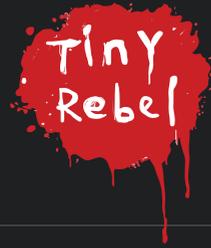
Teresa Morgan, trainee teacher

'Summer is my favourite time of year at Magor Marsh, when the meadows are full of colourful flowers and butterflies. Our children enjoy following the Dragonfly Trail and spotting pond creatures in the reens (drainage ditches).'

PERFECT FOR: A family walk in wellies and occasional family fun days (check website for dates).

GOOD TO KNOW: Solutia Reserve – also managed by Gwent Wildlife Trust – is less than 10 minutes drive from Magor Marsh.

www.gwentwildlife.org



*Tiny Rebel started life in a Newport garage when **Brad Cummings** and **Gazz Williams** began home-brewing at the weekends.*

Now the brewery has been named UK Brewery of the Year at the International Beer Challenge, the Tiny Rebel Bar in the city centre is thriving and their food offering goes down almost as well as the beer. Brewery tours and a huge bar and restaurant on site at the new and expanded brewery site have made it enormously successful since its opening in Summer 2017, welcoming visitors and Tiny Rebel fans from all over the world.

“don’t take themselves too seriously”. So expect fun limited-editions like the marshmallow porter Stay-Puft alongside Cwtch, the Champion Beer of Britain 2015, when you drop in for a pint.

A new menu including ‘Hot Mess’ – classic Quebec pub grub, amazing pizzas and their famous burgers make Tiny Rebel Bar a firm favourite on the High Street.

The pair believe in drinkable, flavoursome beers and, as Brad says,



To uncover more tales about Newport, use the Newport Explorer multimedia trail. Look out for the brightly coloured signposts across the city centre at landmark buildings, historic sites or locations with an interesting story to tell.



Use your mobile phone to access www.visitnewport.wales enter the number on the logo or scan the QR code above and you’ll discover something about that place. It’s also available to virtual visitors at home.



Friars Walk



Newport CASTLE

Newport Castle was built in the 1280s and 1290s by Gilbert de Clare, Earl of Gloucester. Its dramatic riverside frontage has a water gate in the central tower, so the lord could arrive by boat. The only other example is the 'Traitor's Gate' at the Tower of London. Between the corner and central towers was a great hall and chambers, and the whole castle was contained within a tidal moat and a curtain wall. Updated by the Dukes of Buckingham into a great house with a fine presence chamber over the water gate, it fell into disrepair after the third Duke was executed in 1521. In the 19th century it was converted into a tannery and brewery, and today the site is open to visitors for special events during the year.



Medieval SHIP

www.newportship.org

The Newport Medieval Ship is a fifteenth century merchant vessel which was unearthed in the heart of Newport in 2002. Work on the Riverfront Theatre and Arts Centre was paused while excavations could take place, and the timbers have since been undergoing a lengthy conservation process so the ship can be displayed to the public. To learn more about the ship you can visit the Ship Centre on one of the regular open days.



Newport Museum & ART GALLERY

www.newport.gov.uk/heritage

A respite from the hustle and bustle, it includes a local information centre with plenty of ideas for days out. **Free entry.**



Newport MARKET

www.newport.gov.uk/market

Home to tasty produce, Welsh gifts, coffee shops and great camaraderie. Open Mon-Sat.



Transporter BRIDGE

www.newport.gov.uk/heritage
www.fontb.org.uk

Grade I listed structure that still carries people and vehicles across the River Usk in a gondola.



The Riverfront THEATRE & ARTS CENTRE

www.newportlive.co.uk

Comedy, drama, dance and pantomime fill this building throughout the year.



Newport CATHEDRAL

www.newport.gov.uk/visiting

A site of worship for some 700 years, also known as St. Woolos, its name is an anglicised version of Gywnllyw, the 5th century warrior-prince with a dubious past who later turned to Christianity. A plaque alongside the main path to the church remembers the ten unnamed Chartists who were shot dead during the uprising in Newport on 4 November 1839, and buried by the soldiers that same night in unmarked graves.

EVENTS

www.newport.gov.uk/events

There's a busy programme of city centre events including an annual Half Marathon and Food Festival and regular fixtures at Rodney Parade. See Pages 42-43 for some ideas.

Getting around

A mostly traffic-free cycle route runs along both sides of the river, with various bridges across the Usk. Several National Cycle Routes pass through through Newport and Caerleon, including The Celtic Trail (routes 4 and 47) and routes 49 and 88.



Newport is an undulating city, so be prepared for some hills and some great views. Cross the crane-like City Footbridge to see the city from the east bank, or head towards our section of the Wales Coast Path and enjoy the open spaces and wildlife www.walescoastpath.gov.uk



Newport Bus runs the city bus services, linking with national services such as Megabus and National Express. www.newportbus.co.uk



NEWPORT *through the ages*



NEWPORT

UK

Early History

Late Mesolithic human footprints, around 7,500 years old, have been found preserved in clay along the Gwent Levels, near Goldcliff.

For centuries the area was inhabited by the fearsome Silures tribe who resisted the Roman invasion.

1st Century

c.75AD The Romans built a huge fortress at Caerleon that would guard this region, the furthest outpost of the Roman Empire, for over 200 years. The extensive remains include an amphitheatre, baths, barracks and a wealth of finds in the National Roman Legion Museum www.cadw.wales.gov.uk www.museumwales.ac.uk www.newport.gov.uk/caerleon

6th Century

c.550 According to legend, King Gwynllyw converted to Christianity and founded a place of worship where Newport's cathedral now stands. www.newport.gov.uk/visiting

11th - 12th Century

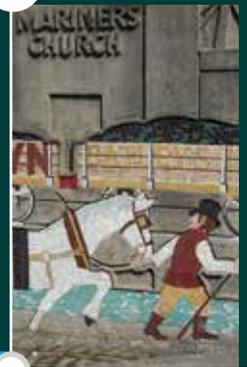
The Normans gave the place its first recorded name, Novus Bergus and built the first castle on Stow Hill www.cadw.wales.gov.uk
1136 Geoffrey of Monmouth wrote his *Historia Regum Britanniae* in which he described how King Arthur Arthur held court at Caerleon. It was to set writers weaving new versions of the legend right across Europe. www.caerleon.net/history/arthur/

16th - 17th Century

Set in a beautiful 90 acre park in Newport, **Tredegar House** is one of the best examples of a 17th century Charles II mansion in Britain. The Morgan family, later Lords Tredegar, lived on this site from **1402** for over 500 years. Learn about the Morgan family, later Lords Tredegar, at their 17th century mansion Tredegar House. The family includes Sir Charles Morgan who shaped the city's development in the 19th century and the outlandish Evan Morgan who owned a dancing kangaroo. www.newport.gov.uk/visiting

18th Century

Newport develops at a rapid pace as iron and coal from the South Wales Valleys are sent across the world via the nearest port - Newport.



1st Century

c. AD 43 The Romans invaded Britain. At this time the language of most of Britain was derived from a branch of Celtic known as Brythonic; it later gave rise to Welsh, Cornish and Breton.



11th - 12th Century

1066 Battle of Hastings
1170 Assassination of Thomas Becket, Archbishop of Canterbury

16th - 17th Century

1536 -1540 Dissolution of the monasteries by Henry VIII
1605 Gunpowder Plot
1642 1651 English Civil War
1665 Great Plague
1666 Great Fire of London

18th Century

c.1750 Industrial Revolution begins

NEWPORT *through the ages*



NEWPORT

UK

19th century

1812 The Brecknock and Abergavenny Canal joined with the Monmouthshire Canal to form one waterway, over 52 miles long. It linked with over 200 miles of horse-drawn tramroads to convey coal, iron and limestone to the busy port of Newport and other towns in South Wales and the Midlands.
www.fourteenlocks.mbact.org.uk

19th century

1839 Uprising in Newport as part of the national Chartist movement that was demanding new freedoms including votes for all men over 21. The leaders, including former Newport mayor John Frost, were convicted of high treason and transported from Chepstow to Van Dieman's Land (modern Tasmania). Chartists in Britain continued to campaign for their release. Eventually he was pardoned and returned to Britain, living until the age of 97. Follow the Chartist trail around the city and visit Newport Museum and Art Gallery to discover more.
www.newport.gov.uk/visiting

20th century

1905 Escapologist Harry Houdini makes a spectacular escape from a locked police cell in the Town Hall.
1906 The Transporter Bridge was officially opened by Lord Tredegar on 12th September by crossing from the west to the east bank of the Usk. That evening the bridge was illuminated and hundreds of local people paid the halfpenny toll to cross the river. A fashionable type of bridge on the continent, it was French engineer Arnodin who designed this elegant Newport landmark. One of just six still in operation today, this elegant structure can be seen from over 20 miles away on both sides of the Severn estuary.

1939-1945 There are many direct hits from regular bombing raids, causing damage, injury and loss of life. On May 28th 1944 the Alexandra Dock was packed with shipping; by June 4th it was empty as the ships formed part of the D-Day invasion fleet.

21st century

2000 Newport Wetlands was established to provide wildlife habitat as compensation for the loss of the mud flats further along the Severn Estuary following the building of the Cardiff Bay Barrage.
www.newport.gov.uk/visiting

21st century

2002 Newport was officially granted 'city' status,
2002 While digging the foundations for The Riverfront Theatre & Arts Centre, the hull of a large 15th century ship is discovered. Dated to c.1450, the Newport Ship is one of the best preserved merchant ships ever discovered in Europe. Currently undergoing preservation, the timbers can be viewed on special open days.
www.newportship.org

19th century

1805
Nelson killed in battle of Trafalgar

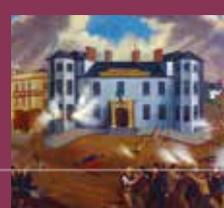
19th century

1871
Trade unions legalised

20th century

1904
The Welsh Religious revival

1916
Lloyd George became the first Welshman to be Prime Minister



21st century

2012
Queen Elizabeth II celebrates Diamond Jubilee

2015
Regeneration of city centre

2019
The opening of the ICCW (International Convention Centre Wales)

The Celtic Manor Resort has welcomed global visitors, world presidents and a Tiger!

The Celtic Manor Resort is a golf, spa and leisure hotel and resort in Newport.

The Resort consists of three hotels, two spas, six restaurants, three championship golf courses, two golf and country clubs, high ropes course, adventure golf, laser tag, archery and a multi-purpose conference centre.

Tiger Woods and other leading golfers visited this world-class resort when it hosted The 2010 Ryder Cup,

and world leaders from 60 countries came for the NATO Summit in 2014. New for 2019 on site will be the International Conference Centre Wales, capable of accommodating 5,000 delegates and set in peaceful woodland, yet just a stone's throw from the M4.

www.celtic-manor.com



International Conference Centre Wales


CELTIC MANOR
RESORT

EVENTS

NEWPORT.GOV.UK/WHATSON

With Newport hosting many fixtures in the busy Welsh sporting calendar, there are plenty of opportunities for sports fans to spectate and to take part. In particular, recent success in the F.A. Cup for local team Newport County has inspired local fans.



#ONE CLUB ONE COUNTY

Newport County AFC vs Manchester City

16 FEBRUARY 2019

5.30 PM K.O.

The Admiral City of Newport Half Marathon, which has been running for several years, has now been joined by the ABP Newport Wales Marathon, the first premier marathon distance mass-participation event in Wales. The route is one of the UK's flattest and fastest marathon courses, taking in a host of landmarks, picturesque medieval villages and Newport's recently regenerated city centre.

Newport has recently hosted the World Series Boxing and the Tour of Britain and Velothon road cycling events. We were proud to host the British Transplant Games for 2019 and we even have the sport of kings – Polo at The Celtic Manor Resort

www.newportwalesmarathon.co.uk



NEWPORT LIVE CASNEWYDD FYW

Confirmed as the golf capital of Wales, Newport has 27 golf courses within a short drive. The city is also at the top of the league in other sports, earning a reputation for excellence in sports training and preparation. Newport International Sports Village and the National Football Development Centre at Dragon Park attract world class coaches and the very best athletes and young players. The velodrome – one of only six in the UK – hosted Team GB and Paralympic GB as they prepared for the London 2012 and Rio 2016 games, and welcomed Paralympic cycling teams from Australia and USA who chose Newport as their training venue.

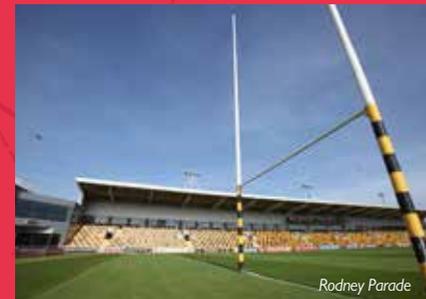
www.newportlive.co.uk



The Ryder Cup



Dragon Park



Rodney Parade

At the 9,000 capacity Rodney Parade on the east bank of the river Usk, you can support the resurgent Newport County football team, the local Newport rugby team or the regional rugby team Newport Gwent Dragons.

www.newport-county.co.uk

www.blackandambers.co.uk

www.dragonsrugby.wales



Geraint Thomas National Velodrome of Wales





ARE WE THERE YET?



Sight-seeing DAYS

Newport Museum and Art Gallery (free entry) is a great place to start your sight-seeing. Don't miss the children's area in the Art Gallery and the 'fairy doors' hidden around the Museum.

www.newport.gov.uk/heritage

www.visitnewport.wales

Climb 177ft to the high level walkway on the historic Transporter Bridge for spectacular views of the city or ride in the gondola as it crosses the River Usk (it carries cars, bikes and foot passengers).

www.newport.gov.uk/heritage

www.fontb.org.uk



Hands-on DAYS

The enthralling Newport Wetlands offers nature trails, children's play area, visitor centre & café, and a year-round programme of activities that includes pond-dipping and making bird feeders. **Free entry.**

www.newport.gov.uk/naturereserves

For cute piglets, cuddly rabbits, pony rides, tractors and much more visit Newport's farm parks – Walnut Tree Farm Park and Cefn Mably Farm Park.

www.walnuttreefarmpark.com

www.cefnmablyfarmpark.com



Energetic DAYS

Follow the mostly traffic-free 4 mile cycle route from the city centre to the Roman town of Caerleon where there's plenty to explore.

Try your hand at archery, adventure golf, laser combat or a ropes adventure course at The Celtic Manor Resort www.celtic-manor.com or try exhilarating super-fast racing at Supakart www.supakart.co.uk Tel. 01633 280808



Sunny DAYS

Feed the ducks at Fourteen Locks Canal Centre and take a stroll along the Monmouthshire, Brecon & Abergavenny Canals. Free entry. www.fourteenlocks.mbact.org.uk

Enjoy a picnic in the 90 acres of parkland (free entry) surrounding Tredegar House. There's a children's play area, lakeside walks and a café. www.nationaltrust.org.uk/Tredegar-house

For more outdoor ideas, check out www.50things.org.uk



Wet DAYS

There's always something happening at The Riverfront Theatre and Arts Centre, including films, shows, workshops and exhibitions. www.newportlive.co.uk/riverfront

Try out the leisure pool at Newport Centre or spend a few hours at Newport International Sports Village where there's swimming, badminton, indoor tennis and a soft play area.

www.newportlive.co.uk

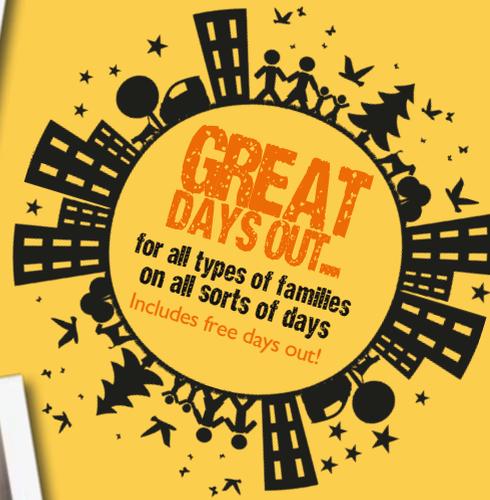


Discovery DAYS

Roman board games, dressing up, art materials and quizzes are just some of the activities available on weekends and during school holidays at the National Roman Legion Museum in Caerleon. Free entry. www.museumwales.ac.uk/roman

Learn about life both upstairs and downstairs at the 17th century mansion Tredegar House and its recent role as a film and TV location for Dr Who, Torchwood and Sherlock.

www.nationaltrust.org.uk/tredegar-house



Model' daughter



Girls love dressing up



Art appreciation!



Our 'Roman' soldiers



Just add water



As you can tell from its name, water is central to Newport's psyche. It's as integral to the city's future as it was to its past. Today, water is key to some of the city's most spectacular settings and best views.

River Usk

Newport's lifeblood is the River Usk which starts over 60 miles away in the Brecon Beacons and divides the city in two. Designated a Site of Special Scientific Interest, there are wildlife-rich habitats on its entire length. Along the riverbank are the modest remains of Newport Castle, historically the main gateway into South Wales. During construction of

The Riverfront Theatre & Arts Centre the hull of a large 15th century merchant ship was discovered in the riverbank; it is currently undergoing preservation. In 2011 a Roman harbour was unearthed during a dig in Caerleon indicating the importance of the Usk in linking this fortress to the rest of the Roman Empire.

www.newportship.org

www.newport.gov.uk/caerleon

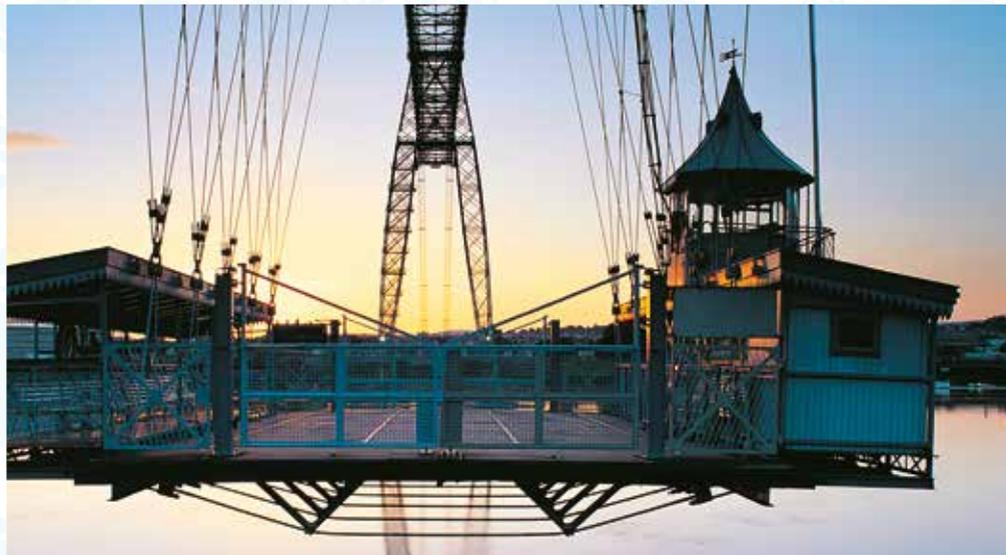
Wales Coast Path

A must do. You don't have to walk miles but you really shouldn't miss the views which, on a clear day, extend across the Severn Estuary to Somerset. Inland, behind the sea wall, are the Gwent Levels, a flat, fertile landscape reclaimed from the sea and dotted with ancient villages.

www.newport.gov.uk/walk

Bridges

Inevitably where there's water, there are bridges. In Newport you'll find seven bridges over the River Usk including the Grade I-listed Newport Transporter Bridge and George Street Bridge – the UK's first cable-stayed bridge. The newest addition is Newport City Footbridge; the highest ever wirewalk in Europe was performed here in 2010.



Transporter Bridge



Town Bridge



Newport City Footbridge



City Bridge

Monmouthshire, Brecon & Abergavenny Canals

A former industrial artery, this tranquil waterway runs, almost unseen, into the city. The best place to get up close is at Fourteen Locks Canal Centre.

www.fourteenlocks.mbact.org.uk

Newport Wetlands

Reedbeds, saltmarsh, mudflats, water channels. Heaven for bearded tits, dunlins, little egrets and many more species. Pretty special for people, too. When Kate Humble, broadcaster and naturalist, opened the Visitor Centre she said: 'You can be in amongst the most beautiful scenery within minutes of leaving Newport city centre. One visit really brings you closer to nature.'

www.newport.gov.uk/naturereserves

Did you know?

Newport has the highest tidal range of any city in the world - almost 50 ft.

Did you know?

Newport Medieval Ship is the most complete fifteenth century vessel ever found.

WORLD'S LAST SEA-GOING PADDLE STEAMER

The Waverley operates day excursions from South Wales each summer. Passengers are collected by coach from Newport to join the ship at nearby Penarth.

www.waverleyexcursions.co.uk

A LITTLE LUXURY

There's a hot tub on top of West Usk Lighthouse and The Celtic Manor Resort boasts Best UK Hotel Spa 2015, awarded by Spa Traveller Awards.

www.westusklighthouse.co.uk
www.celtic-manor.com

HORRIBLE HISTORY

In 1607 some 200 square miles of land along the South Wales coast were suddenly flooded and entire villages swept away, possibly by a tsunami. Spot the two flood markings on the outside of the church in Redwick.

Did you know?

In 2014, the centenary of the opening of the South Dock was celebrated. From 1914, Newport was able to accommodate the largest ships in the world, handling iron and coal exports from the South Wales Valleys.

Nowadays, the port specialises in metals, recycling and renewable energy, and cruise ships call here.

Time Traveller



Gladiators



National Roman Legion Museum

It's that time again. Dai Price dons his gladiator kit to 'fight' at the Roman Legionary Fortress of Isca, now known as Caerleon. He's trained hard and aims to get the crowd behind him so today's opponents should be justifiably nervous.

In addition to being a 1st century gladiator, Dai's other challenge is being a 21st century Museum Manager. His passion for bringing history alive led him to introduce occasional combat re-enactment events at the National Roman Legion Museum in Caerleon. Historical accuracy is matched by his desire to captivate audiences because, says Dai, *'the more entertaining you are, the more engaged visitors will be'*. So expect female gladiatrixes as well as the male version. Above all, be prepared for audience participation; choose a favourite and lend your vocal support!

Visit on quieter days and you'll find Dai and his team helping visitors discover the many treasures at the National Roman Legion Museum, including the oldest recorded piece of writing in Wales and a dazzling gemstone collection.

Founded in AD75, Isca was the furthest outpost of the Roman Empire and the headquarters of the 5,000-strong 2nd Augustan Legion which sought to subdue the fierce local tribes and guard

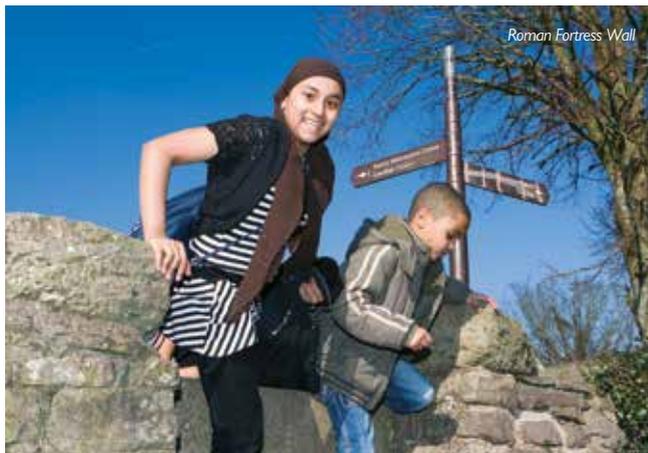
the region for the next two centuries. It was one of only three permanent legionary fortresses in Britain and, unlike the sites at Chester and York which are deeply buried or disturbed, the remains at Caerleon lie beneath open ground which makes exploration relatively simple. So archaeologists continue to make significant finds (as featured in Channel 4's *Time Team*) and visitors lose themselves as they delve into Caerleon's amazing Roman sites.

ROMAN *Caerleon*

It's easy to spend a day in this charming town, where you rub shoulders with history at every turn. You'll find smart independent shops, an art and craft centre, restaurants, coffee shops and historic pubs, all within easy walking distance.



Follow the heritage trail to discover even more about this fascinating small town
www.peoplescollection.wales/trails/378427



Roman Fortress Wall



Roman Baths



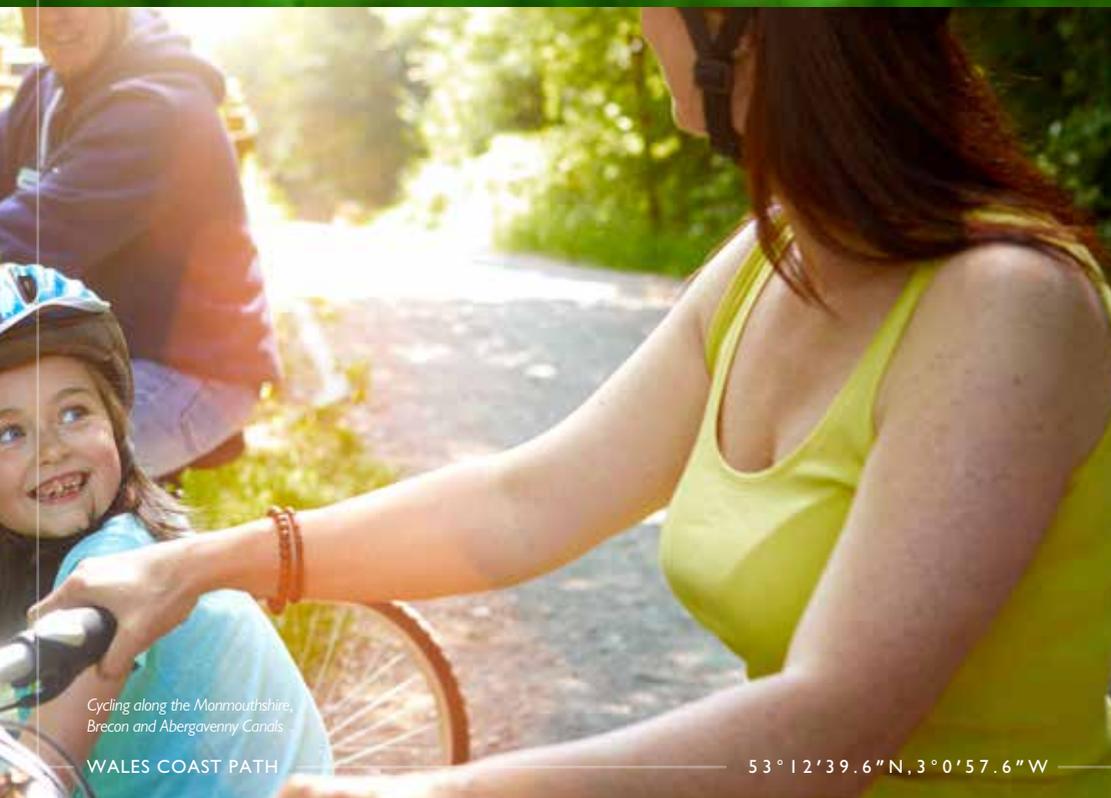
Simulated Aerial View of the Roman Fortress

Explore Roman Caerleon

- Roman Caerleon Trail. Guide For a video tour of Caerleon by centurion Flavius Rufinus visit www.peoplescollection.wales/trails/378427
- National Roman Legion Museum. Family-friendly museum with varied events programme. Activities vary so please check dates. www.museumwales.ac.uk/roman
- Roman Barracks that housed 6,000 soldiers. It's the only barracks on view anywhere in Europe.
- Fortress Baths Digital technology displays the range of facilities at this impressive Roman 'leisure centre'.
- The most complete Roman Amphitheatre in Britain, this site became known as King Arthur's Round Table in the Middle Ages www.cadw.wales.gov.uk

Is Caerleon really Camelot?

Caerleon is a significant town in the story of King Arthur; legend has it that Caerleon was the first of King Arthur's courts, the amphitheatre allegedly being the site of the Round Table. It was 12th century Welsh cleric Geoffrey of Monmouth who laid the foundations of the Arthurian legend in his best-seller *Historia Regum Britanniae*, which he claimed was a translation of an ancient Celtic manuscript detailing the kings of Britain. The influence of his work was felt across Europe and grew with the passing centuries, inspiring writers such as Alfred Lord Tennyson and Thomas Mallory. The legend's influence continues today with Arthurian sculptures at the Ffwrwm Art and Craft Centre www.ffwrwm.co.uk and along the sculpture trail around the town. www.newport.gov.uk/caerleon www.caerleon.net



Cycling along the Monmouthshire, Brecon and Abergavenny Canals

WALES COAST PATH

53°12'39.6"N, 3°0'57.6"W

All routes lead to newport



A port since medieval times, Newport's strategic location where the River Usk flows into the Severn Estuary, is no accident.

Its prime position where river, canal, roads and rail converge makes it an amazing hub for walking and cycling. And travelling to Newport to set out on your recreational route is easy; the M4 skirts the city and the railway links directly to London, Birmingham and Manchester.



Walking

For seasoned walkers there are long linear routes, including the 48-mile Usk Valley walk and the 27-mile Sirhowy Valley walk. If you've got less than a day, there is a wide range of circular routes, some linked to the Wales Coast Path which passes through the heart of the city:

'What a wonderful thing: to walk the entire length of a country's coastline, to trace its every nook, cranny, diff-face, indent and estuary. How better to truly appreciate the shape – and soul – of a nation?' Lonely Planet

The 23-mile stretch of the Wales Coast Path through Newport is incredibly diverse, from nature reserve to city centre riverfront.

Which bit will you choose?

For history buffs

The Iron Bridge Circular Walk (2.8 miles) follows the footsteps of the Morgans (later Lords Tredegar), one of Wales' most important families.

For young families

Small Walks for Small Feet is a set of ten short routes with plenty to interest the family.

For great views

Caerleon and Chepstow Hill Circular Walk (3.7 miles) has some steep sections but it's worth it. There are nine more **Healthy Challenge routes**.

For a whole day

Langstone-Penhaw Circular Walk (8.7 miles). It's one of **ten Countryside Walks** in rural Newport.

For wildlife lovers

Gwent Levels Circular Walk (7.5 miles) starts at Newport Wetlands.



Maps and route descriptions for all these walks can be downloaded from

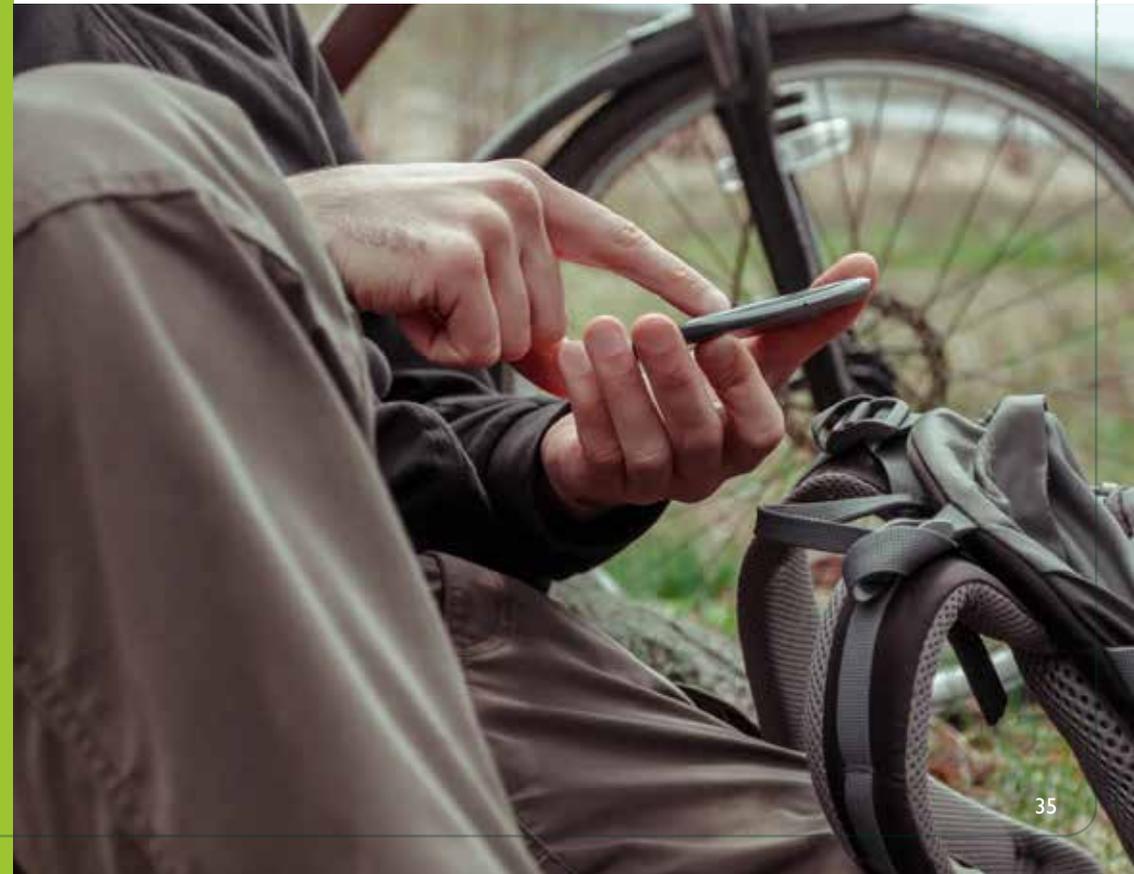
www.newport.gov.uk/walk



Cycling

Several National Cycle Network routes pass through Newport including the east-to-west 377-mile Celtic Trail (routes 4 and 47) and the 20-mile canal towpath trail to Abergavenny in the Brecon Beacons (route 49). It's also easy to visit some attractions by bike with largely traffic-free routes from the city centre to the Roman town of Caerleon (route 88) and to Fourteen Locks Canal Centre, as well as the Riverside Circular Cycle Route. Download a city and area cycle map from... www.newport.gov.uk/visitleaflets

At the Geraint Thomas National Velodrome of Wales you can try out track cycling. Please plan ahead and book – tel **01633 656757**
For details of taster sessions and beginners' courses: www.newportlive.co.uk/venues/velodrome
www.newport.gov.uk/visitleaflets





Made in NEWPORT

Food in Newport is eclectic. Newport's historic indoor market has a loyal local following and the annual food festival has given momentum to the producers and retailers in the region. Many of the city centre pubs are full of character, not least Ye Olde Murenger House, a half-timbered Tudor property and one of Newport's oldest buildings, and the spritely 150 year-old Lamb Inn which features retro and modern beers.

The Tiny Rebel Bar has extended the city centre offering with its up to the minute style and locally produced beers. We are a city of award winners, with the Priory Hotel, Caerleon retaining its 'Best Hotel Restaurant' accolade at the 2019

National Food Awards Wales for a second year.

www.thepriorycaerleon.co.uk

Two more businesses with exciting times ahead are The Moody Sow and The Waterloo Hotel & Bistro.



Anthony Tilbury
Manager, The Moody Sow,
Cefn Mably Farm Park

'It's all about tasting – our own products and the competition's. I'm on a constant search for the best in taste and quality.'

That's how Anthony Tilbury describes his work at The Moody Sow, a purpose-built farm shop he runs on the family farm on the rural outskirts of Newport.

The rest of the time he's chatting to customers about food, explaining what's in the sausages, how they bake their bread, what pies they're making today.

'We're aiming to be a flagship farm shop, showcasing the best in artisan food and drink that Wales and the surrounding area has to offer,' says Anthony.

www.moodysov.com



Bob Evans

Proprietor, The Waterloo Hotel & Bistro

Located at the western end of the Transporter Bridge, this Grade II-listed former docks pub has a colourful history and an equally flamboyant tiled bar. Built in the 1870s when Newport was one of the world's busiest ports, its bar was originally one of the longest in the world and, supposedly, sold more alcohol than any other pub.

To local businessman Bob Evans, who bought it in a state of disrepair in 2007, it always has been 'a beautiful building, full of character, with plenty of tales to tell'. Now a 21-bedroom hotel with a busy restaurant, its restoration required huge vision and perseverance. Bob is short of neither. Just like The Waterloo, he's one of a kind.

www.thewaterloohotel.co.uk



Where to eat

From tiny cafés to traditional inns, Mediterranean eateries to Indian restaurants, you'll find plenty of choice at www.newport.gov.uk/eatingout



Caerleon,

just outside Newport city centre, has a great choice of independent eating places, from traditional and contemporary cafes to historic pubs and restaurants

Fine dining

The Celtic Manor Resort offers fine dining amongst its amazing choice of seven restaurants

www.celtic-manor.com



Newport Food & Drink Festival

Newport Food Festival takes place each October and has as its patron local boy Hywel Jones, who is now Michelin-starred chef at Lucknam Park, near Bath. 'The festival means a great deal to me and my family. It showcases what Newport has to offer,' says Hywel. His favourite role during the Festival is judging the Teen Chef competition. 'For me, that's the highlight.'

www.newportfoodfestival.co.uk



One of the most exciting independent pubs in Newport, The Ridgeway Bar and Kitchen has a commitment to seasonality and local produce that has earned it a recommendation in the AA Pub Guide and the Open Table Diners Choice Awards.

www.storyinns.com

Getting here

Newport is remarkably easy to get to, however you decide to travel.

Car The M4 brings you to Newport. If travelling from England across the Severn Bridge (M48) or Prince of Wales Bridge (M4), please note that the tolls on both of these bridges have now been removed.

Coach and Bus The coach station is right in the city centre.

www.traveline-cymru
www.newportbus.co.uk

Plane Cardiff and Bristol Airports are both within an hour's drive, and there are direct coach services from London Heathrow and London Gatwick.

Train Mainline railway station with direct services from London, Birmingham and Manchester.

www.nationalrail.co.uk

Taxi available outside the railway station and at ranks throughout the city.

Tourist information For the best in local knowledge, visit one of our Local Information Centres.



Local Information Centres at;

Fourteen Locks Canal Centre Cwm Lane, Rogerstone, Newport, NP10 9GN
Tel **01633 892167**

Newport Museum and Art Gallery, John Frost Square, Newport, NP20 1PA
Tel **01633 656656**
Email tourism@newport.gov.uk

Tredegar House Library and Information Centre, Pencarn Way, Newport, NP10 8YW
Email library.tredegarhouse@newport.gov.uk

There are also visitor information points at several locations in Caerleon:
The National Roman Legion Museum, Roman Fortress Baths, Town Hall Library, Post Office, Ffwrwm Arts and Crafts Centre and Cooper's Vintage Gift Shop
Telephone **01633 656656 / 233663** or email tourism@newport.gov.uk
www.newport.gov.uk/visiting

Smart phone users can also check information on the internet as there is very good mobile network coverage throughout the county of Newport.

If you'd like a professional tour guide to help you make the most of your visit please contact the Wales Official Tourist Guides Association

www.wotga.com



EVENTS

NEWPORT.GOV.UK/WHATSON

Can't decide when to visit Newport?

Here are some events that might help you make up your mind.

FEBRUARY
RIVERFRONT THEATRE EVENTS
www.tickets.newportlive.co.uk

MARCH
ADMIRAL CITY OF NEWPORT HALF MARATHON
cityofnewporthalfmarathon.com

APRIL
ABP NEWPORT WALES MARATHON
www.newportwalesmarathon.co.uk

MAY
FAIR ON THE COMMON IN CAERLEON

JUNE
MAINDEE FESTIVAL
www.maindee.org

JUNE
POLO AND THE CELEBRITY CUP AT CELTIC MANOR RESORT
www.celtic-manor.com

JULY
CAERLEON FESTIVAL
www.caerleon-arts.org

FIND OUT UP TO MINUTE INFORMATION AT
newport.gov.uk/whatson

AUGUST
DIGI DIG ROMAN DISCOVERY TRAIL
www.museumwales.ac.uk

AUGUST
PILL CARNIVAL

SEPTEMBER
COASTAL EVENTS-LIVING LEVELS
www.livinglevels.org.uk

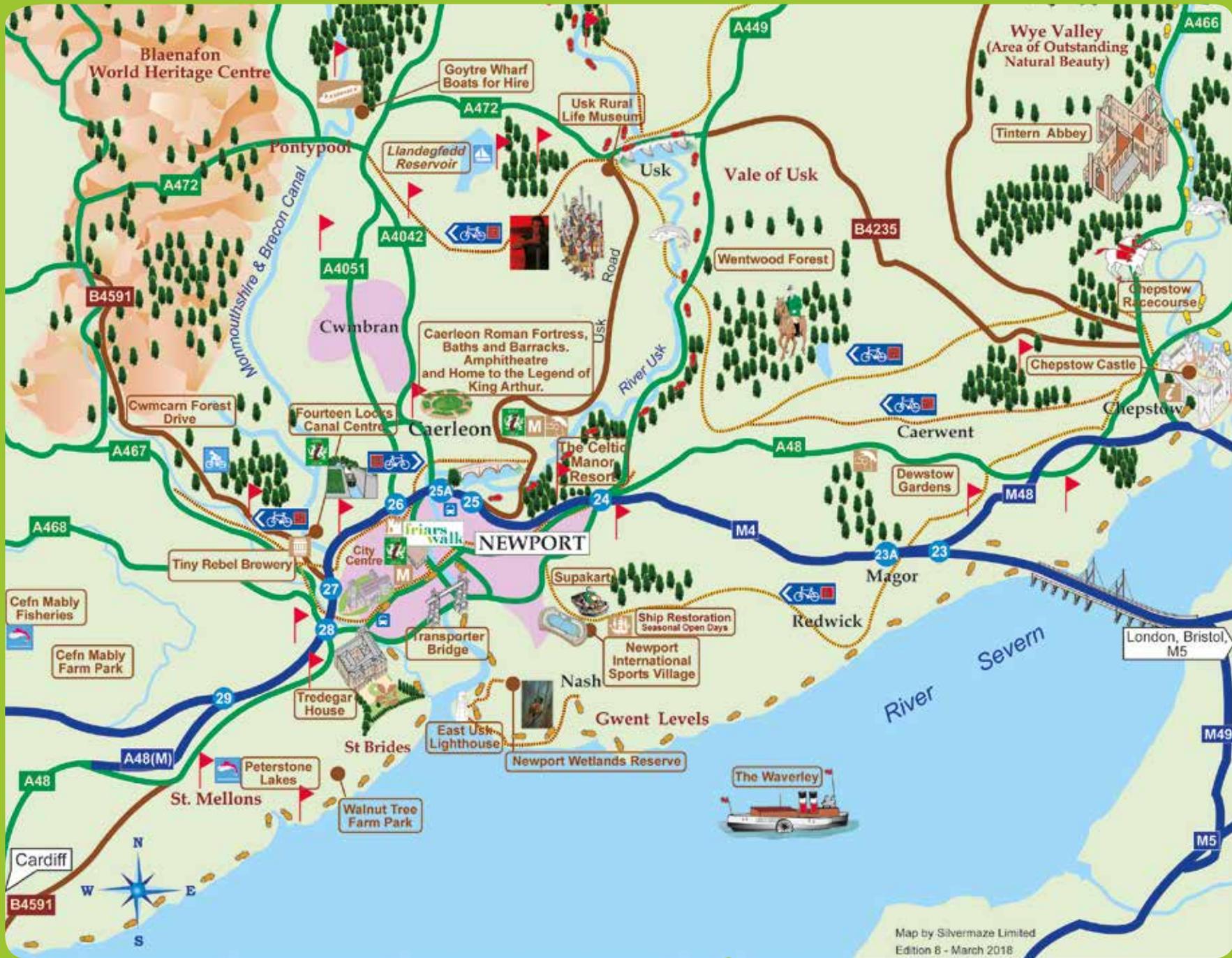
OCTOBER
NEWPORT FOOD & DRINK FESTIVAL
newportfoodfestival.co.uk

NOVEMBER
RODNEY PARADE FIREWORKS
www.dragonsrugby.wales

DECEMBER
RIVERFRONT THEATRE PANTOMIME
www.tickets.newportlive.co.uk

DECEMBER
CITY CENTRE CHRISTMAS FESTIVAL





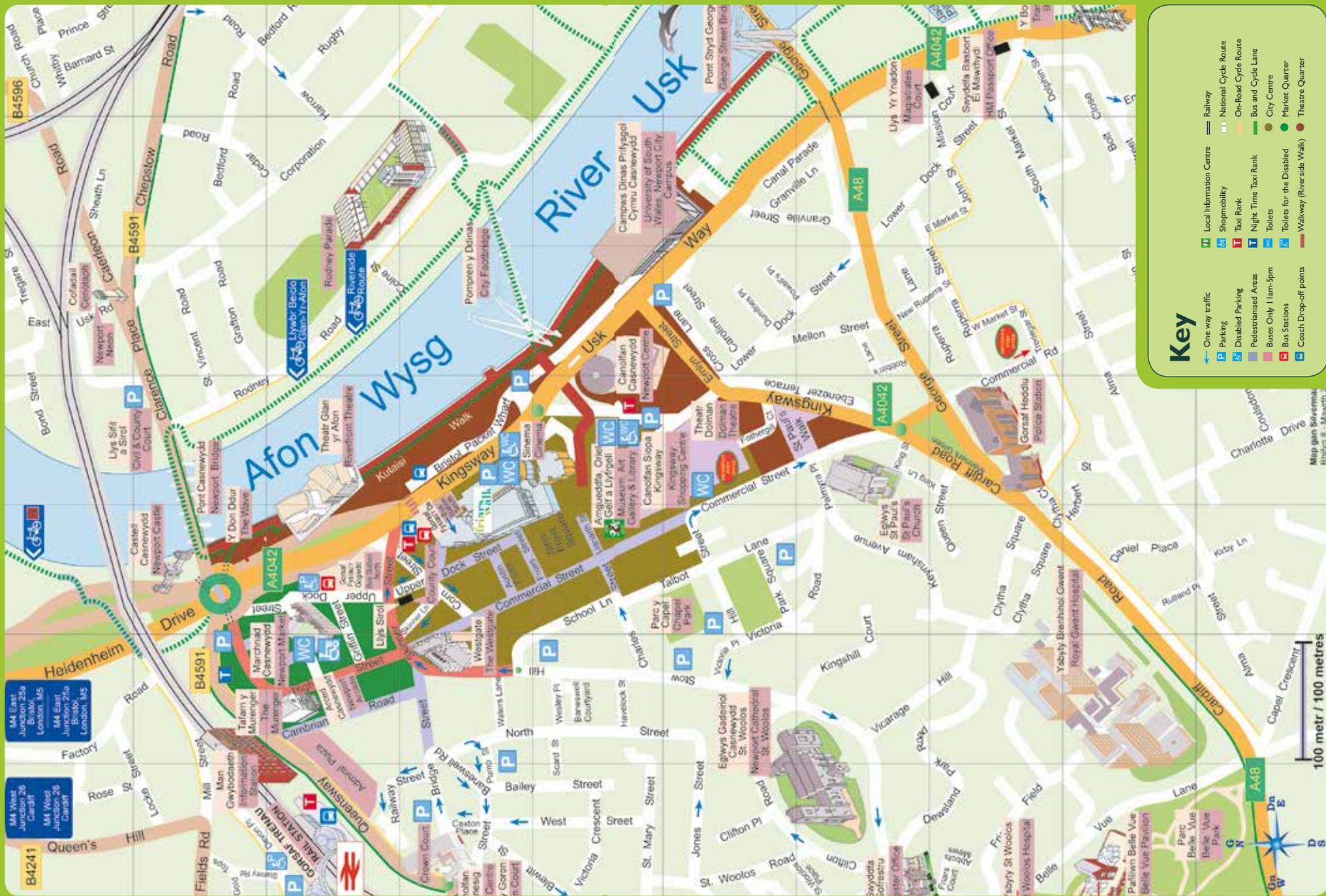
Map by Silvermaze Limited
Edition 8 - March 2018



APPROXIMATE DRIVING TIMES FROM NEWPORT

Abergavenny	19mi-30min
Bristol	31mi-39min
Caerleon	4mi-12min
Caerphilly	13mi-28min
Cardiff	13mi-22min
Chepstow	19mi-23min
Cwmbran	6mi-12min
Ebbw Vale	23mi-44min
London	139mi-2hr43min
Monmouth	25mi-28min
Pontypool	9mi-16min
Usk	14mi-9min

-  Coach Parking
-  Golf Course
-  Key Cycle routes
-  Local Information Centre
-  Tourist Information Centre
-  Museum
-  National Trust
-  Newport Medieval Ship Restoration Project
-  Walk - Coastal
-  Usk Valley Walk
-  Wye Valley Walk



Key

- One way traffic
- Parking
- Disabled Parking
- Pedestrianised Areas
- Buses Only 11am-5pm
- Bus Stations
- Coach Drop-off points
- Local Information Centre
- Shopmobility
- Taxi Rank
- Night Time Taxi Rank
- Toilets
- Toilets for the Disabled
- Walkway (Riverside Walk)
- Railway
- National Cycle Route
- On-Road Cycle Route
- Bus and Cycle Lane
- City Centre
- Market Quarter
- Theatre Quarter

100 metr / 100 metres



51°35'19.56"N, 2°59'51.04"W

Please tell us about your visit to Newport
tourism@newport.gov.uk



www.newport.gov.uk/visiting