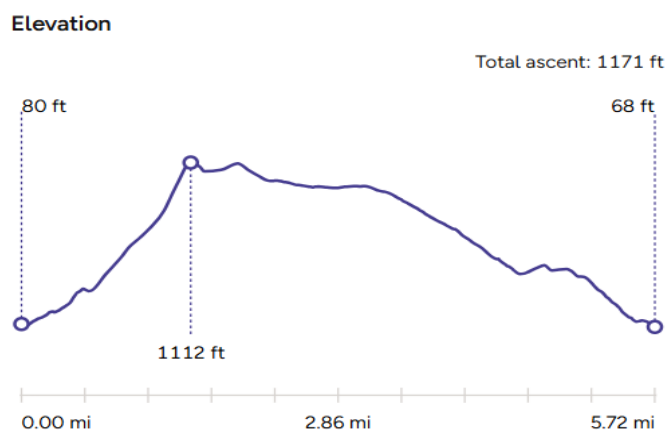


The Castle Inn, Newport Pub Walk

The Mountain of Angels, Morris's Grave and One of Wales' Finest Views, 5.7 miles

OVERVIEW

A terrific upland circular route that begins in the historic heart of Newport, passing St Mary's Church, the remains of Newport Castle, and the surviving cottages of Newport's medieval college, where a community of priests once lived and served the church. From here the route climbs steadily onto Carningli, opening out into rock, heather and wide views over the Nevern Estuary and Newport Bay.



The summit provides one of the finest panoramas in West Wales: a full 360° sweep taking in Dinas Head, the coastline north towards Cemaes, the Preseli ridge to the south, and the entire length of its 'Golden Road' running along the top of the hills on the far side of the Gwaun Valley. Crossing the open landscape of Carningli Common, the route joins the quiet mountain lane of Ffordd Bedd Morrus.

Although heading downhill, a short detour to the left in the direction of Pontfaen, just before the cattle grid, reveals the prehistoric standing stone known as Bedd Morris – traditionally said to mark the grave of Morris and linked to the local legend of Morris and his lover.

Turning right to descend the lane rewards walkers with uninterrupted views back towards Newport Bay, Dinas Head and the tidal estuary of the River Nevern.

The loop returns to Newport via Mill Lane, dropping gently back into the village centre and the welcoming pubs, cafés and independent shops that make this one of North Pembrokeshire's most loved coastal communities.

Start/Finish	Assume a start from Long Street Car Park, off Long Street, close to the Castle Inn.			
Parking	Long Street Car Park. Newport is a small community that swells with visitors. You might need to find alternative car parking. Parrog Road and the Parrog car park are options nearby.			
Grid Reference	SN 057 352 for Long Street Car Park			
What3Words	///anyway.quilting.letter for Long Street Car Park			
Distance	5.7 miles / 9.1 km	Time	2.5 hrs	Ascent 1170 ft / 360 m
Paths/Terrain	Grass, heather & gorse on the hillside, often rocky, with some easy, yet careful clambering needed at the summit. Very slippery when wet			

	here. Some roads and pavements and gravel tracks. A number of gates. Generally clearly observed paths, some narrow tracks across the Common.
Difficulty	Moderate. It will provide a sense of real achievement for those not used to walking the hills.
Public Transport	Buses serve Newport from the Cardigan and Fishguard directions.
Toilets	At Long Street Car Park; at The Parrog; and at The Castle Inn
Other Pubs Nearby	Ffordd Bedd Morrus leads to Pontfaen where you'll find the incomparable Dyffryn Arms just 3 miles away; along the A487 towards Fishguard is the Sailors' Safety at Pwll Gwaelod; in Rosebush is Tafarn Since, another 'must visit' pub. In Cardigan, The Castle Inn is terrific. All feature on this website.

DIRECTIONS



1. Suggest parking at Long Street car park. Exit the car park and follow Long Street back to the main road through Newport. Go straight across on Market Street, then left onto Church Street to pass St Mary's Church on your left.
2. As you continue past the church, hidden away on the right is the site of Newport Castle. You arrive at a terraced row at College Square, Newport's medieval college for priests. Continue ahead up a lane called Castle Hill, with a house imaginatively called 'The Cottage' on your left.
3. Continue up this road to reach a junction, bear left to follow the lane towards the rear of a cottage, following a brideway sign. The road passes at the rear of the cottage called Bryneithin. Continue straight past.
4. When you emerge from this section in front of a slate fronted cottage, turn right uphill on a gravel path. The lane continues uphill on a shady lane, eventually passing a house on your left called Penfeidr Newydd ('end of the new road'), before passing through a metal gate.
5. This brings you onto the mountain side for the first time. Follow the grassy path straight ahead, through the ferns and gorse. Carry straight on.
6. You'll soon see the first glimpse of the summit, although don't forget to look back at the view of Newport Bay, The Parrog and the River Neve.
7. Continue straight ahead to a rocky outcrop, then continue ahead. The track starts to level out for a little while.
8. At a 'paths crossroads', continue straight ahead, following a visible track that seems to be heading towards another (smaller) rocky outcrop up ahead.

9. As you get closer to the summit, the paths start to narrow and confuse. You might stray onto a sheep path, but keep the faith, you're closing in on the summit and most routes lead up to it.
10. At this point the path I'm on seems to be heading slightly to the right of the summit, what appears to be a more direct route, whereas another, slightly narrower path is heading off to the left.
11. The more direct route crosses a 'moraine' of stones near the summit. As you clamber across the stones, turn to your right to head directly uphill, striking out for the summit. It's a little steep, but keep going.
12. You'll soon see that the actual summit seems to be 2 or 3 peaks. I'll let you decide which is the highest upon which to plant your flag. Perhaps it's the middle one.
13. Superb views from here all around, including behind you to the Preseli Mountains and what's known as the Golden Road that runs along the top.
14. Our return journey is heading across to the South West, aiming initially for Carningli Common, a deposit of stones which is actually higher than the peak we're on, according to OS. The path is visible from the Carningli top, so make your way down in that direction and head across the common.
15. When you reach the cairns, turn to your left, to the south, and follow small tracks that look like sheep tracks in the direction of two large outcrops that are beyond the fence you can see. The path starts to wind around a bit, but keep going towards the fence to join a broad track which is a public right of way.
16. Once you get to the track turn right, and follow this straight ahead, pretty much all the way until you reach the road called Ffordd Bedd Morrus, ignoring any options to turn left or right along the way.
17. Reach the road, and turn right downhill. However, if you'd like to photograph the stone that is known as Bedd Morrus – the Grave of Morris – turn left for a few hundred metres.
18. I've selected this return route deliberately, so that you have a section on this quiet road with the view of Newport and the Bay the entire way, rather than having to watch your feet as is usually the case on a mountain descent. The road starts to lead past houses, and then curves down to a junction on the left. Continue to follow the road to the right past an old milk churn stand. After less than 50m from the bend, look for the bridleway to the right that passes some houses.
19. Pass through an old metal gate, back onto the common, and keep straight ahead on a farm track. It emerges eventually onto a gravel lane, then downhill to cross a cattlegrid on a tarmac lane.
20. You arrive back into Newport on Mill Lane. Turn right to eventually join Market Street and then downhill to a well-earned pint at The Castle Inn, which is to the left at the end of the road.

NOTES

Carningli - The Mountain of Angels

Long before it became a favourite destination for walkers, Carningli was a place of legend. Its name is commonly translated as 'The Mountain of Angels', recalling the sixth-century Celtic saint Brynach, who is said to have climbed here to pray among angels on its rocky summit. Brynach eventually settled nearby at Nevern, where he founded a church that still bears his name.

Like many Celtic saints, Brynach became surrounded by colourful folklore. Stories tell of wild animals becoming his companions, and local tradition even claimed that the cuckoo was his special bird, arriving in Nevern before anywhere else in Wales. Sitting quietly on Carningli's summit, listening for that unmistakable call, it's easy to understand why these stories have endured for almost 1,500 years

Bedd Morrus – The Legend of Morris

The quiet mountain road (Ffordd Bedd Morrus) back towards Newport passes a solitary standing stone known as Bedd Morrus – *Morris's Grave*. It marks the setting for one of Pembrokeshire's best-loved legends.

According to tradition, Morris fell in love with a young woman from the Gwaun Valley, but her father refused to allow the match and arranged for her to marry another man. Morris challenged his rival to a duel on the lonely slopes of Carningli. He was killed, and the standing stone is said to mark the place where he fell. Heartbroken, his sweetheart is said to have died soon afterwards, ensuring the lovers would at last be reunited.

As with many Welsh legends, another version of the story exists. Some claim Morris was not a tragic lover at all, but a feared highwayman who met his end on the mountain road. Whether history or folklore, the lonely setting makes it an evocative place to pause for a moment before continuing towards Newport.

Newport Castle

Although Newport feels timeless, it owes its existence to medieval ambition. Around 1197, the Norman lord William FitzMartin established a new borough beside the Nevern Estuary, building a castle to protect his lands after abandoning nearby Nevern.

Little survives today beyond fragments incorporated into later buildings, but the castle gave Newport its identity and helped establish the thriving market town that still welcomes visitors today. Your walk passes close to its former site before finishing at The Castle Inn, a fitting reminder of the town's Norman origins.