



We leave **Woodland Road Social Centre at 10.00 PROMPTLY** unless otherwise indicated (Check your email messages), but you may wish to join a walk at its actual starting point.

**The U3A insurance cover does NOT protect you from personal accidents.  
You therefore join a walk at your own risk.**

**Thursday 4<sup>th</sup> June 2026 Newport Wetlands (2 ½ Hours)**

**Easy/Comfortable**

This is a flat walk through the Newport Wetlands Nature Reserve of approximately 3.5 miles and follows part of the Wales Coast Path taking in views of the estuary. There will be opportunities to hopefully see some wildlife along the way.

Walking boots and poles are not essential as it is mostly on prepared paths, and we plan to stop for refreshments at the on-site cafe at the end of the walk.

**Start Point: The Newport Wetlands Car Park**

**National Grid Ref: ST 334 834**

**Fuel contribution: £1**

**Leaders: Jeff and Jane Phillips**

**NB Whilst entrance to The Wetlands is free, car parking is chargeable at £5 per car we suggest that these fees be split equally between all participants.**

**Thursday 18<sup>th</sup> June 2026 Cefn Ila Woodland Walk (3 Hours)**

**Comfortable**

This is a walk largely through woodland now owned and managed by the Woodland Trust. Cefn Ila was a large mansion once home to author Edward Trelwany and close friend of Shelley and Byron. Subsequently the house was later passed to Pontypool Hospital and used as a convalescent home and maternity unit until 1973; only the walled garden, arboretum, and orchard remain. There are several paths through the site, showing a wide variety of habitats and broad leaved and ancient woodland.

We will walk to the site from a public car park adjacent to St Madocs Church on the Usk-Caerleon road. The route is on tarmac road and woodland paths. We plan to stop in Usk for refreshments at the end of the walk

**Start Point: Llanbadoc Island, next to St Madocs Church, Usk**

**National Grid Ref: ST 376 001**

**Fuel contribution: £2**

**Leaders: Jeff and Jane Phillips**