

Monmouthshire Health Walk - St. Arvan's Walk

THE ROUTE

- 1 Cross the road from the village hall and turn left along the pavement
- 2 Turn right along Piercefield Terrace
- 3 Turn left along Grange Road
- 4 Where Grange Road bends to the right, go straight on through a gate along a green lane, following a waymark
- 5 Go over a stile and walk down hill to the corner of the field, keeping the wire fence on your right
- 6 Cross the stile and walk up and around the field keeping the line of trees to your right
- 7 In front of the barns of Rogerstone Grange turn left along an unsurfaced track. Follow this to reach the corner of a small wood. Leave the track here and keep straight on with the wood on your right.
- 8 At the end of the wood, cross another track and walk slightly left across a field to a gap in the hedge with a stile
- 9 Cross over two stiles and head left across the field to a gate in the hedge where it meets the corner of a large wood
- 10 Turn sharp left here to join an unsurfaced track and follow this
- 11 The track turns right and climbs the hill
- 12 At the T-junction, turn right towards the farm, then very soon after, turn left on a grass lane between fences - follow the waymarks
- 13 Turn left at the T-junction, keeping the hedge on your right
- 14 Turn right along a path with hedges at either side and over a stile onto a concrete lane; follow this to the road
- 15 Turn left and follow the pavement back into St Arvans and your starting point

POINTS OF INTEREST

- A St Arvan was a 9th century hermit who supported himself by fishing for salmon in the River Wye. He drowned when his coracle capsized. For many years there was a stone carving of a coracle and a salmon in the church
- B The octagonal church tower was added in 1820; it was a gift of Nathaniel Wells, who lived at Piercefield House. A church warden, he was also remarkable as the son of a negro slave (his mother) from St Kitts who became Britain's first black High Sherriff (of Monmouthshire) and was also Deputy Lieutenant of the County.
- C The drinking fountain was installed in 1893, when MCC decided to install drinking fountains throughout the County. Local residents raised £30 to purchase a special fountain to complement the natural beauty of the local area.

DISTANCE

2.8 miles / 4.5 kilometres

TIME

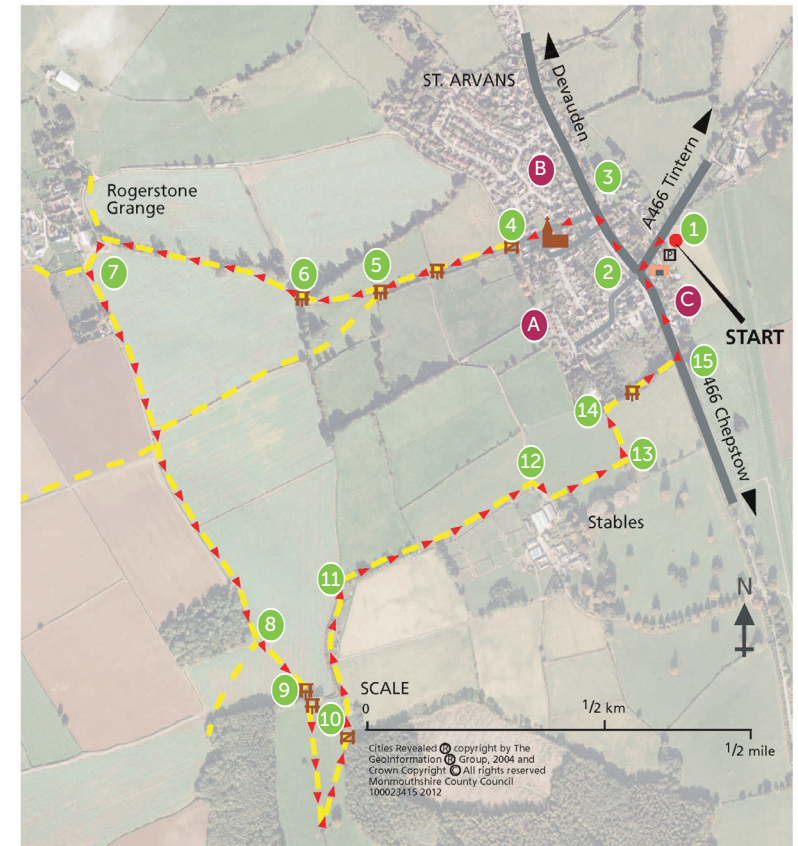
1 hour 30 mins

GRADE

Moderate, several stiles and moderate inclines

STARTING POINT

St. Arvan's Village Hall



KEY

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

