

# Monmouthshire Health Walk - Caldicot Castle

## DISTANCE

1.3 miles/ 2.2 kilometres

## TIME

45 mins

## GRADE

Easy, no stiles. Can be wet after periods of heavy rain.

## STARTING POINT

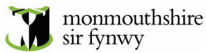
Caldicot Castle Car Park

## THE ROUTE

- 1 Follow the path parallel to the access road back to the main entrance
- 2 Turn right on the pavement passing the church on your left
- 3 Just before the roundabout, turn right through a gate and follow the path gently downhill to a bridge
- 4 Once across the bridge, bear right, keeping the hedge on your left
- 5 Go through the gate. Carry straight on ignoring a concrete bridge on the right
- 6 Keep the tree line on your left. The castle is visible across fields to the right. Go through the 'tree tunnel'
- 7 Go through the next gate and continue to a clearing with a seat.
- 8 Turn right at the seat and follow a mown path to a gap in the trees near another seat. Take care on the steep descent through the trees
- 9 Take the right fork to join a surfaced track; continue through a vehicle gate
- 10 Pass through two more gates, with the pond on your right. The seats here make this a pleasant place to sit and rest in good weather
- 11 Bear left and cross a footbridge. Turn left and follow the gravel path with the Castle on your right
- 12 Turn left at the main drive to return to the car park

## POINTS OF INTEREST

- A** Caldicot Castle was begun by the Normans. In the middle ages it was held by the powerful de Bohun family, who were eventually Earls of Hereford, Northampton and Essex. Henry de Bohun rebelled against King John and was one of the 25 Earls appointed in 1215 to ensure the King kept to the terms of the Manga Carta. Later, Mary de Bohun married Henry Bollingbroke, who, in 1399, seized the throne from Richard II to become Henry IV.
- B** Caldicot Country Park is run by Monmouthshire County Council. It includes a variety of woodland and grassland habitats as well as a large pond and the Nedern Brook. It is home to a wide variety of flora and fauna.



## KEY

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

