

# WALK 1

## Healthy Footsteps Walk

**Start:** The Beaufort Arms

**Distance:** 1½ miles, 45 mins

**Suitable for:** children, adults & dogs – easy walking

**Finish:** The Beaufort Arms

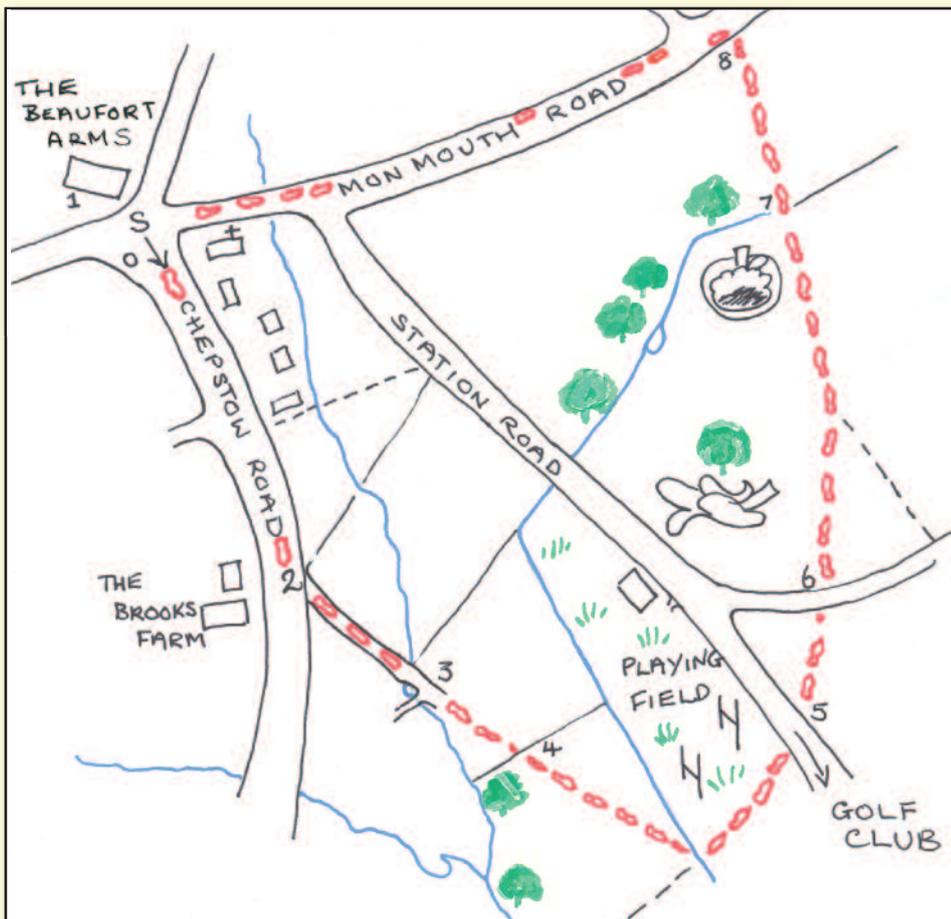
**1** - With your back to The Beaufort Arms, cross the High Street to the Market Cross/Lamp Post. On your left is St Cadoc's Church. It was built in the 14th century, on the site of a 6th century church. Over the years other parts have been added. St Cadoc is the Patron Saint of Monmouthshire. Continue down the Chepstow Road, passing the Old School, the newer Primary School and the Raglan Health Centre. Carry on until you see The Brooks Farm on your right, watching out for traffic as you go.

**2** - Opposite The Brooks Farm is a fingerpost, by a gate leading to a farm track. Find the small 'Healthy Walking' plaque and follow this track, passing over Wilcae Brook, to reach a gate which carries the first of six large, carved plaques to be found on this Healthy Footsteps Walk. Look out for the other five plaques along the way. These plaques (and the smaller ones) were designed by the children of Raglan School.

**3** - Proceed through the gate and follow the path to the next small, wooden gate, which can be seen easily on the opposite side of the field. You may not realise it but you will be walking through the same fields where Cromwell's Parliamentary Army was encamped in 1646. The gate that you are aiming for has a plaque with fish and vegetables carved on it – symbols of a healthy diet. Can you name the vegetables? No, those long thin shapes are not chips!

**4** - After passing through this gate, follow a diagonal path leading to a gate in the far left-hand corner of the field. As you stroll along, pause for a moment, turn round and you will see Raglan Castle framed in the trees. When you arrive at the gate you will see a plaque depicting Raglan Castle. Go through this gate and over the wooden bridge. On a fine day you will find it is very pleasant to make use of the seat provided to admire the Castle. Children can run around the field and kick a ball over the rugby posts. On a winter Saturday morning you may well see a football match. As you sit, you will see the

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next gate straight ahead. Go through this and cross the road to the gate opposite, taking care crossing the road as it leads to the Raglan Parc Golf Club and can be busy at times.

**5** - Before you go into the next field you will notice that it is home for several horses. They are very used to people but if you have dogs you may wish to go left up the road and take the first right. Go along this road for about 100 metres and you will see the exit gate from the horses' field on your right and, on your left, the gate (marked by a fingerpost) to the next part of the walk. If walking through the horses' field, you will find the next gate is up the slope and in the right-hand corner of the field behind the sheds. The plaque on this gate depicts the old Railway Station, which is still standing in part of the Municipal Council Site. There are rumours that the Station will be dismantled and rebuilt again at the National History Museum at St Fagans. Go through this gate and the next gate is on the other side of the road.

**6** - The hill in front of you is known locally as Caber Hill and if you proceed up the slope, bearing slightly right, you will come to a large

oak tree with a hollow trunk, underneath which is a banana seat. This seat and the apple seat, which you will come across later, were also designed by Raglan schoolchildren. The plaques on this walk are carved from a Sweet Chestnut tree and the seats from a Blue Cedar. Both of these trees had to be felled because of disease - good examples of recycling. The gate you are now heading for is at the right-hand corner of the field. However if you stop, you can admire the 180° view to your left, where, on a clear day, you can see the Sugar Loaf mountain. If you then look down and along the hedgerow to your right you may see rabbits and certainly rabbit warrens. Just before you arrive at the next gate you will find the apple seat. On the gate is another large plaque showing St Cadoc's Church.

**7** - Go through this gate and along the line of the hedge to your right, over a wooden bridge and you will come to the last gate on the walk. The field in which you are walking is one of the 'Leaguer Fields'; so called because the Parliamentary Army laid siege to Raglan Castle from there. This gate has a heart-shaped plaque.

**8** - Turn left along the Monmouth Road (be



*While you are walking, you may be able to find some of these wild flowers, growing either in the grass or along the hedgerows.*



This one is called **Dove's Foot Cranesbill**. It likes to grow close to the ground. The leaves are supposed to look like the feet of a dove.

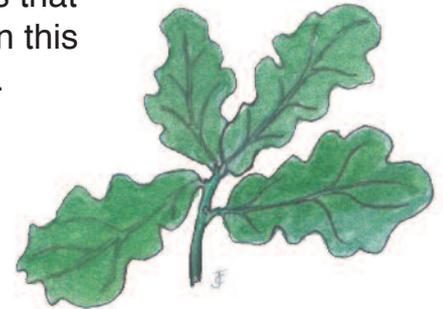


Do you like butter? You can tell if your friends like it, if you put the **Buttercup** flower under their chin.

This plant, called **Bush Vetch**, can usually be found scrambling over other plants. Can you see what part of the plant is used to hang on to them? These are called tendrils.



How many oak trees can you find? You may be able to get inside the **Oak Tree** by the banana seat! Perhaps you can think of some animals that make a home in this tree.



This is **Red Clover**. Cattle like to eat this plant. Can you find some white clover too?



This plant with the bright yellow flowers is called **Bird's Foot Trefoil**. Which part is like a bird's foot?



**Goosegrass**, or **Cleavers** as it is sometimes known, will stick to you if you're not careful. So watch out, or you may take it home with you!

