

THE NEWPORT COAST PATH FITNESS SCAVENGER HUNT



FANCY A CHALLENGE?

COMPLETE THE ACTIVITIES AT EACH CHECKPOINT FOR A NATURE
FUELED WORKOUT

- 1** Start at **Pill Mill** and head down **Courtybella Terrace** for your warm-up. Turn right at the bottom and keep going until you get to the end of **Alexandra Road** - this is a long first stretch so pace yourself by **alternating between running and walking**.
- 2** Now you're all warmed up, cross the road to the **Newport Transporter Bridge**. **Do 10 star jumps** on the grass before continuing down the road - if the bridge is open you could take a slight detour and **walk up the steps to the top!**
- 3** Keep following the main road (**be careful of the traffic**) - either running or walking at your own pace. When you reach the roundabout, follow the road to the right and keep going until you reach the **Coast Path** on your right!
- 4** Turn onto the **Coast Path** and sprint over to the **Three Ships sculpture** and back...Then turn right and follow the **Coast Path** over the small bridge.
- 5** Soon you will run underneath the **main road bridge** to a set of seats on the path. **Do 10 tricep dips** on the seats here and then **run on**.
- 6** Keep going along the **Coast Path** until you reach the third set of seats that dip out into the river - turn left off of the **Coast Path** and you will meet **East Dock Road**. Cross the road into the **Old Town Dock** park. This area marks the location of the first dock in Newport! Sprint around the footpath and **do 10 sit ups and 10 press ups on the grass!**
- 7** Run through the park where you will meet **Frederick Street** - follow this back into town until you reach the **Tree of Life on Commercial Road**. This is a long stretch so pace yourself and **alternate running and walking** if you want to.
- 8** It's the final stretch! Get your heart pumping for a final time and turn left to jog down **Commerical Road** until you reach the **Phyllis Maud**, an old toilet block that has been renovated into a theatre! Walk down **Courtybella Terrace** to warm down and you are all finished! Well done! Just remember to stretch your muscles!

HELFA SBORION FFITRWYDD

LLWYBR ARFORDIR

CASNEWYDD



BAROD AM HER?

GWNEWCH Y GWEITHGAREDDAU YM MHOB PWYNT I FWYNHAU

YMARFER CORFF Â THEMA NATUR

- 1** Cychwynnchw yn Pill Mill a throi am Courtybella Terrace i gynhesu. Trowch i'r dde ar y gwaelod a pharhau nes i chi gyrraedd pen Heol Alexandra - dyma fydd y rhan hir gyntaf, felly peidiwch â rhuthro, gan amrywio rhwng rhedeg a cherdded.
- 2** Nawr rydych wedi cynhesu, croeswch yr heol i Bont Gludo Casnewydd. Gwnewch 10 naid seren ar y glaswellt cyn parhau ar hyd yr heol - os yw'r bont ar agor, gallwch fynd ar wyriad bach a cherdded lan y grisiau i'r top!
- 3** Dilynwch y brif heol (gofalwch am y traffig) - naill ai trwy redeg neu gerdded ar eich cyflymder eich hunan. Pan gyrhaeddwch y gylchfan, dilynwch yr heol i'r dde a pharhewch nes i chi gyrraedd Llwybr yr Arfordir ar y dde!
- 4** Trowch i Llwybr yr Arfordir a rhedeg at Gerflun y Tair Llong ac yn ôl... Yna trowch i'r dde a dilyn Llwybr yr Arfordir dros y bont fechan.
- 5** Cyn bo hir byddwch yn rhedeg o dan bont y brif heol at set o seddi ar y llwybr. Gwnewch 10 gostyngiad cyhyryn triphen ar y seddi ac yna rhedeg ymlaen.
- 6** Parhewch ar hyd Llwybr yr Arfordir nes i chi gyrraedd y drydedd set o seddu sy'n estyn at yr afon - trowch i'r chwith oddi ar Llwybr yr Arfordir a byddwch yn cyrraedd Heol Doc y Dwyrain. Croeswch yr heol i barc Hen Ddoc y Dref. Dyma lle roedd y doc cyntaf yng Nghasnewydd! Sbrintiwch o amgylch y llwybr troed a gwnewch 10 eisteddiad i fyny a 10 ymarfer byrfrach ar y glaswellt!
- 7** Rhedwch trwy'r parc lle byddwch yn cyrraedd Heol Frederick - dilynwch hon yn ôl i'r dref nes i chi gyrraedd Tree of Life ar Commercial Road. Dyma ran hir, felly peidiwch â rhuthro, ac amrywiwch rhwng rhedeg a cherdded os mynnwch chi.
- 8** Dyma'r rhan olaf! Ymegnia am un tro olaf a throi i'r chwith i loncian i lawr Commercial Road nes i chi gyrraedd Phyllis Maud, hen flocc tai bach sydd wedi ei weddnewid yn theatr! Cerddwch i lawr Courtybella Terrace i ymadfer, a dyna chi wedi gorffen! Da iawn! Cofiwch ymestyn eich cyhyrau!



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