



Newton to Candleston, Bridgend

This walk passes by one of Wales's tallest dunes, the Big Dipper – sand and sea galore!

"The expansive stretch of beach along this walk provides you with an opportunity to walk all the way from the mouth of the river Ogmore to Porthcawl allowing time for a paddle on the way if the tides are right. The beach is used often by horse riders due to its expansive nature."

TRICIA COTTNAM, WALES COAST PATH OFFICER

Start and Finish:

St John's Church, Newton to Candleston Castle.

Distance:

3 miles/5km.

Along the way...

This walk takes you from the 12th-century village of Newton, past one of Europe's largest areas of sand dunes. Before you get going, take a moment to check out Newton's church. Originally

built as a fortress with tower lookouts to warn of attacks from the sea, it was founded by the Knights of the Order of St John around 800 years ago. Close by is Sanford's Well, reputed to have holy and healing properties.

Follow Beach Road to join up with the Wales Coast Path, which follows the beach past Newton Burrows and on to Merthyr Mawr. This Saharan expanse of sand is one of the highest dune systems in Europe and a National Nature Reserve home to a diverse range of animal, plant and insect life.

If you're feeling adventurous, you can detour from the path to explore its sandy peaks and valleys (try climbing the Big Dipper, Wales's tallest dune). Once the path reaches the mouth of the Ogmore River it starts to veer inland towards Candleston, where you'll find the remains of Candleston Castle. Nestled in the woodlands at the edge of Merthyr Mawr, this 14th-century manor house is now an atmospheric, ivy-shrouded ruin.

Need to know:

For refreshments and facilities, there are pubs and shops in Newton village. There is a car park at Newton beach, close to the start of the walk, and a car park at Candleston.