

This circular trail set up for cyclists, walkers and joggers is 10km/6.2 miles in distance and runs through Cardiff Bay and Penarth via Pont y Werin; a specially designed 140-metre bridge. On the route you can enjoy Cardiff's rich heritage, public art, as well as the vibrant waterfront cafes, restaurants and bars.

## TRAVEL TO CARDIFF BAY

- From Cardiff Central Station catch the Number 6 Baycar bus at the rear of the station.
- From Queen Street Station catch the rail service to Cardiff Bay.
- Make your way on foot with a short walk via Callaghan Square and Lloyd George Avenue.

 Traveline Cymru for public transport information  
T: 0871 200 22 33  
[www.traveline.cymru](http://www.traveline.cymru)

 **Cardiff Tourist Information Centre**  
Wales Millennium Centre,  
Cardiff Bay, CF10 5AL  
T: 029 2087 3573  
[www.visitcardiff.com](http://www.visitcardiff.com)  
[visitor@cardiff.gov.uk](mailto:visitor@cardiff.gov.uk)

 **Bike Hire**  
Pedal Power  
Check times of opening  
Cardiff Bay  
T: 07775 616411  
Pontcanna  
T: 029 2039 0713  
[www.cardiffpedalpower.org](http://www.cardiffpedalpower.org)  
[info@cardiffpedalpower.org](mailto:info@cardiffpedalpower.org)

**Sustrans**  
[www.sustrans.org.uk/wales](http://www.sustrans.org.uk/wales)    
For more information on cycling and walking visit  
[www.keepingcardiffmoving.co.uk](http://www.keepingcardiffmoving.co.uk)

Bay Trail Audio Guide provides a commentary on points of interest in Cardiff Bay.  
Price £4.99 on sale at Cardiff Tourist Information Centre  
[visitor@cardiff.gov.uk](mailto:visitor@cardiff.gov.uk)

 **CARDIFF CAERDYDD**  
[www.visitcardiff.com](http://www.visitcardiff.com)

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This trail is also published in Welsh. If you wish to receive a copy please call 029 2087 3573



1

### Water Tower

Made famous by the popular BBC series Torchwood, the Water Tower combines reflective surfaces and a stream of running water. At 70ft high it is a pinnacle point in the Bay.



2

### Pierhead

Built by William Frome in the early Victorian-era, this building was once the offices of the Cardiff Railway Company. Now a part of the National Assembly for Wales, the building acts as a unique visitor centre, events and meeting venue.



3

### Merchant Seafarers War Memorial

A memorial sculpture dedicated to the Merchant Seamen of Cardiff Bay combines a beached hull of a ship and a timeless face. The surrounding mosaic carries inscriptions and portraits of local wartime seafarers.



4

### Dolphins and Dock Wall (1800s)

The sloping sea wall runs North to South between the Bute East Dock and Roath Basin and at the foot, five timber structures slope slightly inwards. The five Dolphins or timber structures would have originally been used to moor ships during repairs.



5

### Beastie Benches

The carved brick benches are inspired by the mythical creatures described in the 'The Ballad of the Long Legged Bait' (Dylan Thomas).



6

### Pit to Port & The Waterguard

The bronze statue was created by the late John Clinch, and completed by artist Jon Buck. It celebrates Cardiff Bay's heritage as one of the world's most important coal exporting ports.

The Waterguard is famous for its hybrid architecture. The building's Victorian front was moved from the Cardiff Docks area to its current location in 1993 and combined with modern design in 2001.



7

### Norwegian Church & Captain Scott Memorial

The Church was shipped from Norway in the 1860s for the Scandinavian seamen working in the Cardiff docks; it was also the place of author Roald Dahl's baptism. Visitors can now enjoy the gallery, coffee shop and events.

Outside the Church, the Captain Scott mosaic memorial overlooks the point where Scott's expedition ship, the SS Terra Nova, sailed from Cardiff in 1910.



8

### Age of Coal Exhibition

The exhibition showcases the development of energy sources, from coal and nuclear power to renewable energy. The information board also gives an account of the history of Cardiff Docks and Cardiff Bay.



9

### Captain Scott Exhibition

Under the barrage sails you will find a fascinating outdoor exhibition displaying the journey of the 1910 British Antarctic Expedition, led by Captain Scott and describing the methods that the expedition used to reach the pole.



10

### Barrage Circles

Designed by Felice Varini, this artwork uses the Barrage structures and paint to create a circular collage. The rings are not immediately evident and can only be seen from one location on the barrage.



11

### Custom House (1865)

Designed by Samuel Dobson in the mid-1800s, Custom House is constructed from yellow brick with a bathstone dressing and a central bell tower. It is now a popular restaurant.



12

### Cardiff & Vale Portrait Benches

Part of a Sustrans Connect2 project, the benches host life-sized figures of local people. The Vale portrait bench features Dame Tanni Grey-Thompson, Olympian Nicole Cooke and Tim Burns of Cogan Primary School. The Cardiff portrait bench features Cardiff Devils' Jason Stone, founder of Pedal Power Sybil Williams and Lydia Harris of Mount Stuart Primary School.



13

### The Coal Staithe

The remains of the last remaining coal staithe erected in Cardiff marina in 1859, now acts as a viewing point from Cardiff's International White Water. The historic structure has been preserved as an important reminder of Cardiff's maritime history and heritage.



14

### Wetlands Reserve

This area was officially opened as a wetland reserve in July 2002. It is approximately 8 hectares in area located on the northern edge of Cardiff Bay and is home to multiple flora, fauna, invertebrates and vertebrates. At the site you can also find Graham Ibbeson's bronze sculpture 'Wife on the Ocean Sea'.



15

### Mining the Bay

Discover what's hidden in the water and under the mud by exploring the art installation by Ruth McLees in the Graving Docks.



16

### People Like Us

This John Clinch (1993) bronze sculpture of a young couple, celebrates the people who lived and worked in the former Tiger Bay area.



17

### The Coal Exchange

Although no longer open to the public, this is historically one of the most important commercial buildings in Wales. Leading business leaders and owners met here to make deals. The Coal Exchange led the world as the venue where the first £1million transaction was made.



18

### D-Shed (Mid 1800s)

A rare example of an iron frame warehouse/transit shed. Originally located on the former East Bute Dock, it was reassembled at its current location and is now home to 'Craft in the Bay' and a café.

**Dŵr Gwyn Rhyngwladol Caerdydd**  
**Cardiff International White Water**

[www.ciww.com](http://www.ciww.com)

**bike racks**  
**café bar**  
**viewing balcony**

**water sports**  
**seating area**

**02920 829970**  
 International Sports Village, Cardiff CF11 0SY



**CARDIFF CAERDYDD**  
 HARBOUR AUTHORITY  
 AWDURDOD HARBWR

**Cardiff Bay Trail**  
 Distance:  
 10km/6.2 Miles  
 (Approximately)

**Key**

Tourist Information	Art & Heritage Trail
Toilets	Cycle Parking
Changing Places	Bay Trail
Train Station	Walk Your bike
Open Top Bus	Cycle Trail
Water Bus Stop	Cyclists: Caution
Flat Holm Island Departures	Canoe Trail
Wetlands Reserve	Theatre
Post Office	Cinema
Park	Museum
Police	Building of Interest
Ice Rink	Bars, Restaurants & Coffee Shops
International Swimming Pool	Baycar Stop
Water Sports	Park & Ride Pick up & Drop off Point