

**Nant Fawr Trail**  
**Alternative Route**  
 No footway

**Llanishen Golf Club**

**Parc Cefn Onn**

**Coed y Felin**

# Sport, Recreation and Leisure along the NANT FAWR Trail

This map will help you to find Sports, Recreation and Leisure facilities available along the Nant Fawr Trail. Many of Cardiff's most beautiful open spaces can be found along The Nant Fawr Trail from the magnificent lake of Roath Park to the various parks and woodlands. Click on the 'icons' to find out more...

For further information about other opportunities to enjoy the countryside on your doorstep contact the Council's Countryside Team.

Telephone: 029 2087 3186 / 73719 / 73249

Email: [countryside@cardiff.gov.uk](mailto:countryside@cardiff.gov.uk)

Websites: [www.cardiff.gov.uk/countryside](http://www.cardiff.gov.uk/countryside)

[www.cardiff.gov.uk/biodiversity](http://www.cardiff.gov.uk/biodiversity)

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

**Cardiff Golf Club**

**Nant Fawr Community Woodlands**

**Heath Park**

**Roath Park Lake**

**Roath Rose Gardens & Conservatory**

**Cathays Cemetery**

**Roath Pleasure Gardens**

**Roath Recreation Ground**

**Penylan Bowling Club**

**Waterloo Gardens &  
Roath Mill Gardens**



# The Nant Fawr Trail

The Nant Fawr Trail provides a very pleasant walk, connecting Waterloo Gardens in the south with the Ridgeway Walk in the north. The Route passes through a variety of parks, woodlands, and green spaces.

Much of the trail is tarmac surfaced paths. Please note that from Llandennis Oval northwards the surfaces vary from tarmac to gravel and open fields, so suitable footwear should be worn. Some parks are locked in the evenings, with opening times depending on the season.

The trail is approximately 12.8km (7.9 miles), and is mainly level. The section from Cefn Onn to the Ridgeway Walk, however, climbs steeply to 250m above sea level where there are great views across Cardiff and the Valleys.

[Main Map](#)







# Llanishen Golf Club

Established in 1905, Llanishen Golf Club is a parkland course situated on the hillside in north Cardiff with panoramic views of the city, the Bristol Channel and Somerset coast line. As well as the 18-hole golf course, the club offers a club bar, lounge bar and a restaurant for you to enjoy.



[Main Map](#)



# Parc Cefn Onn

Located on the northern fringes of Cardiff, Parc Cefn Onn is Grade II listed and contains a truly magnificent collection of native and exotic trees set within a valley. There are lots of paths throughout the park that you can use for walking or jogging.

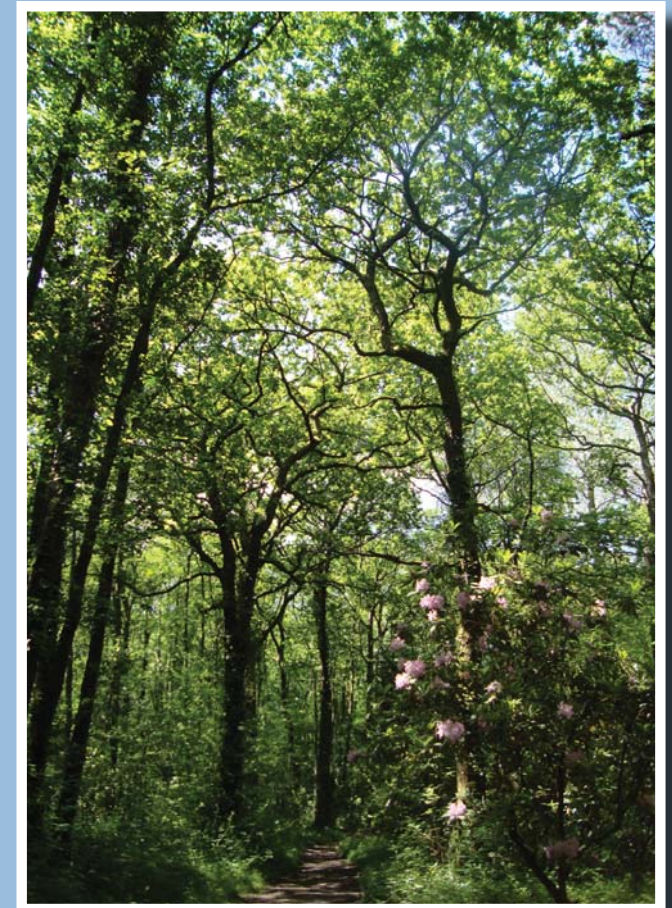
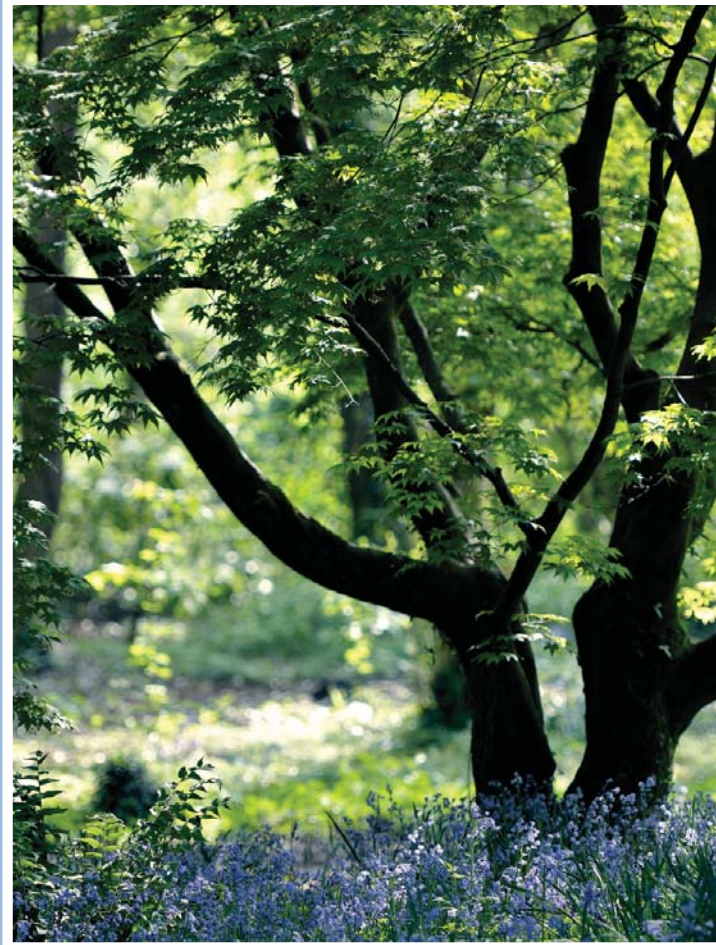
Originally owned, designed and planted by Mr Prosser, who was manager of the old Taff Vale Railway, the park was to be part of a wider estate including a new house. Sadly, Mr Prosser and his only son passed away before the dream could be realised.

The Park has an extensive network of streams and ponds throughout the woods with the biggest pond having been created artificially through damming the stream. This stream, home to many different species, eventually runs into Roath Park Lake.

The Friends of Cefn Onn group has recently been formed to work with Cardiff Council to care for the park. They organise workdays to maintain Parc Cefn Onn so that it can be enjoyed by all.

Go and enjoy the stunning scenery and the calm, relaxing atmosphere.

[Main Map](#)







# Coed-y-Felin

Located in Lisvane, Coed-y-Felin is an attractive 16 acres (6 hectares) of ancient semi-natural woodland owned by Cardiff Council. The area is a Site of Interest for Nature Conservation (SINC) and forms part of the Nant Fawr Corridor which has strategic importance in terms of recreation, amenity and wildlife. With areas of open space, the grounds are very popular for informal recreation.

The woodland has been awarded three Green Pennant Awards which recognises high quality green spaces in England and Wales that are managed by voluntary and community groups.

Friends of Coed-y-Felin are an enthusiastic group of volunteers that have been helping to conserve the woodland since 1999. The group holds working parties (usually on the third Sunday of every month) to carry out woodland maintenance and to contribute to existing projects.

[Main Map](#)



# Cardiff Golf Club

Cardiff Golf Club provides an 18-hole tree lined course, located in the Cyncoed area of Cardiff.

Founded in the 1920s, the course includes a meandering stream and mature trees. A clubhouse, opened in 1999, offers changing rooms, bars and a Pro shop.



[Main Map](#)





# Nant Fawr Community Woodlands

The land is owned by Cardiff Council and managed by The Friends of Nant Fawr Community Woodlands who were established in 1993. The Friends aid the conservation of the woodlands by organising workdays each month to lay paths, clear the stream and litter pick.

The woodland forms an important part of the green corridor along the Nant Fawr stream, connecting the centre of Cardiff with the countryside in the North. Part of the woodlands consists of three ancient meadows which each have different natural characteristics.

The more recent Rhydypenau Woods are described as 'secondary woodland'. By the Iron Bridge there is a seasonal pond, which fills to overflowing with winter rains and dries out in the summer heat.

Woods Covert was previously part of a large forest which covered Cyncoed and Llanishen, now one of two plantations remaining and contains a rich variety of tree species and flowers. The word 'covert' means a woodland providing cover for game, so the woods were used largely as reserves for hunting and shooting and, no doubt, poaching!

Land previously grazed by ponies, known as the Paddock, became overgrown with brambles by the early 1990s. Following restoration works the Paddock is now a sunny, sheltered spot enclosed by tall trees on three sides. The spring and small pond at The Oval were an important source of water for the monastic community that settled here in early times and for years the site had the reputation as being a healing well.



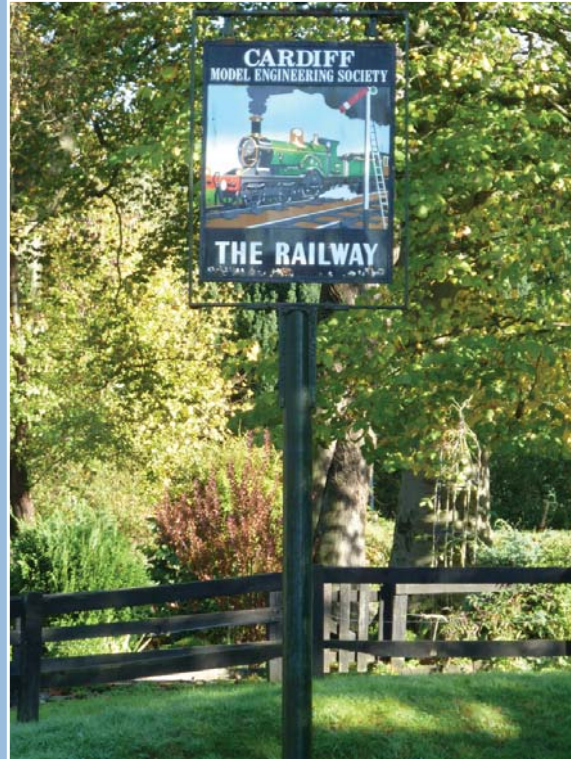
# Heath Park

Originally part of Cardiff's 'Great Heath', and area of common land, and formerly used as a race course during the 18th Century, Heath Park was bought by the Council in 1938 to be used for infantry training in the Second World War. Heath House originally occupied part of the park but was destroyed by a fire in 1980. Today Heath Park contains sports pitches, woodlands and ponds within its 37 hectares and is an important 'green lung' in the northern suburbs of Cardiff. Many recreational facilities are also located within the park including tennis courts, sports pitches, 'pitch and putt' golf, a playground and an Outdoor Gym which enables the public to keep fit for free.

On certain days of the year the Heath Park Miniature Railways and Tramways Society hold open days where the public can ride on the trains on the miniature railway line.

Friends of Heath Park Woodlands have been established for over 12 years and are supported by the Ranger Service at Cardiff Council. The Group regularly meets to carryout tasks in the woodlands such as tree planting in autumn/ winter and pond clearing in the spring.

[Main Map](#)







# Roath Park Lake

Roath Park, originally opened in 1894, is one of Cardiff's most treasured public parks. It has been recognised as one of the finest late Victorian parks in Britain and is therefore a Grade I listed park. It has also been awarded a Green Flag recognising the high quality of facilities and provision at the park. The park comprises a series of linear parks of varied character along the Roath Brook.

At the heart of the park is a magnificent 30 acre lake which is a popular venue for the public. It is a favourite spot for fishing and pedal boats can be hired on a summer's day for a leisurely sail around part of the lake.

A café is provided to the south of the lake which serves hot and cold meals all year round, offering good views of the lake and the many visiting birds.

In recent years, a group of volunteers have come together to support this prestigious park. The Friends of Roath Park have formed to assist and partner Cardiff Council in the management of the park and aim to promote the park in order to attract a wider audience of visitors. Volunteers also assist in the maintenance in the botanic garden and Roath Park Conservatory as well as helping with events and raising funds.

[Main Map](#)



# Roath Rose Gardens and Conservatory

Roath Park is also home to a magnificent Rose Garden and Conservatory. These gardens contain a superb tree and shrub collection, a rose garden, an adventure playground and Roath Park Conservatory. The conservatory houses over 350 different plants as well as terrapins and fish.







# Cathays Cemetery

Cathays Cemetery is one of Britain's largest and most impressive cemeteries. It contains thousands of memorials dating from 1859 which provide a valuable insight into the history of Cardiff.

It is a well preserved large Victorian cemetery and retains most of its original layout and evergreen planting. The site, covering almost 35 hectares, is a peaceful location for walkers and is home to many different species of animals.

Friend of Cathays Cemetery is a registered charity who aim to conserve and protect the flora, fauna, infrastructure, monuments and buildings of the cemetery. They also aim to educate the public in the history and heritage of the cemetery and to promote its importance as a conservation area.

For bereavement services contact Thornhill Cemetery & Cardiff Crematorium on 029 2062 3294.



[Main Map](#)





# Roath Pleasure Gardens

South of the Rose Gardens and Conservatory lies Roath Pleasure Gardens which provides the formal bowls, tennis and basketball facilities in Roath Park. It is hard to believe that this idyllic park is so close to Cardiff City Centre.

[Main Map](#)



# Roath Recreation Ground

Roath Recreation Ground, adjacent to the Pleasure Gardens is the sporting heart of Roath Park. The Grounds contain sports pitches, a children's play ground and an outdoor gym for public use. Popular all year, particularly in the summer months, local sports teams also practice in this area and joggers can often be seen.







# The Penylan Club

Originally opened in 1909 as a men's Bowling Club, the club now offers both men's and women's bowling, duplicate bridge and pétanque (boules). The bowling green and most of the existing clubhouse date back to when the club first opened with the addition of a licensed bar which is open every evening.



The Club provides a high standard green, a pétanque playing area and a hall for competitive duplicate bridge. Beginners as well as experienced players are welcomed as members of all sections. There is also a thriving social section.

Situated just off Marlborough Road and behind Sandringham Road the Penylan Club is open to private members. For more information about the club and its membership please visit [www.penylanclub.org.uk](http://www.penylanclub.org.uk).

Main Map





# Roath Mill Gardens and Waterloo Gardens

Roath Mill Gardens and Waterloo Gardens are two fine examples of Edwardian parks. They are connected to the nearby Roath Park by the brook that runs through them. The parks are Grade II listed and are located in a Conservation Area that seeks to preserve the distinct character of the park and surrounding Edwardian housing. The mix of trees, streamside plants and formal ornamental planting make the parks very attractive.



[Main Map](#)