

SPORTS, RECREATION
& LEISURE ALONG THE

RHYMNEY TRAIL

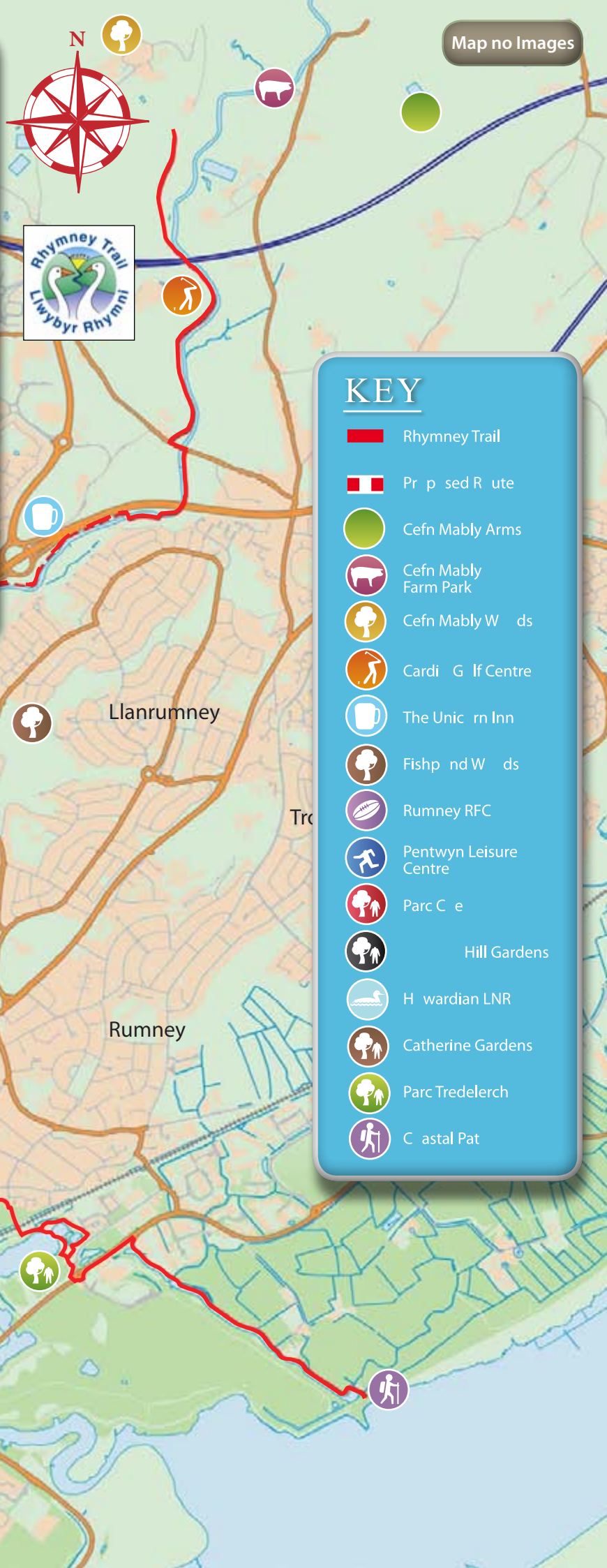
This map will help you to find Sports, Recreation and Leisure facilities available along the Taff Trail. Many of the city's best parks and green spaces, as well as a whole host of sporting facilities, including the Millennium Stadium and the Sport Wales National Centre, are located on route. **Click on the 'icons' to find out more...**

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Telephone: 029 2087 3186 / 73719 / 73249

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Map no Images

KEY

- Rhymney Trail
- Proposed Route
- Cefn Mably Arms
- Cefn Mably Farm Park
- Cefn Mably Woods
- Cardiff Golf Centre
- The Unicorn Inn
- Fishpond Woods
- Rumney RFC
- Pentwyn Leisure Centre
- Parc Cefn
- Hill Gardens
- Hewardian LNR
- Catherine Gardens
- Parc Tredelerch
- Coastal Path

The Rhymney Trail

In recent years Cardiff Council has started to develop a footpath and cycle trail alongside the River Rhymney. It is now possible to start on the foreshore and follow the route up to Llanedeyrn village. Future work will seek to further extend the trail into the countryside beyond.

The Trail is mostly off-road although there are some sections sharing road space. It passes through many attractive areas. In fact, the variety is quite stunning including the coast, reed beds, lake, marsh, woodlands and scrub. It is used as a commuting route as well as for recreational purposes. As more people have become aware of the route it has become more popular.

If the success of the Taff Trail is anything to go by, there is great potential for this route.

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Cefn Mably Farm Park

Located along the Rhymney Trail to the north of Cardiff, [Cefn Mably Farm Park](#) provides many activities both inside and outside. Facilities and activities include a heated play barn, indoor and outdoor play areas, pony rides, opportunities to pet some of the animals, conservation and pond areas, and a coffee shop and bistro.

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Cefn Mably Woods

With small areas of ancient woodland on which trees have stood since 1600, Cefn Mably has spectacular displays of bluebells during the spring, along with a high diversity of plants and a rich range of birds and invertebrates.

Within the woods is a horse riding and jumping course. These all terrain horse routes are open access and managed in partnership between local riders and the Forestry Commission. The network of forest paths within the woodlands are open for recreation and are especially popular with cyclists and joggers. The woods occupy high ground overlooking the River Rhymney valley.

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Cardiff Golf Centre

Located in the north of Cardiff, Cardiff Golf Centre offers a 30-bay floodlit driving range, a 9-hole pitch and put, golf tuition and has a shop selling all of the latest golfing equipment.

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The Unicorn Inn Public House

Positioned next to the Church of St Edeyrn, parts of The Unicorn Inn date back to the seventeenth century. Nowadays this popular pub serves food and drink seven days a week and has a spacious beer garden for use in the summer months.

Located a short distance from the Rhymney Trail, this pub is the ideal spot for a well deserved rest.

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Fishpond Woods

Fishpond Woods is an area of open grassland and woods in the Llanrumney area of Cardiff. It is situated in the middle of a residential area providing easy access for residents.

The wooded areas are comprised of Oak, Alder and Birch trees and open grassland provides ample space for games and activities. Local sports teams use the pitches for their matches and a popular children's play area is also situated within the locality.

The name of the woods comes from previous years when fishponds were built within them. Originally serving as fishing lakes and paddling pools, they were filled in during the 1970s.

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Rumney Rugby Football Club

Located at Riverside Park, situated on the eastern side of the River Rhymney, Rumney Rugby Football Club is one of the top rugby union teams in Cardiff and South East Wales. Having previously played at Rumney Recreation Ground since just after the Second World War, Riverside Park has been the Club's home from 1974.

Rumney RFC offers a variety of levels of rugby including the 1st XV playing in the Welsh Rugby Union League Division One East and community rugby from the age of seven upwards. The Clubhouse offers refreshments and free parking on all match days with the playing season running from late August to May. For further details, please see the [Rumney RFC website](#).

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© Rumney Rugby Football Club



Pentwyn Leisure Centre

Pentwyn Leisure Centre is located within Parc Coed y Nant and has a wide range of facilities and classes. The Leisure Centre caters well for people with disabilities having specific equipment and classes.

For more information phone the leisure centre on 029 2054 9211 or email pentwynleisurecentre@cardiff.gov.uk.

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Parc Coed Y Nant

Parc Coed y Nant provides opportunities for both formal and informal recreation for your enjoyment. There is an extensive area of woodland, a lake, and open spaces that are excellent for informal games. Fishing on the lake is very popular as well as other recreational activities including bowling greens, playground facilities and sports pitches.

The Park also has a number of streams flowing through it and due to its importance for the environment and wildlife; parts of the park are designated as a Site of Importance for Nature Conservation (SINC).

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Rumney Hill Gardens

This attractive and well maintained public park was established in the late 1950s on land originally designated as a burial ground. The gardens have many features for you to enjoy, including: a well kept bowling green and pavilion; tennis courts; colourful seasonal planting displays; and a 'Secret Garden'.

The park was awarded the prestigious Green Flag Award in 2010.

For the Rumney Hill Gardens Wildlife Explorer's Trail leaflet please click [here](#).

For the Rumney Hill Gardens to Pontprennau walk leaflet, please click [here](#).

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Howardian Local Nature Reserve

Situated in the lower Rhymney valley and boasting a wildlife oasis of woodland, wildflower meadows, ponds and reed beds, you would never know the reserve was formerly a refuse tip in the 1970s. Since then the Council has worked with local groups to create the wildlife haven that can be enjoyed today. The Friends of Howardian help the Council with the continued improvement and management of the Reserve by creating a place for the wildlife and residents of Cardiff to enjoy.

Networks of paths now weave between the great variety of habitats which include ponds, meadows, woodland, as well as a stream and waterfall. Over 500 individual species have been recorded in these habitats within the site and in recognition of this value for wildlife was designated a Local Nature Reserve in 1981.

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Catherine Gardens

Located close to the Rhymney Trail, Catherine Gardens offers lots of open space as well as a children's play area.

For the New Road Playing Fields to Parc Tredelerch walk leaflet please click [here](#).

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Parc Tredelerch

Recently developed in the Rumney area with an emphasis on conservation and wildlife, you would never guess Parc Tredelerch was once licensed for tipping. Officially opened and named in March 2003 a 4 hectare lake forms the centrepiece of the park and is surrounded by 2 kilometres of footpath. A long boardwalk runs across the lake which is stocked with several species of coarse fish and picnic tables are available near the car park.

For the New Road Playing Fields to Parc Tredelerch walk leaflet please click [here](#).

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Wales Coast Path

The Wales Coast Path is being developed to form a continuous path to run for 870 miles / 1400 km around the Coast of Wales, and incorporates; Flintshire, Denbeighshire, Conwy, Anglesey, Gwynedd, Powys, Ceredigion, Pembrokeshire, Carmarthenshire, Swansea, Neath-Port Talbot, Bridgend, Vale of Glamorgan, Cardiff, Newport and Monmouthshire.

The Welsh Government is committed to grant fund improvement work on the Wales Coast Path and has invested in path creation and improvements in partnership with the Countryside Council for Wales and the 16 Local Authorities. Whilst it will be predominantly for walkers, some sections of the Wales Coast Path will be suitable for cyclists, wheelchair users and where practicable, horse riders.

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The Wales Coast Path will ensure improved access to the coast line and encourage people to live more healthy and active lifestyles. The path is also expected to boost tourism and economic activity within coastal locations around Wales. The Wales Coast Path will be officially opened on 5th May 2012 and Cardiff Bay will be one of 3 locations to host the opening ceremonies.

In Cardiff, the Wales Coast Path links to the Rhymney Trail in Parc Tredelerch, where a new path along the south side of the Parc links to the Wales Coast Path to the west (towards Newport via Cors Crychudd along the seawall) and east towards Cardiff Bay and the Vale of Glamorgan. In Rumney Hill Gardens South of the park, the Rhymney Trail is signposted through the suburbs of Rumney towards the coast via Parc Tredelerch, where it links with the Wales Coast Path.

For more information about the Wales Coast Path, please click [here](#).

For the Wentloog Avenue to the Coast walk leaflet please click [here](#).



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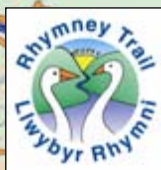
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Main Map

Llanedeyrn

Llanrumney

Trowbridge

Rumney

Tremorfa