

## KEY

- |   |                                      |                                   |
|---|--------------------------------------|-----------------------------------|
| Taff Trail                              | Maindy Swimming Pool and Cycle Track | Red Dragon Centre                 |
| Fforest Ganol                           | Cardiff Caravan Park                 | Roald Dahl Plass                  |
| Fforest Fawr                            | Cardiff Riding School                | Grange Gardens                    |
| Morgantown to Tongwynlais Circular Walk | Pedal Power                          | Wales Millennium Centre           |
| Glamorganshire Canal                    | Sophia Gardens                       | Techniquet                        |
| Forest Farm                             | SWALEC Cricket Stadium               | Hamadryad Park                    |
| Cardiff Cricket Club                    | Sport Wales National Centre          | Cardiff Bay Yacht Club            |
| Cardiff High School Old Boys Rugby Club | Bute Park                            | Cardiff Bay Water Activity Centre |
| Hailey Park                             | Cardiff Arms Park RFC                | Britannia Park Play Area          |
| Llandaff Fields                         | Millennium Stadium                   | Cardiff Barrage Play Area         |
| Pontcanna Fields                        | Riverside Market                     | Barrage - Outdoor Gym             |
|   |                                      | Cardiff Bay Wetlands Reserve      |

## SPORTS, RECREATION AND LEISURE ALONG THE TAFF 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....**

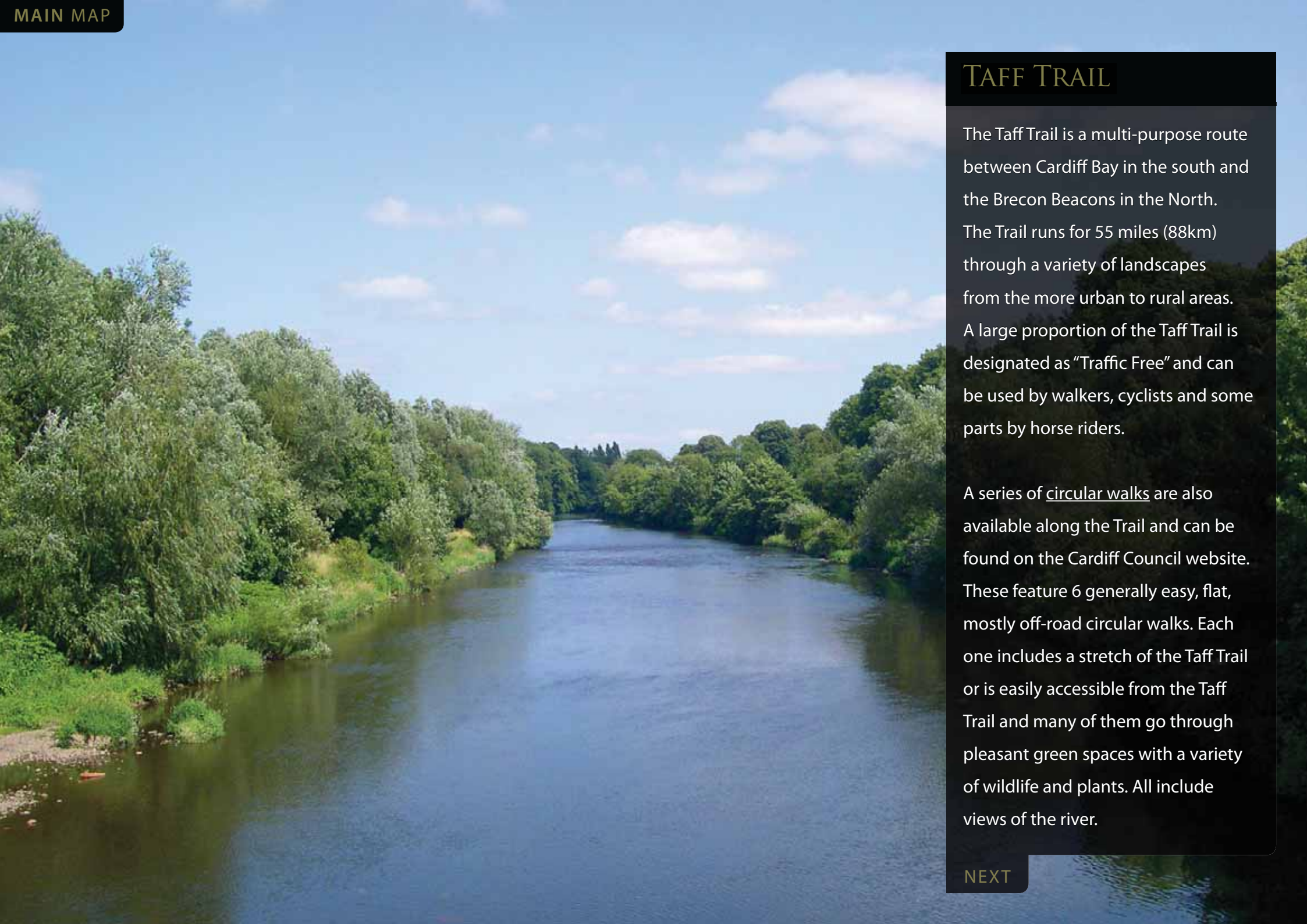
*For further information about other opportunities to enjoy the countryside on your doorstep contact the Council's Countryside Team.*

**Telephone:** 029 2087 3186 / 3719 / 3249

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

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

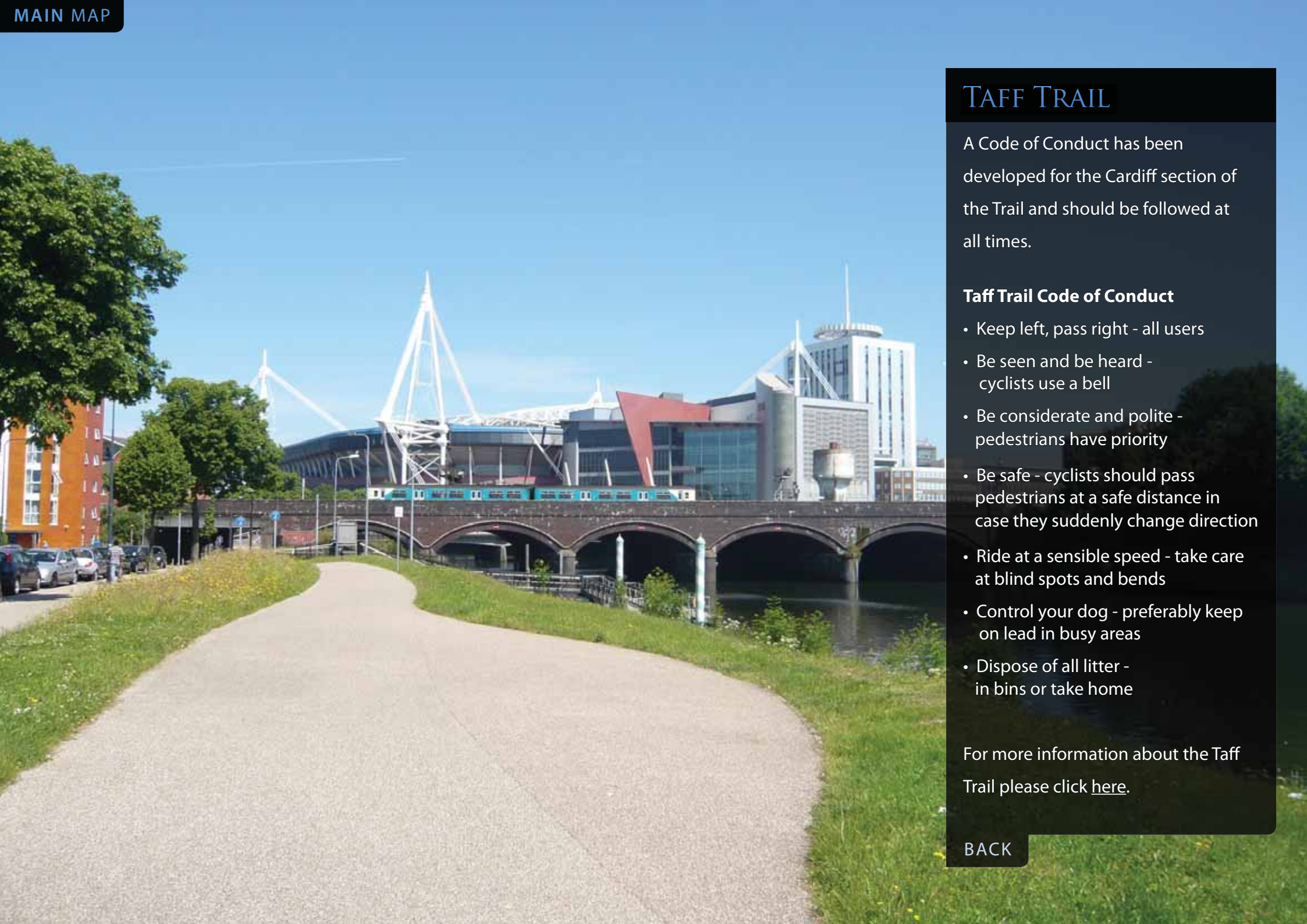


## TAFF TRAIL

The Taff Trail is a multi-purpose route between Cardiff Bay in the south and the Brecon Beacons in the North. The Trail runs for 55 miles (88km) through a variety of landscapes from the more urban to rural areas. A large proportion of the Taff Trail is designated as “Traffic Free” and can be used by walkers, cyclists and some parts by horse riders.

A series of [circular walks](#) are also available along the Trail and can be found on the Cardiff Council website. These feature 6 generally easy, flat, mostly off-road circular walks. Each one includes a stretch of the Taff Trail or is easily accessible from the Taff Trail and many of them go through pleasant green spaces with a variety of wildlife and plants. All include views of the river.





## TAFF TRAIL

A Code of Conduct has been developed for the Cardiff section of the Trail and should be followed at all times.

### Taff Trail Code of Conduct

- Keep left, pass right - all users
- Be seen and be heard - cyclists use a bell
- Be considerate and polite - pedestrians have priority
- Be safe - cyclists should pass pedestrians at a safe distance in case they suddenly change direction
- Ride at a sensible speed - take care at blind spots and bends
- Control your dog - preferably keep on lead in busy areas
- Dispose of all litter - in bins or take home

For more information about the Taff Trail please click [here](#).

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## FFOREST GANOL

Fforest Ganol is a local nature reserve consisting of predominantly ancient woodland. It forms part of a wider beech woodland that is one of the most westerly in Britain. For this reason, the area falls within a Site of Special Scientific Interest (SSSI) which means that the woodland has special protection.

The woodland is located in countryside on the edge of the city north of Tongwynlais. Although only six miles from the heart of the city, it has a very rural feel.

You can walk along a good network of paths that run through the woods and horse riders are welcome in some areas.

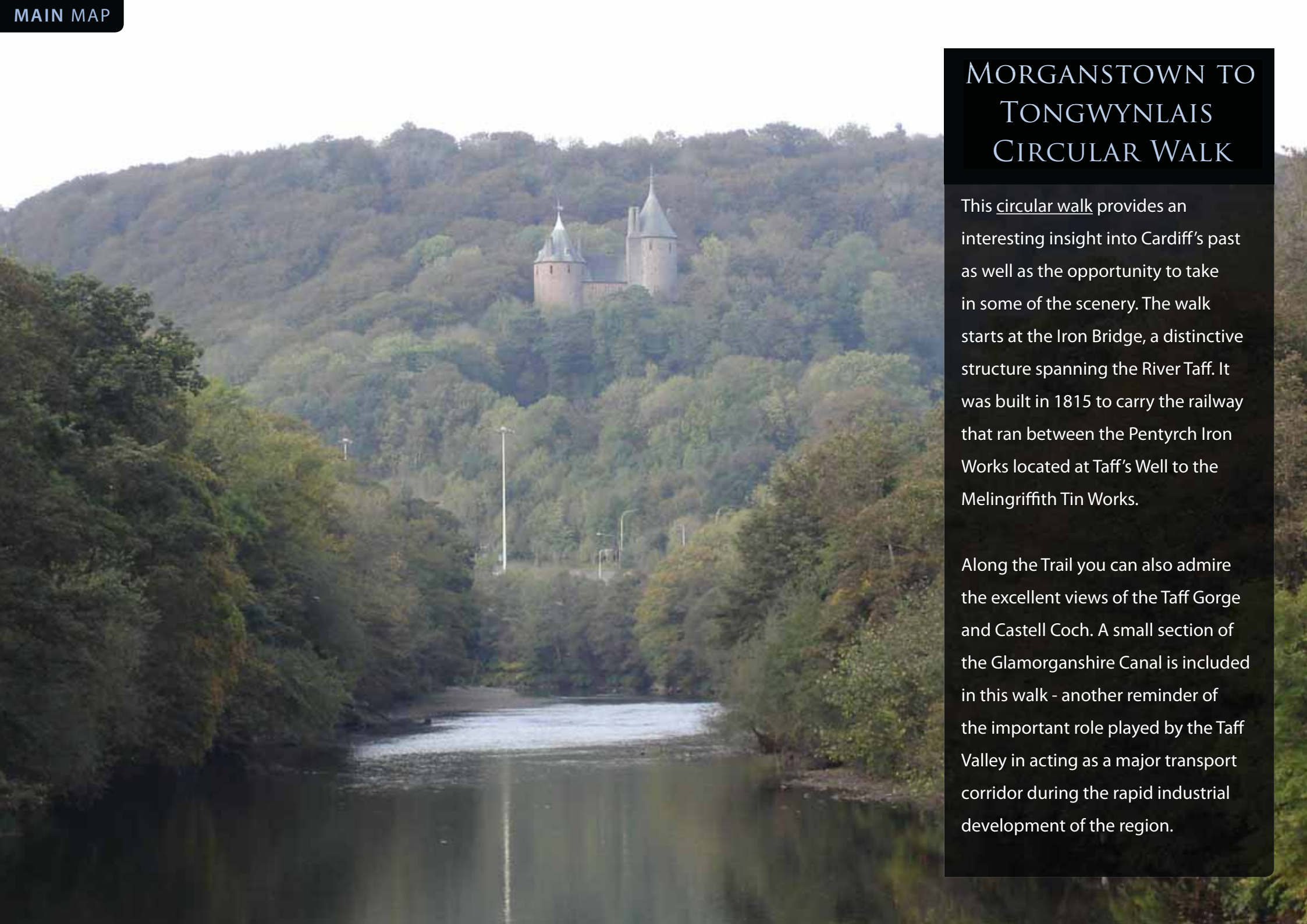




## FFOREST FAWR

Forest Fawr is an area of ancient woodland owned and managed by the Forestry Commission. The forest can be accessed from Castell Coch as they are linked by public rights of way. You can experience several other walking trails through the woods including a sculpture trail. Some of the paths are also suitable for horse riding. Parking is available in Fforest Fawr Car Park off Heol y Forest, Tongwynlais, as well as the parking near to the entrance of Castell Coch. For more information about Fforest Fawr please visit the Forestry Commission website by clicking [here](#).





## MORGANSTOWN TO TONGWYNLAIS CIRCULAR WALK

This circular walk provides an interesting insight into Cardiff's past as well as the opportunity to take in some of the scenery. The walk starts at the Iron Bridge, a distinctive structure spanning the River Taff. It was built in 1815 to carry the railway that ran between the Pentyrch Iron Works located at Taff's Well to the Melingriffith Tin Works.

Along the Trail you can also admire the excellent views of the Taff Gorge and Castell Coch. A small section of the Glamorganshire Canal is included in this walk - another reminder of the important role played by the Taff Valley in acting as a major transport corridor during the rapid industrial development of the region.



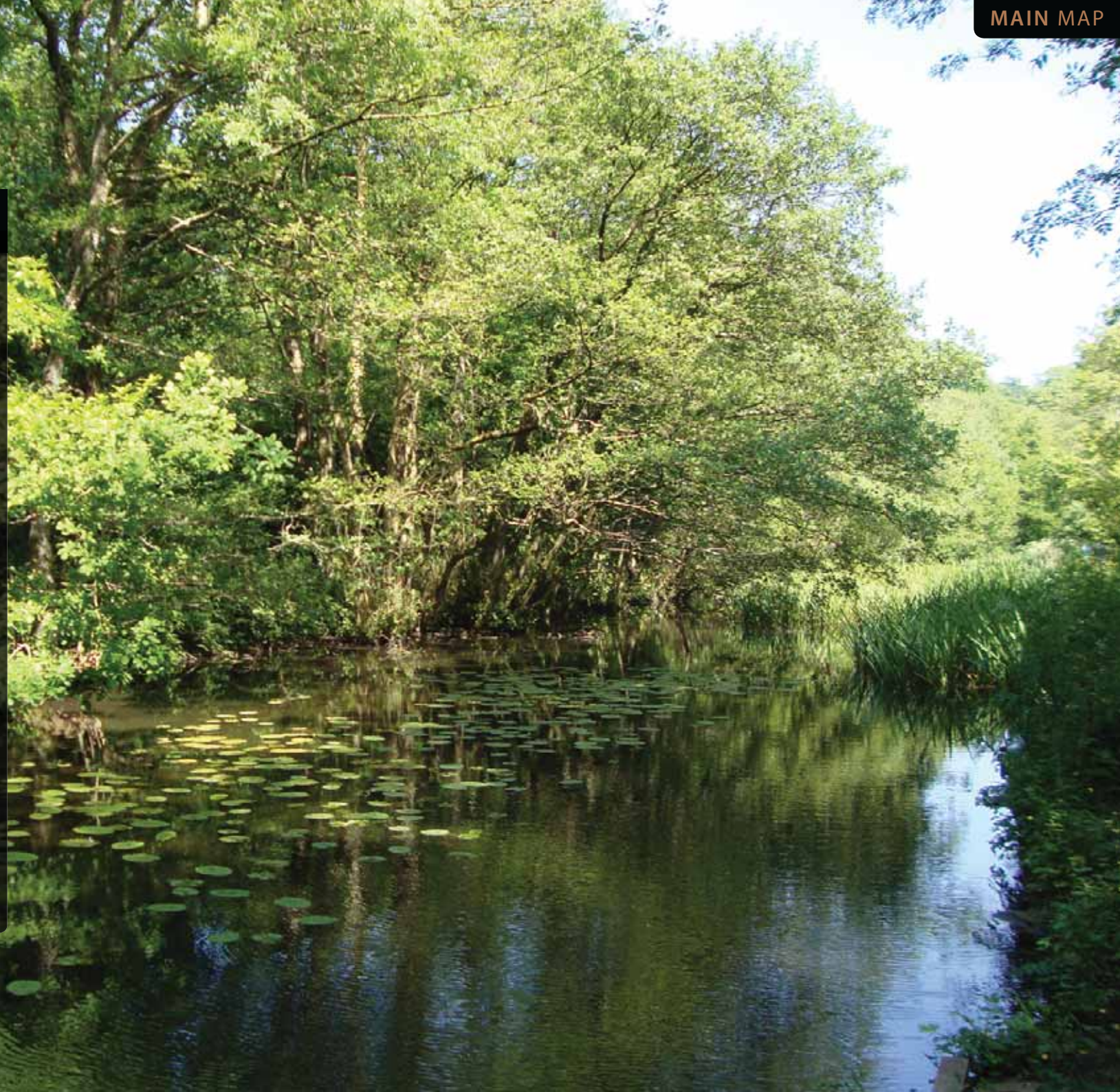
## GLAMORGANSHIRE CANAL

The Glamorganshire Canal was constructed in 1798 to cope with the increase in trade and the movement of coal and iron ore from the Merthyr and Rhondda Valleys. It had a dramatic effect on the importance of the Taff Valley and expansion of the port of Cardiff. The Canal was a major engineering feat, covering 25 miles and rising to a height of 80 metres above sea level through the construction of 52 locks. It rapidly became over crowded and was eventually given competition by the Taff Railway. Part of the Canal remains including two locks (Top Lock and Middle Lock) alongside Forest Farm and is now a Local Nature Reserve.



## FOREST FARM

Forest Farm is managed by Cardiff Council and was designated as a Country Park in 1992 due to its role for tourism and recreation. The area is also very important for nature, also containing a Site of Special Scientific Interest (SSSI) and a local nature reserve. The original farm house and cottage is home to the British Trust for Conservation Volunteers (BTCV) and alongside is the Forest Farm Wardens Centre. A group of enthusiastic local residents have formed a [Friends of Forest Farm](#) Group to assist Cardiff Council in enhancing this area and have work days on the reserve each month.





## CARDIFF CRICKET CLUB

Located close to the Taff Trail and picturesque Forest Farm, [Cardiff Cricket Club](#) is one of the oldest sporting institutions in Wales.

Founded in 1819, the club is now home to many teams including 4 Saturday Senior teams, Midweek and Sunday teams, Boys Junior Teams from Under 9's through to Under 15's, as well as Girls teams.







## CARDIFF HIGH SCHOOL OLD BOYS RUGBY CLUB

Founded in 1921, [Cardiff High School Old Boys Rugby Club](#) is now situated in the Diamond Ground (named after a previous headmaster of the school). It has hosted many rugby events over the years, including matches in the Women's World Cup and is frequently used by visiting national teams for training purposes. The club includes 3 pitches and a gym with space available to hire for parties and special occasions.



## HAILEY PARK

Hailey Park is well-used by the local community and offers a wide range of facilities for sport and other leisure activities. Facilities include two playgrounds and six tennis courts in the southern end of the park, and a large area of games pitches, including rugby pitches at the northern end where the local rugby club, Llandaff North, play. This section of the river is also used extensively by the Llandaff Rowing Club.

The [Friends of Hailey Park](#) was established in 2007 and are active in the Park; organising community events, wildlife projects, litter picks and much more.







## LLANDAFF FIELDS

Together with adjacent parkland, Llandaff Fields form a massive wedge of open space stretching from the city centre out to Llandaff. The parkland is well used by and easily accessed from local communities.

The mature avenues of trees compliment the large grassed areas to provide attractive parkland which is very popular with all age groups and is regularly used for sporting events.

The Fields also contain sports pitches including tennis courts, rugby and football pitches and a bowling green with a pavilion. There is also plenty of open space and a well-equipped children's play area. Changing rooms and toilets are provided for the users of the park, as well as a large car park accessed from Cathedral Road.





## MAINDY SWIMMING POOL AND CYCLE TRACK

Located a short walk from the Taff Trail, Maindy Swimming Pool and Cycle Track provides many opportunities for getting active. Facilities include: a 25m six-lane swimming pool; fitness suite; dance studio; football pitch; and a flood-lit 460m Outdoor Cycling Velodrome. Plenty of parking is available for visitors use.

For more information and the range of brochures available click [here](#).



## PONTCANNA FIELDS

Initially owned by the Bute Family, the land was given to the Council in 1947 and is now a well used large area of open space valued by the community. Sports fields including rugby and football pitches are available on site.

Several interesting features are present at Pontcanna Fields such as an avenue of 100 elm trees and the possibility of watching salmon jumping up stream at the weir.

British Military Training (BMT) takes place at Pontcanna Fields on most days of the week and is open to all members of the public of all fitness levels. The BMT hold classes to increase fitness levels and also hold frequent social events.

A large car park is available near to the Pontcanna Fields Changing Rooms.





## CARDIFF CARAVAN PARK

Cardiff Caravan Park is situated in approximately 300 acres of beautiful parkland in the heart of Cardiff City Centre and is owned and managed by Cardiff Council. The site is an ideal quiet base from which to explore the many and varied attractions in and around the City. The dramatic Brecon Beacons, historic valleys and beautiful Gower beaches are all within an hours drive away.

The site is open 365 days of the year and pitches can be booked by calling the warden on 029 2039 8362 or completing the booking form and e-mailing it to [CardiffCaravanPark@cardiff.gov.uk](mailto:CardiffCaravanPark@cardiff.gov.uk).





## CARDIFF RIDING SCHOOL

Cardiff Riding School, opened in 1970, is surrounded by 35 acres of parkland and is located close to the City Centre. Children from the age of 4 are welcome as well as adults of all ages with lessons available for individuals, groups or disabled riders. The facilities at the Riding School include indoor and outdoor riding arenas, as well as hacking and cross country facilities. There are around 40 horses and ponies at the centre.

Call 02920 383 908 or email  
[CardiffRidingSchool@cardiff.gov.uk](mailto:CardiffRidingSchool@cardiff.gov.uk)  
for more information.





## PEDAL POWER

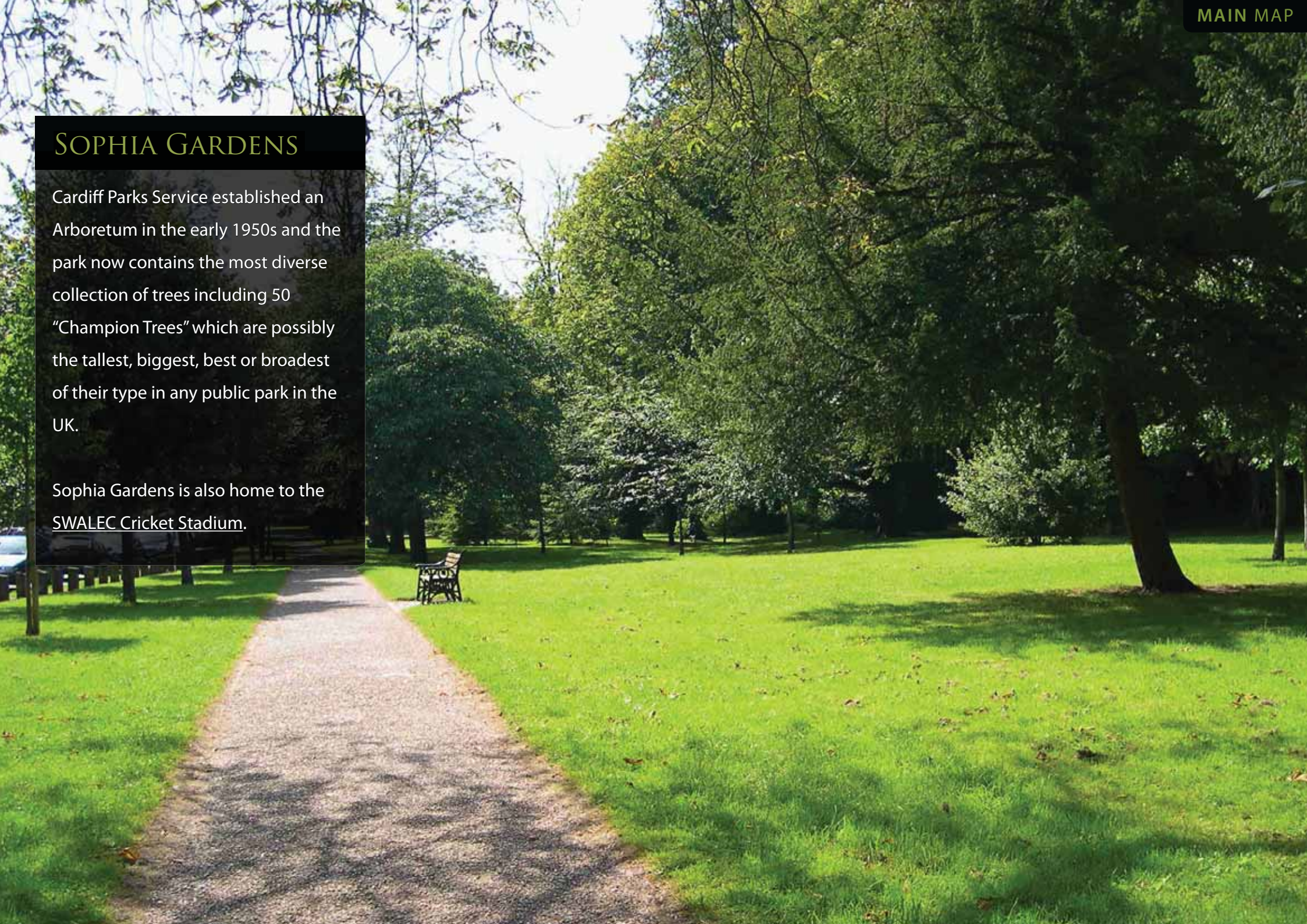
Pedal Power is a registered charity whose mission is “to make cycling accessible to all”. Open 7 days a week, the charity has an extensive range of cycles available for hire from both of their centres; one in Pontcanna Fields, the other in Cardiff Bay. As well as ladies, gentlemen’s and children’s bikes specially adapted cycles designed for disabled adults and children are also available from Pontcanna Fields. For those looking for something a bit different, go-carts, tandems and pedal cars are available from Cardiff Bay. Pedal Power offer a range of courses and one off sessions from total beginner to the advanced skills required to cycle safely in traffic. Spokes Café, at the Pontcanna centre, is available for drinks and meals.



## SOPHIA GARDENS

Cardiff Parks Service established an Arboretum in the early 1950s and the park now contains the most diverse collection of trees including 50 "Champion Trees" which are possibly the tallest, biggest, best or broadest of their type in any public park in the UK.

Sophia Gardens is also home to the [SWALEC Cricket Stadium](#).







## SWALEC CRICKET STADIUM

Currently home to the Glamorgan County Cricket Club and located adjacent to the River Taff in Sophia Gardens, the SWALEC Cricket Stadium has held five One Day Internationals and is set to host many more games in coming years.





## SPORT WALES NATIONAL CENTRE

The [Sports Wales National Centre](#) is a sports facility in Cardiff set up to assist the development of elite athletes in Wales. It has state of the art facilities for many sporting activities including gymnastics, table tennis, badminton, netball and basketball. Every year in December the Centre hosts the International Badminton Welsh Open. The Wales National Netball Team, Badminton Team and Gymnastics Team all train at the Sports Wales National Centre. The Federation of Disability Sports Wales is also based at the centre which provides local sporting and physical activity opportunities to disabled people in Wales.



## BUTE PARK

Originally created as the private garden to Cardiff Castle for the third Marquess of Bute between 1873 and 1901, a significant proportion of the 56 hectare grounds were given to the people of Cardiff in 1947. It is a Grade 1 listed historic designed landscape laid out by 'Capability' Brown. This original layout still exists but since 1947 the park has been extensively planted with trees to form an arboretum. The park is popular with both tourists and local residents and is host to events such as the RHS.

Many activities are available in the park such as football, rugby, cycling or a more leisurely stroll.

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## BUTE PARK

A new Nursery Education and Training Centre has recently been completed within Bute Park. The Centre aims to be the hub of educational activities with the park and will provide a resource for schools, families, special interest groups as well as Cardiff Council's horticultural apprentices. In addition, it will allow people an insight into the council's impressive horticultural operation which supplies the city with its colourful displays of flowers and shrubs. Facilities also include the Summerhouse Kiosk, the café at the education centre and public toilets.

'Bute Park Friends Group' has recently been created to enable volunteers to help Cardiff Council to maintain the park and ensure its continued use for future generations.

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## CARDIFF ARMS PARK RFC

Initially founded in 1876, Cardiff Rugby Football Club was originally located in Sophia Gardens and later moved to its famous grounds at Cardiff Arms Park. Home of Cardiff RFC, the club has since produced many international and British Lion players.



## MILLENNIUM STADIUM

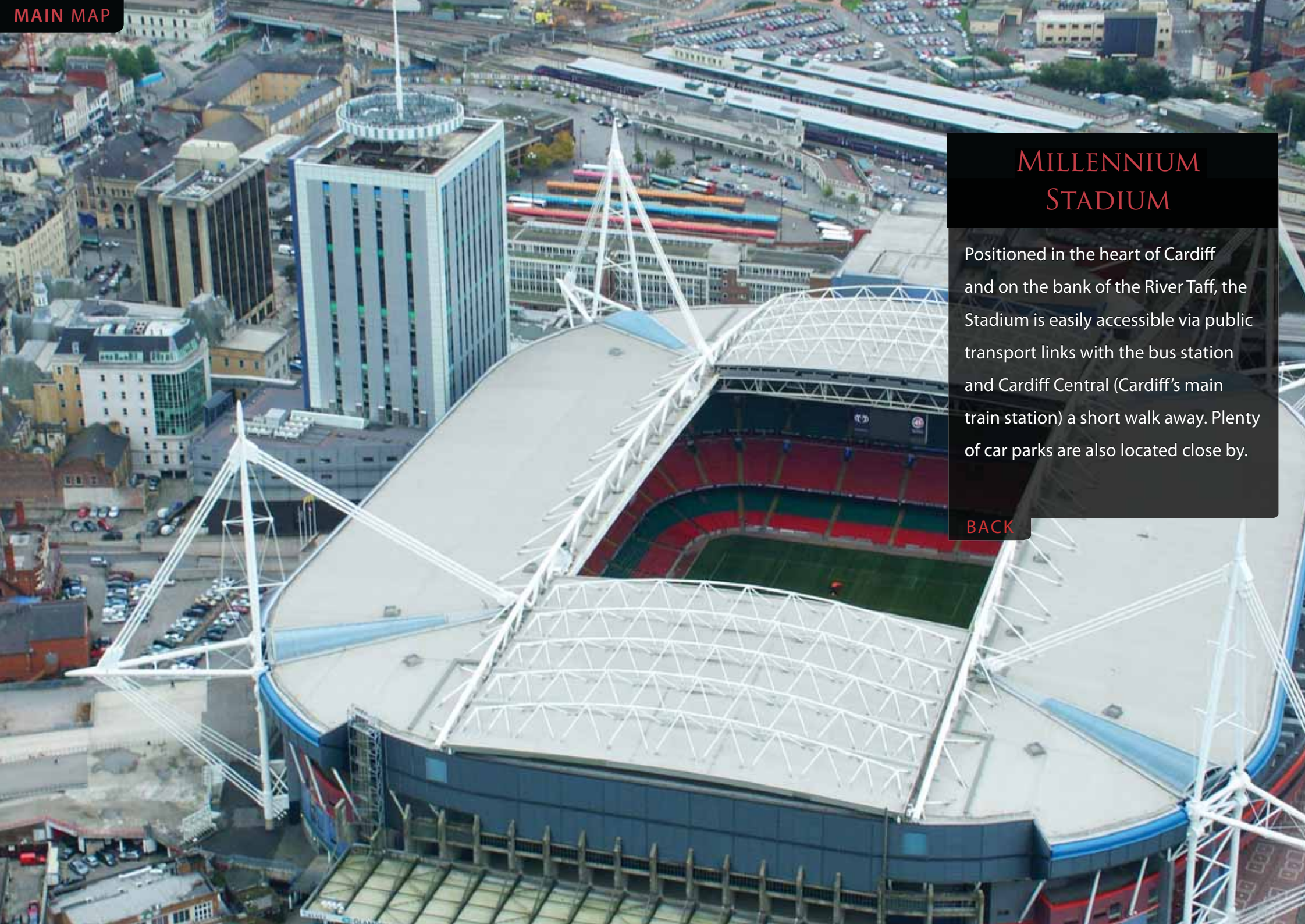
The Millennium Stadium is Wales's national stadium and is home to the Welsh Rugby Union team. It stands out from many other stadiums around the world due to its special retractable roof and removable pitch.

The stadium was opened in June 1999 for the Rugby World Cup and has played host to big events such as the rally GB super spatial stage, various music concerts and Football Association finals. It is also one of the hosts for the football events during the London 2012 Olympics.

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## MILLENNIUM STADIUM

Positioned in the heart of Cardiff and on the bank of the River Taff, the Stadium is easily accessible via public transport links with the bus station and Cardiff Central (Cardiff's main train station) a short walk away. Plenty of car parks are also located close by.

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## RIVERSIDE MARKET

With views over the River Taff across towards the Millennium Stadium the Riverside Market is set in an ideal location. Open every Sunday this popular local market sells local produce from 10am 'til 2pm.





## RED DRAGON CENTRE

Located in Cardiff Bay and a short walk from the Taff Trail, The Red Dragon Centre is the home of many leisure activities including a 12-screen cinema, bowling alleys, rock climbing walls, cafes and even a 24-hour casino.

The centre also provides ample parking for its visitors.



## ROALD DAHL PLASS

Formerly an area of muddy swamp land, the second Marquess of Bute financed the construction of the dock which held 300 vessels. By 1907, a further four docks opened, establishing Cardiff as the greatest coal exporting port in the world.

Since the Second World War, however, when the demand for coal fell, the docks became neglected and derelict. As part of the area's regeneration an area was created which has now played host to open-air music events and food festivals. In honour of the Cardiff-born writer, it was named Roald Dahl Plass.

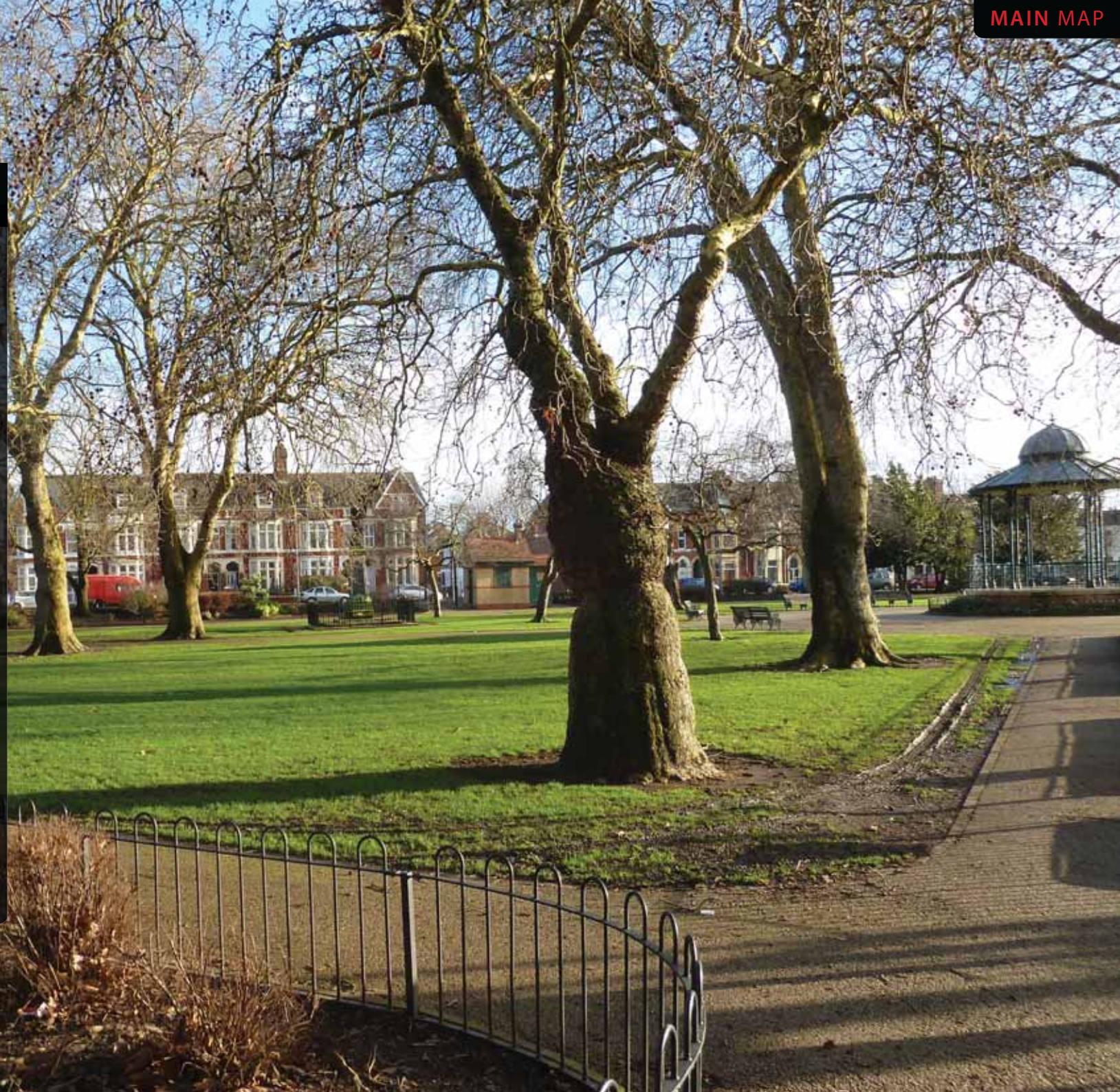




## GRANGE GARDENS



Located a short walk from the Taff Trail, Grange Gardens is one of a handful of places in Cardiff that is lucky enough to have Outdoor Gym equipment courtesy of [The Great Outdoor Gym Company](#). With cardio, strength and toning equipment, the gym is a great way to keep fit for free. The Gardens also offer a children's play area and bountiful open space to enjoy.







## WALES MILLENNIUM CENTRE

Officially opened in 2004 by Her Majesty Queen Elizabeth II, the [Wales Millennium Centre](#) has since hosted performances of opera, ballet, dance, comedy and musicals. The brief for the architects was to design the building to be “unmistakeably Welsh and internationally outstanding” and so was built using Welsh materials such as the slate on the exterior from Welsh mines. The poem on the front of the Millennium Centre reads “In these stones horizons sing” - composed by Welsh writer Gwyneth Lewis.



## TECHNIQUEST



Techniquest is a Welsh science and discovery centre situated in Cardiff Bay. The centre gives visitors a hands-on approach to science and includes a science theatre and a planetarium.

© Visit Wales





## HAMADRYAD PARK

Positioned on the banks of the River Taff with views across Cardiff Bay, Hamadryad Park is an ideal location to sit and watch the world go by. As well as plenty of open space, the Park also offers a well equipped play area for children and benches for you to relax on.





## CARDIFF BAY YACHT CLUB



Originally established in 1932, Cardiff Bay Yacht Club offers its members a wide range of activities, both nautical and social, including dinghy and sports boat racing and also has a very active fishing section.







## CARDIFF BAY WATER ACTIVITY CENTRE



Cardiff Bay Water Activity Centre offers a wide range of activities such as rowing, sailing, windsurfing, power boating, as well as other fun activities like archery. Courses are offered at the centre for many of these activities carried out by professional staff.





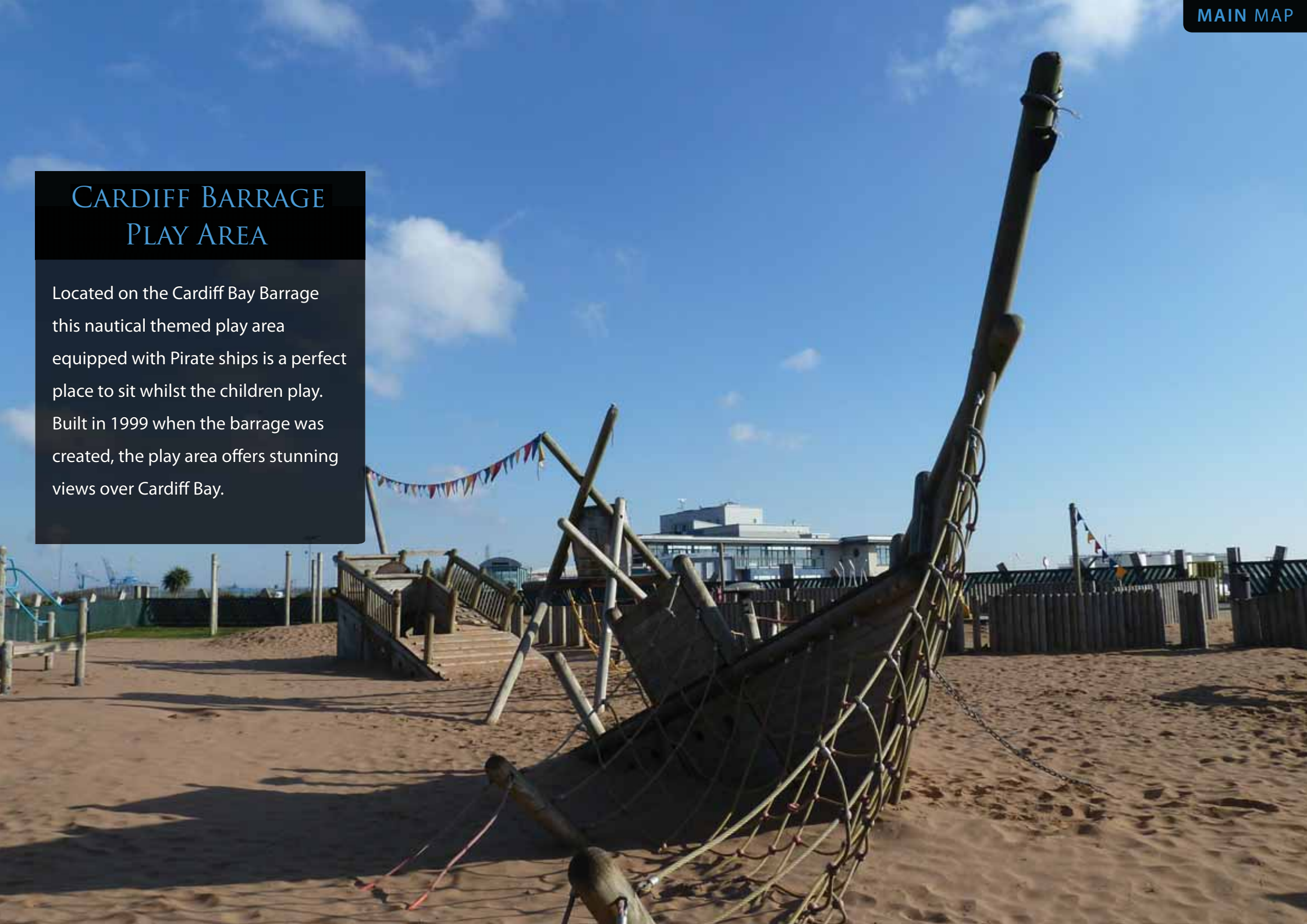
## BRITANNIA PARK PLAY AREA

Located behind the Norwegian Church and with views over the docks, this well equipped children's play area offers a facility for both children and parents to enjoy.



## CARDIFF BARRAGE PLAY AREA

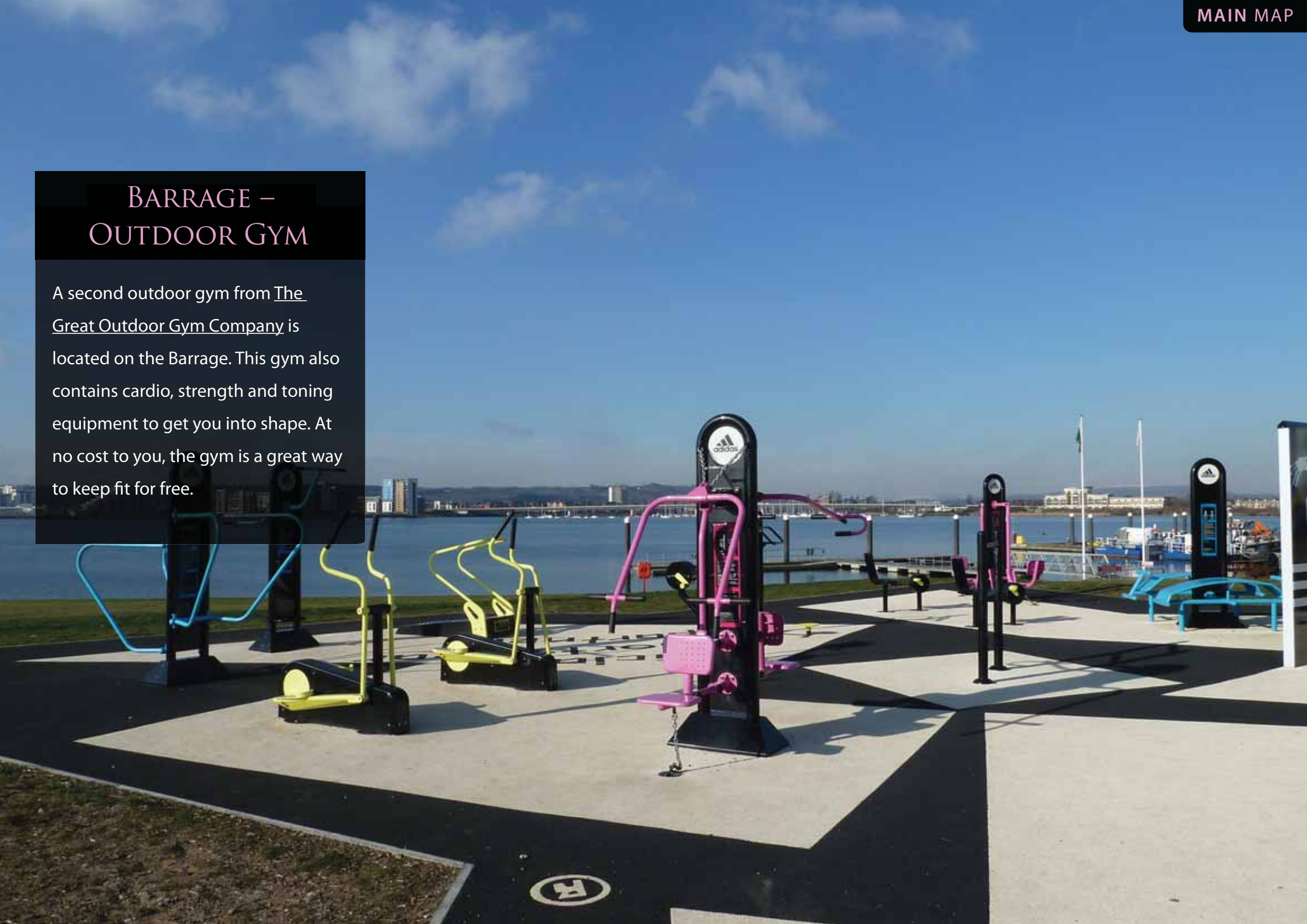
Located on the Cardiff Bay Barrage this nautical themed play area equipped with Pirate ships is a perfect place to sit whilst the children play. Built in 1999 when the barrage was created, the play area offers stunning views over Cardiff Bay.





## BARRAGE – OUTDOOR GYM

A second outdoor gym from [The Great Outdoor Gym Company](#) is located on the Barrage. This gym also contains cardio, strength and toning equipment to get you into shape. At no cost to you, the gym is a great way to keep fit for free.





## CARDIFF BAY WETLANDS RESERVE



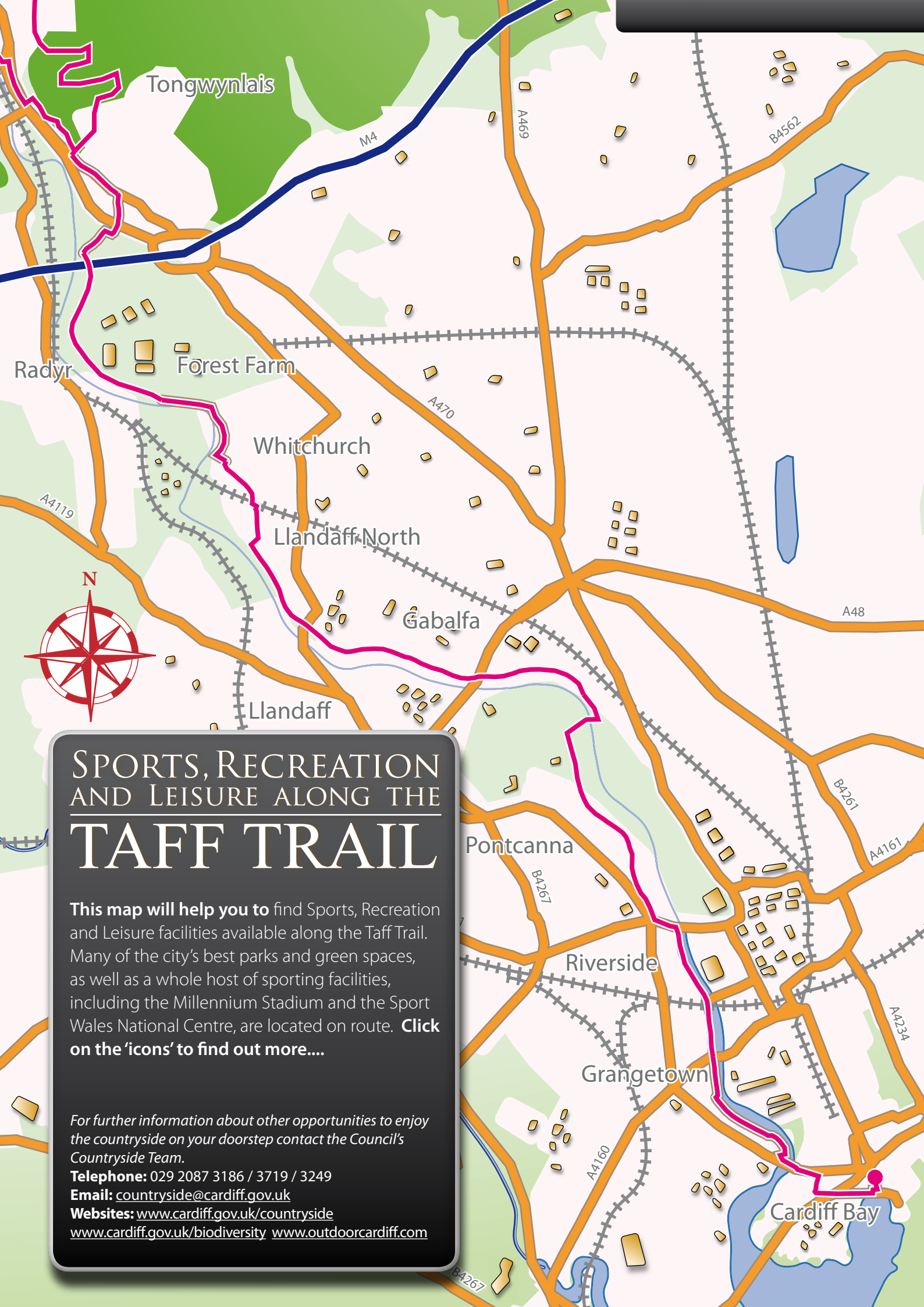
Created in 2002 when the barrage was completed and the previous saline mudflats transformed into freshwater marshland and a 400 acre lake, Cardiff Bay Wetlands Reserve is now a great centre for wildlife.

Today the reserve is an important site for over-wintering and breeding birds and is very popular with birdwatchers that come to see the rare birds. There is a purpose built reën to prevent access to the bulk of the reserve from the mainland. This protects nesting birds from any predators and disturbances from humans.

The reserve is also a good place to come for the casual visitor to enjoy wildlife and the views across the Bay.







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