



SPORTS, RECREATION AND LEISURE ALONG THE ELY TRAIL

This map will help you to find Sports, Recreation and Leisure facilities available along the Ely Trail. Facilities range from picnic sites, walks through wooded areas to sporting facilities including the Football Stadium and fishing platforms. **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 3230

Email: countryside@cardiff.gov.uk

Websites: www.cardiff.gov.uk/countryside

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KEY

 Ely Trail	 Visitor Pontoon Moorings
 Parking	 Glan Ely Woods
 International Sports Village	 Cardiff Marine Village
 St. Fagans Circular Walk	 Water Canoe Slalom
 National History Museum	 Temporary Ice Rink
 Plymouth Great Wood	 Cardiff International Pool
 Grangemore Park	 Cardiff Bay & River Cruises
 Trelai Park & Leckwith Woods	 Mill Road Recreation Ground
 Sanatorium Park	 International Sports Stadium
 Cardiff City Football Club	 Fishing Platforms



THE INTERNATIONAL SPORTS VILLAGE

Cardiff's International Sports Village (ISV) in Cardiff Bay, is a major project, which hopes to transform a former industrial site by improving the local environment and creating new sports facilities. Improvements include a brand new road/cycle/pedestrian network and major improvements to the existing local road network, comprising linking directly onto the Cogan Spur, the Grangetown Link Road (A4232) and onto Junction 33 of the M4. The site can be reached from the start of the Ely Trail by travelling along Dunleavy Drive, to the south under the Grangetown Link Road and across the toucan crossing towards Morrison's supermarket.

CARDIFF INTERNATIONAL POOL

New developments include Cardiff International Pool which forms the focal point and sets the standard for future developments. It opened in January 2008, receiving over 300,000 visitors in its first six months, with 58 records broken in a single event in spring 2009. The complex provides a large range of facilities, including a 50m pool for early morning public swimming, smaller 25m lanes at other times and Aqua Zone swimming lessons. The site also boasts a leisure pool with 4 flumes rides, Lazy River, Space Bowl and a children's play structure. Additional facilities include a fully air conditioned health and fitness studio, holding 50 group exercise classes per week, two dance/activity studios; Health Suite with sauna, large Jacuzzi and steam rooms, Café Bar, Crèche, "Party Mania" for children's parties and a on site car parking.



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A 2,000 seater temporary ice rink has also been built on the ISV site, hosting professional ice hockey matches and offering recreational and leisure skating facilities for the public. The structure will be replaced when the Snow Box and leisure ice complex is opened. The Snow-Box will provide the fun and thrills of real snow whilst the ice complex will comprise an ice pad for recreational skating and ice related sports.



WATER CANOE SLALOM



Early designs were provided by the creators of the courses for the Olympic Games at Sydney, Athens and Beijing, for an Olympic-standard pumped water canoe slalom course for the ISV site. Work started in September 2008 and completion is expected in early 2010. Once open the 8.4 m course will be available for recreational and Olympic-standard white water rafting, canoeing and kayaking. It will further enable Cardiff to offer advance training facilities for UK athletes and competitors from visiting countries for the 2012 Olympic Games.

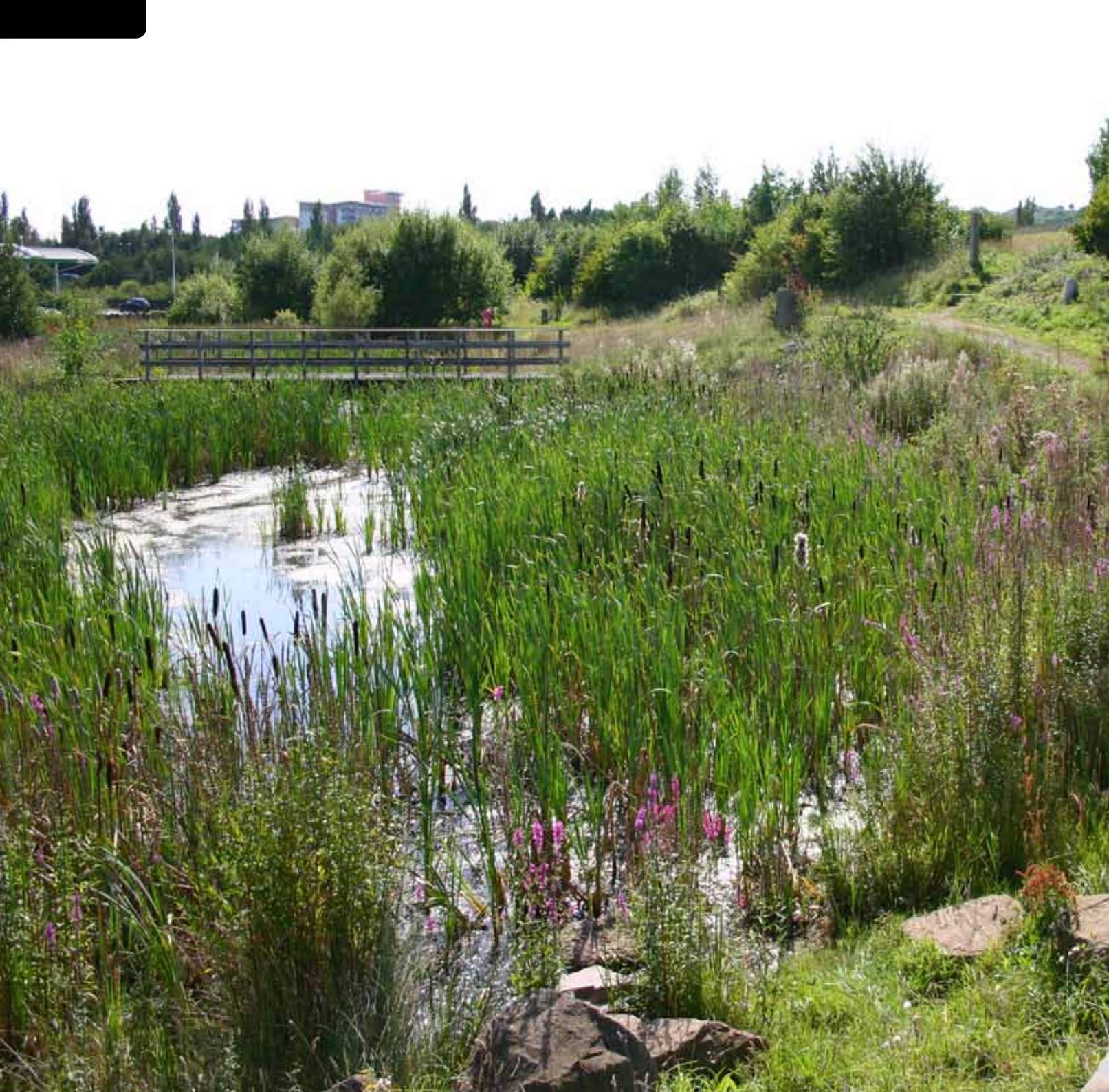


CARDIFF BAY & RIVER CRUISES

You can cruise Cardiff Bay's waterfront, the Barrage Embankment and along the Rivers Ely and Taff, on 'Green Boats'. The 'Green Boats' are available for charter, private hire, customised and tailor-made cruises. In addition, a restaurant boat offers both dining and non-dining cruises. All boats depart from the pontoons to the front of the Pierhead Building in Cardiff Bay.

You can also cruise Cardiff Bay, the River Ely, the River Taff and the Barrage Embankment in comfort and style on Aquabus, Cardiff's newest transport system. Aquabus provides a fleet of vessels from luxury to waterbuses, with highly qualified and experienced naval staff. The luxury cruise vessel Sereny-Bae offers the perfect backdrop for any occasion, whether its drinks with friends, a family dinner, or a larger corporate or private function.





GRANGEMORE PARK



It is hard to believe that this park, today an important recreational facility for local residents, was once a rubbish tip. The site originally formed part of the River Taff Ely Estuary which at this point comprised meanders and ox bows, the levels were then raised considerably by its new use as a landfill site. Following closure of the rubbish tip land restoration works were completed in 2000, forming a brand new open space 'Grangemoor Park', so named. following a local competition.

GRANGEMORE PARK

The park designed as a Welsh upland setting based on the hills formed by the tip, is used to good effect with a viewpoint at its summit, offering panoramic views of the ever changing city centre and Cardiff Bay. The highest hill top includes flower rich grasslands and scrub, and the 'Silent Links' sculpture. A pond and picnic area has been created at the foot of this hill, as well as a high quality stone wall built around the edge of the park. Part of this wall forms an attractive entrance to the Ely Trail, available for both walkers and cyclists. In addition a good network of paths extends around and through the park which link well with adjoining areas. The network provides a great resource for walkers, dog walkers and joggers and has been included in a series of [Walking for Health](#) 'Healthy and Scenic Walks in and around Cardiff' Get up and Go' walk packs, designed to gently improve body and mind.



VISITOR PONTOON MOORINGS

Cardiff Harbour Authority provides day visitor pontoon moorings within the Inner Harbour of Cardiff Bay. Use of the pontoons is subject to Terms and Conditions that are displayed on the pontoon. They are located adjacent to Roald Dahl Plass and within the Graving Docks. On occasions however, access to these pontoons may be restricted because of water activities and events that take place in the Bay. In this case additional mooring facilities have been installed adjacent to the entrance of the Ely Trail at Dunleavy Drive on the River Ely.





CARDIFF MARINE VILLAGE



Under the banner of Cardiff Marine Services the company which has been repairing and servicing boats at their facility in Cardiff Bay for nearly thirty years has opened a new servicing centre on Penarth Road, adjacent to the Ely Trail. Cardiff Marine Village brings together boat builders, marine industry manufacturers, equipment, material suppliers and related service providers. The Marine Village also houses new high tech workshops and an extensive range of specialist marine services including boat lift and moorings on the bank of the River Ely.



FISHING PLATFORMS AND PICNIC SITE

A new picnic and fishing site comprising four new fishing platforms, two picnic tables with integral benches and associated path network has been installed on the Leckwith section of the Ely Trail. An opening ceremony was held in September 2009, following seasonal mowing of the grassland area, litter clearance and the creation of a reptile pile. Monies to create the amenity site were supplied by [The Rotary Club of Cardiff Bay](#), [The Innovate Trust](#) and the [Countryside Council for Wales](#).

FISHING PLATFORMS AND PICNIC SITE

The fishing platforms along the River Ely are a coarse fishing facility and species include roach, gudgeon, chub, with smaller numbers of dace and rudd, however mullet, smelt and flounder may also be found. Licenses are required to use the fishing platforms which are policed by [Cardiff Harbour Authority](#) wardens. Fishing from boats and game fishing along the River Ely is prohibited. However, additional coarse fishing sites along the banks of the River Ely are being considered at Grangemoor Park and Sanatorium Park to the rear of Lansdowne Gardens.

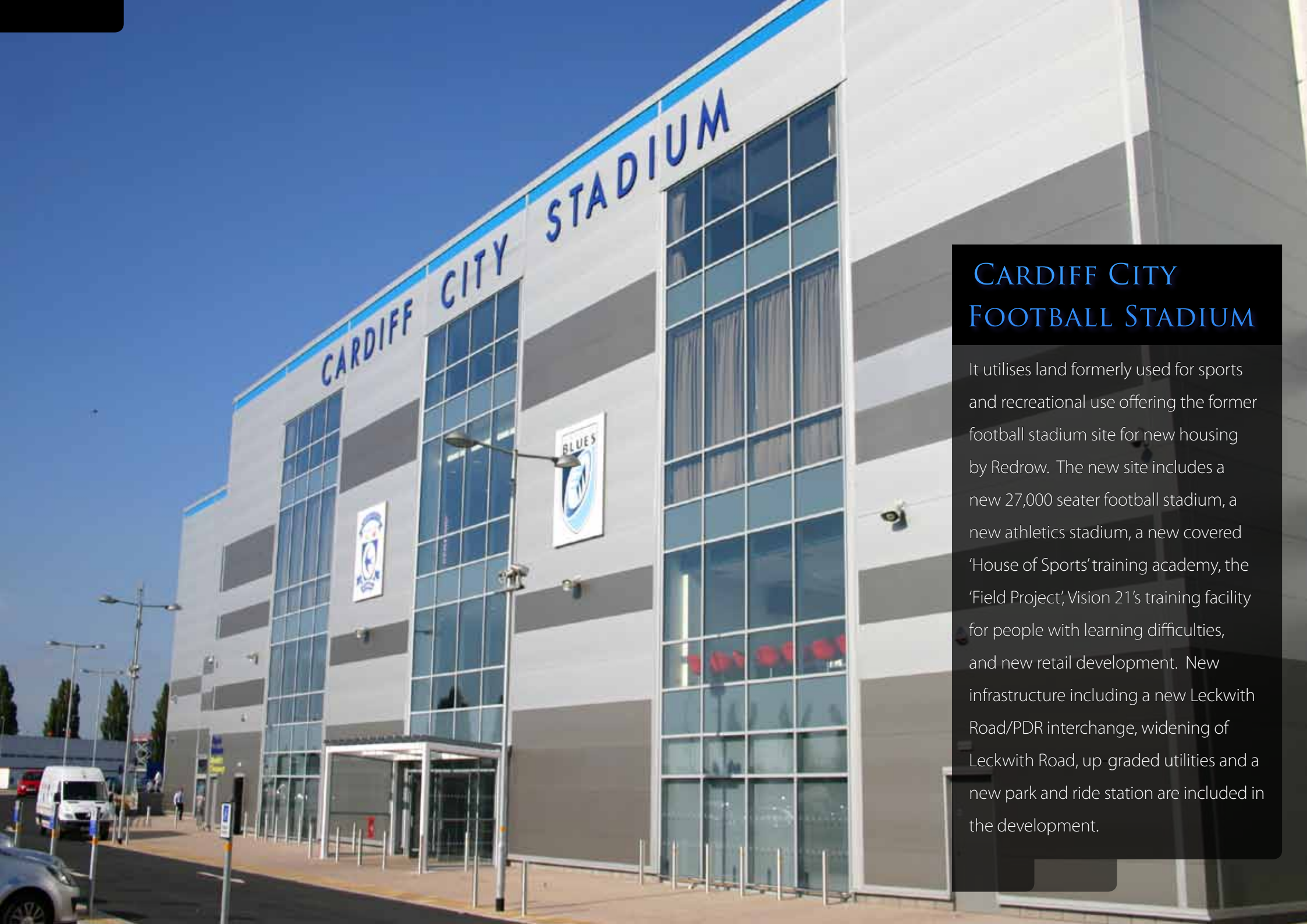


CARDIFF CITY FOOTBALL STADIUM



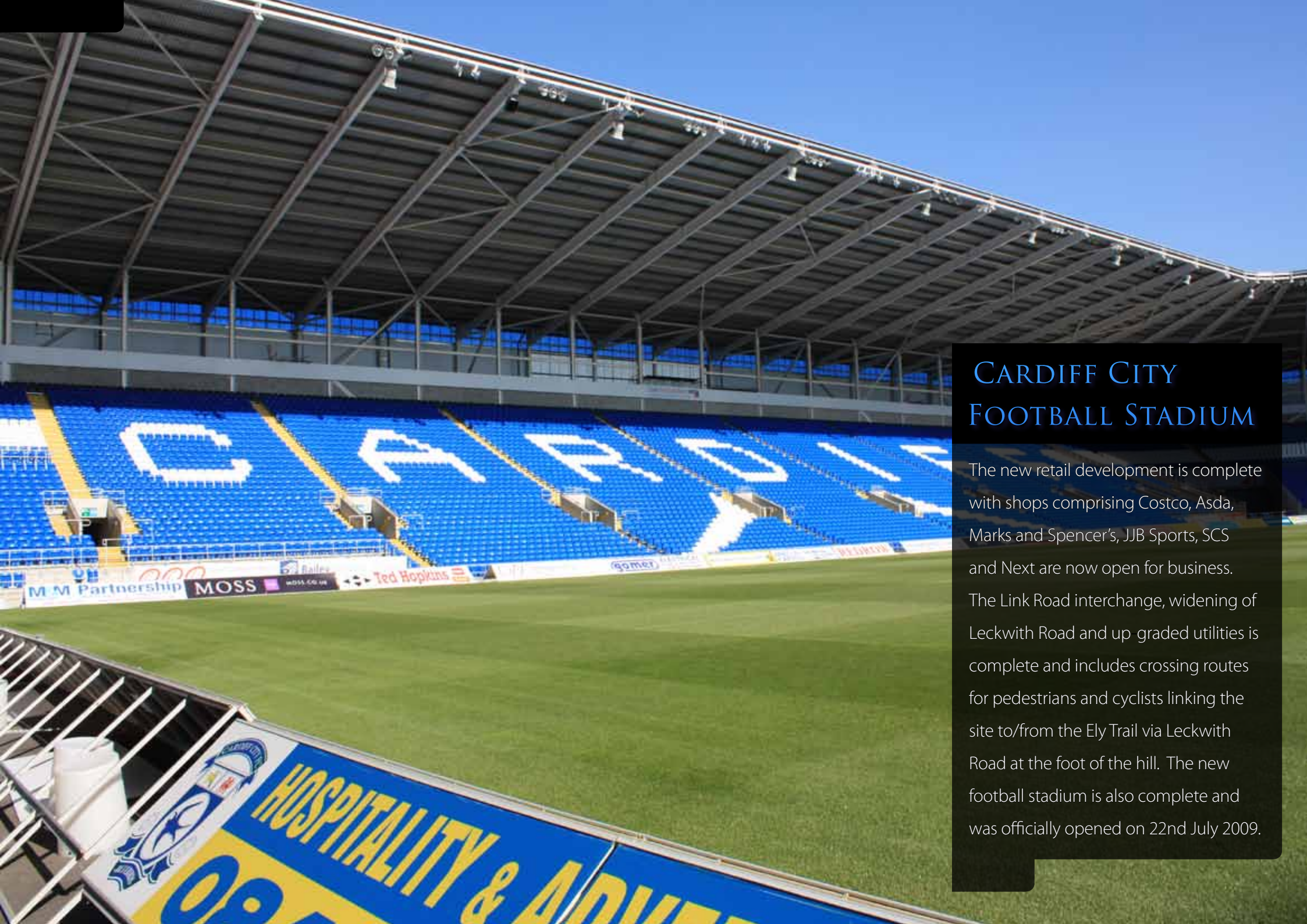
The Cardiff City Football Club Stadium Project is a major regeneration project occupying a strategically important location within the Ely Valley. It lies within close proximity to both the River Ely and Ely Trail and offers additional sports and recreational facilities in the area.





CARDIFF CITY FOOTBALL STADIUM

It utilises land formerly used for sports and recreational use offering the former football stadium site for new housing by Redrow. The new site includes a new 27,000 seater football stadium, a new athletics stadium, a new covered 'House of Sports' training academy, the 'Field Project', Vision 21's training facility for people with learning difficulties, and new retail development. New infrastructure including a new Leckwith Road/PDR interchange, widening of Leckwith Road, up graded utilities and a new park and ride station are included in the development.



CARDIFF CITY FOOTBALL STADIUM

The new retail development is complete with shops comprising Costco, Asda, Marks and Spencer's, JJB Sports, SCS and Next are now open for business. The Link Road interchange, widening of Leckwith Road and up graded utilities is complete and includes crossing routes for pedestrians and cyclists linking the site to/from the Ely Trail via Leckwith Road at the foot of the hill. The new football stadium is also complete and was officially opened on 22nd July 2009.

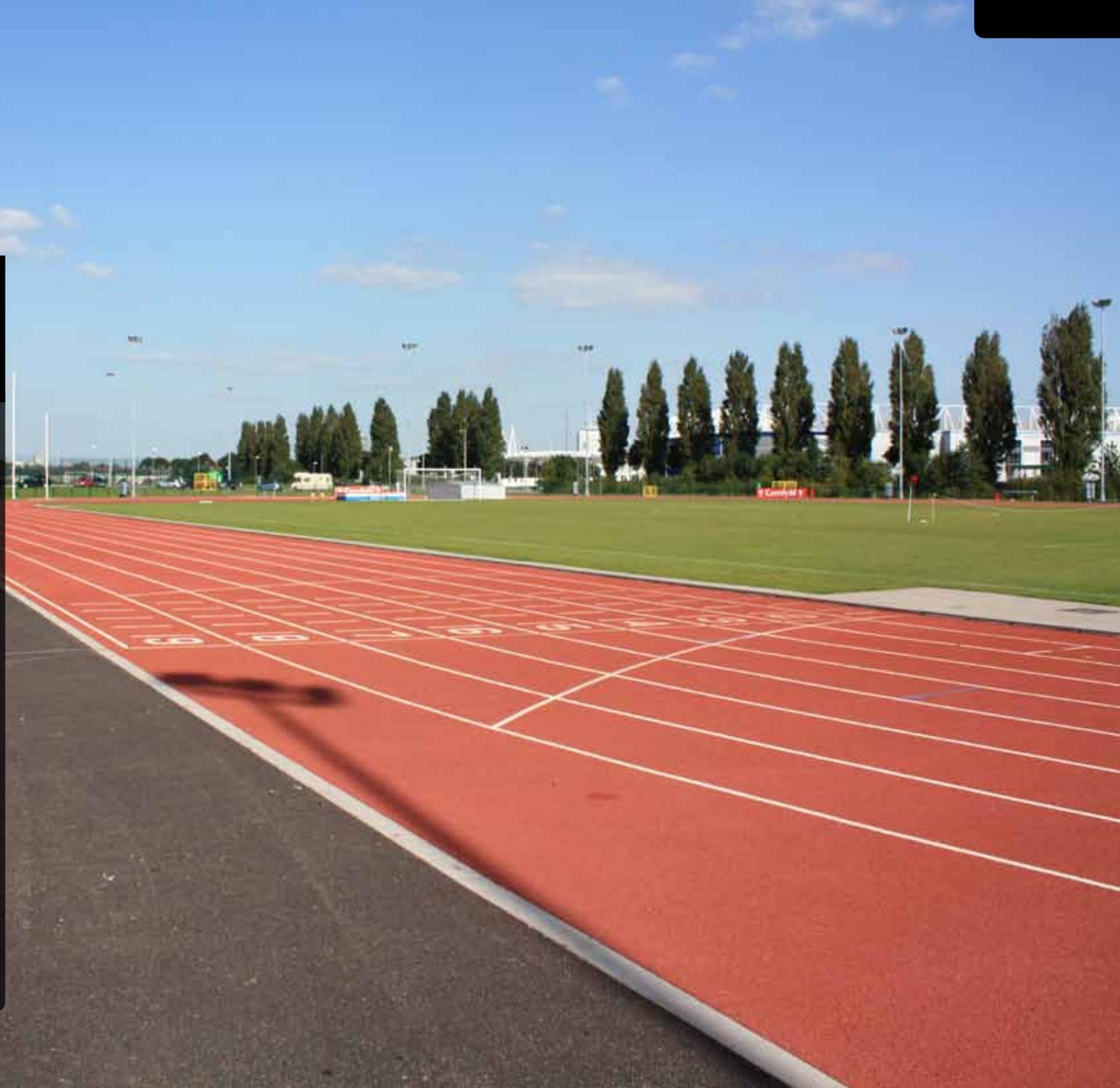
A wide-angle photograph of the Cardiff International Sports Stadium. The foreground is dominated by a red running track with white lane markings and large white numbers '1' and '2'. To the right, the stadium's seating area is visible, featuring green and blue seats under a large, modern roof structure. In the background, a lush green hill rises against a clear sky. The overall scene is bright and open.

CARDIFF INTERNATIONAL SPORTS STADIUM

Cardiff International Sports Stadium is a multi sport/special event facility offering a range of activities. Suitable for use by the local community and Sport Governing bodies, the stadium provides all event requirements and fitness advice. The new athletics facility was officially opened by Collin Jackson in March 2009 and includes upgrade to the playing pitches and warm up/throw areas on Fitzalan School playing fields.

CARDIFF INTERNATIONAL SPORTS STADIUM

Additional services include track and field facilities, an artificial training pitch, rugby/football pitches, trim trail leading to extensive off road running tracks with links to Sanatorium Park and the Ely Trail, hospitality suite, sports retail outlet, activity zones, training rooms with kitchen facilities, changing rooms, physiotherapist rooms, cafeteria, wetlands areas, outside Courtyard and parking spaces. It is also the home of Welsh Athletics, Cardiff City Football Clubs' youth team, Grange Harlequins Football Club, Cardiff City Ladies Football Club and Cardiff Amateur Athletic Club.



SANATORIUM PARK

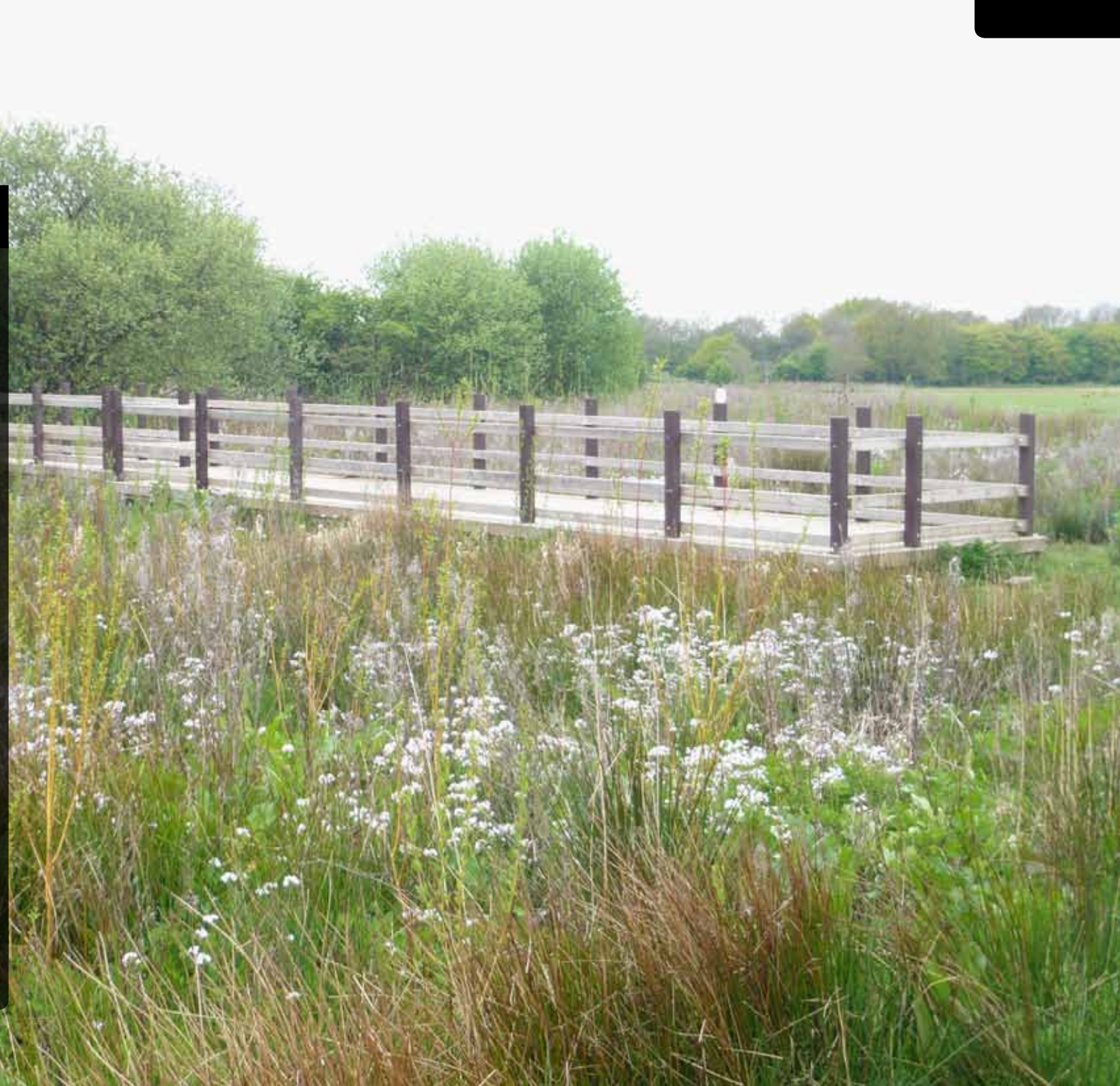
This park has been recently developed and now includes, informal sports pitches, a children's play area, tree and shrub landscaping and a newly laid out path network. The path network leads onto the Ely Trail under the link road onto Leckwith Road. You can then access the Leckwith section of the Ely Trail by crossing Leckwith Road, at the foot of the hill. Eventually once the 'missing link' for the Ely Trail is built the path network will also run from the Park into the former paper mill site, and lead directly onto Cowbridge Road West and the remainder of the Trail.



SANATORIUM PARK



In order to reach that section of the trail, use the existing path network onto Lawrenny Avenue, or into Lansdowne Gardens and use the existing road network to gain access to Cowbridge Road West. Lawrenny Avenue also leads to Canton Rugby/Athletic Club and the 'Gol' football centre. The stretch of the River Ely, near the park is currently used by canoeists and rowers. It is also hoped to develop coarse fishing facilities along this river bank.



TRELAI PARK AND LECKWITH WOODS

Opened in 1933, on the former Cardiff Race Club site, Trelai Park is a large open space in the Caerau area of Cardiff.

The park contains a large number of sporting pitches for football, hockey and cricket, complete with large car park and changing rooms. Tennis courts and a bowling green are also provided.

Although the pitches take up a large area of the site, there are other features of interest including a wooded area (known locally as 'Pixie Woods') next to the River Ely, a landscaped area next to the playground, the remains of a Roman Villa and allotment gardens.





TRELAI PARK AND LECKWITH WOODS

The park can be reached from the Ely Trail from the Wroughton Road entrance by travelling along Cowbridge Road West to Colin Way. A path through the park also leads onto Leckwith Woods under the Ely Link Road into the Vale of Glamorgan, comprising Plymouth Wood and Company's Wood, which include clay pits and a quarry.

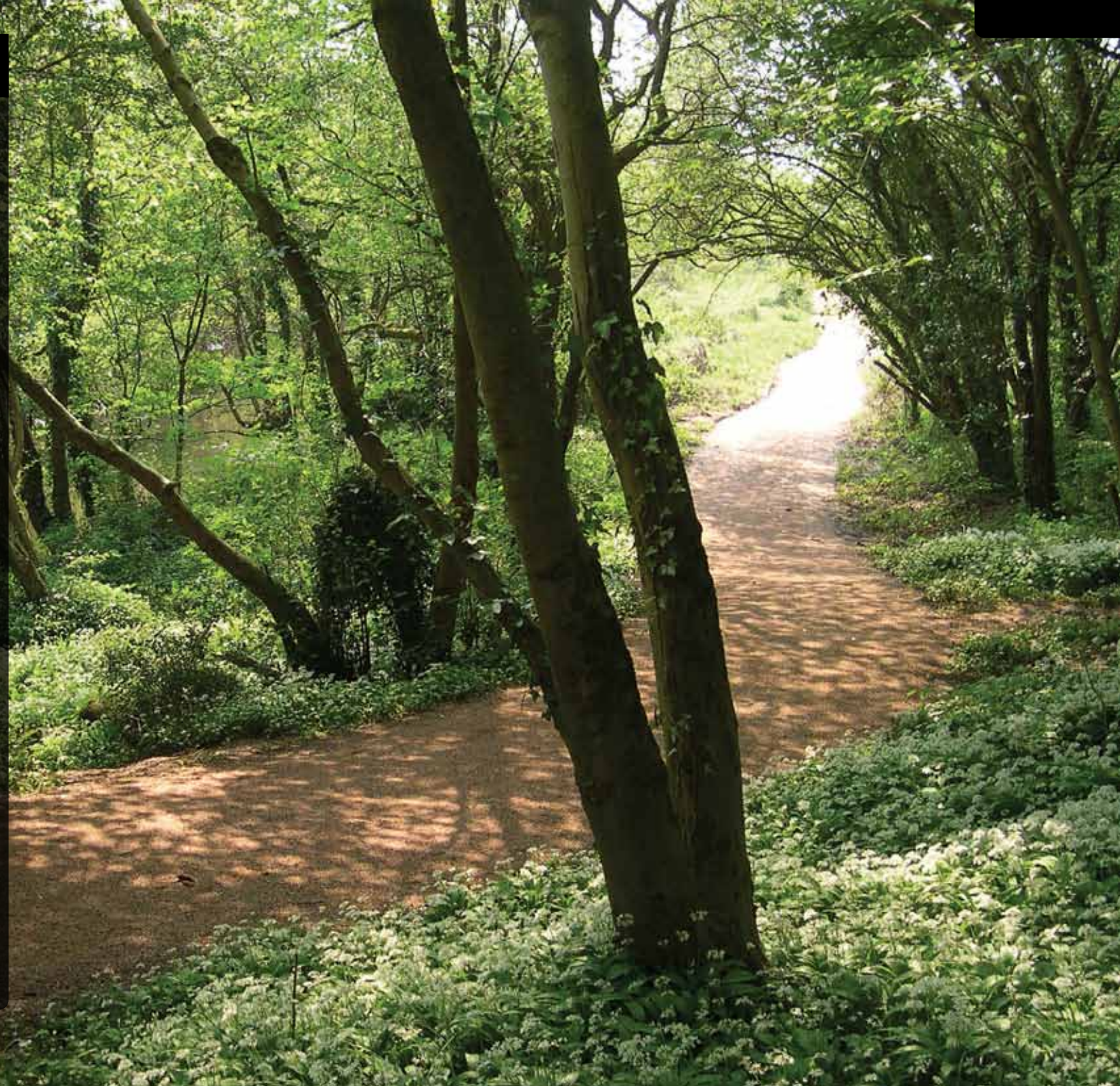


MILL ROAD RECREATION GROUND

A recreation ground is situated off Mill Road in Ely, which can be accessed by crossing the Ely Trail at Ely Bridge, travelling along Cowbridge Road West and Mill Road and into the recreation ground which overlooks the River Ely on the opposite side of the trail. The ground was established by the owners of the former Paper Mill on Ely Bridge for use by their employees. It is therefore known locally as 'Paper Mill' fields and now used by local football teams.

GLAN ELY WOODS

Glan Ely woods, so named as it is on 'the bank of the River Ely' comprise 2.42 hectares of ancient semi natural woodland. It is designated as a Site of Interest for Nature Conservation (SINC), bringing recognition to habitats and features of at least local nature conservation importance. It was resurveyed in 2006 and qualifies as a SINC under the classification of an H1 Woodland. The Ely Trail and the River Ely run through the woods a little west of Fairwater, where Monk's hood, Goldilocks Buttercups, Blue Bells, Blue Tits, Great Tits, Nipplewort, Alder, Hazel and Beech trees can be seen. Monks' hood is an attractive poisonous plant with purple flowers from May to September which form the shape of a monk's hood. It is also a feature of the banks of the River Ely supporting its status as a Site of Special Scientific Interest (SSSI). The wood is a pleasant spot for quiet contemplation.



ST. FAGANS CIRCULAR WALK

The St. Fagans Circular Walk was launched in June 2008. It is a promoted route accessible via Castle Hill on the opposite side of the road from the Ely Trail. The walk which is approximately 2 miles in length, is ear marked by red promoted route way-markers and finger posts. It is fairly flat with gentle slopes and several stiles. The starting point is via a kissing gate, the route then follows a Public Right of Way, through a mosaic of Beech Woodland, farmland, along part of St. Brides Road and along well managed parkland forming part of the wider Plymouth Estate.





ST. FAGANS CIRCULAR WALK

The woodlands are home to a number of bat species, and has carpets of Bluebells, wild garlic, Lesser Celandine and Wood Anemones in spring. The walk encloses the site of the Battle of St. Fagans recorded as having taken place in May 1648 when, disaffected Parliamentary troops siding with the King, the so called 'Royalist Rebels,' were defeated by the Parliamentarians dispatched by Cromwell to see them off.

NATIONAL HISTORY MUSEUM

The site now known as the [National History Museum](#) is one of Europe's foremost open-air museums and Wales's most popular heritage attraction. The land including a Castle situated within a hundred acres of parkland was donated by the Earl of Plymouth for the opening of the Welsh Folk Museum. The gardens were open to the public in 1947 and the castle on 1 July 1948. The Castle, a Grade II Listed Building forms the premier exhibit, refurbished in 1988 to represent a typical Welsh mansion of c1830.





NATIONAL HISTORY MUSEUM

The gardens have an underlying Tudor structure and still maintain much of their Victorian and Edwardian layout, with formalised ponds, a Victorian water garden and experimental woodland laid out in the early 20th century. A new project called '[Exploring Our Woodlands](#)' with hands on nature trail through the beech woodlands, offers free days woodlands activities with woodland interpreters for schools and access to five new web cameras: bird-cam, nest cam, Peregrine cam, pond-cam and ground-feeder cam. The museum also includes over forty well chosen examples of Welsh architecture from different historic periods which have been re-erected on site.

NATIONAL HISTORY MUSEUM

The re-erected buildings include houses, a farm, a school, a chapel and a splendid Workmen's Institute. There are also workshops where craftsmen still demonstrate their traditional skills, and their produce is usually on sale. Native breeds of livestock can be seen in the fields and farmyards, and regular demonstrations of farming tasks take place. There are also galleries with exhibitions of costume, daily life, farming implements and throughout the year, the Museum comes to life - literally - as traditional festivals, music and dance events are celebrated. The Museum also boasts several cafes, a Museum shop and car parking facilities. Entrance to the Museum is free, but car parking charges apply.



PLYMOUTH GREAT WOOD

Before the Great War, the Great Wood (Coed Mawr) comprising dense woodland, except for the intersecting rides and the site of the old disused quarry, enclosed by fencing was a favourite resort of the late Earl of Plymouth. During the War owing to the scarcity of timber nearly all trees of sufficient maturity were felled and removed, fences disappeared and much damage was done to the remaining young trees, and wild flowers and ferns were uprooted wholesale by the public. In March 1922, the Earl of Plymouth gave the property to the then Cardiff Corporation for open space, to secure the permanent preservation of the Great Wood as a place of recreation and walks conveniently situated to the new suburb about to spring up on the former Red House farm site.



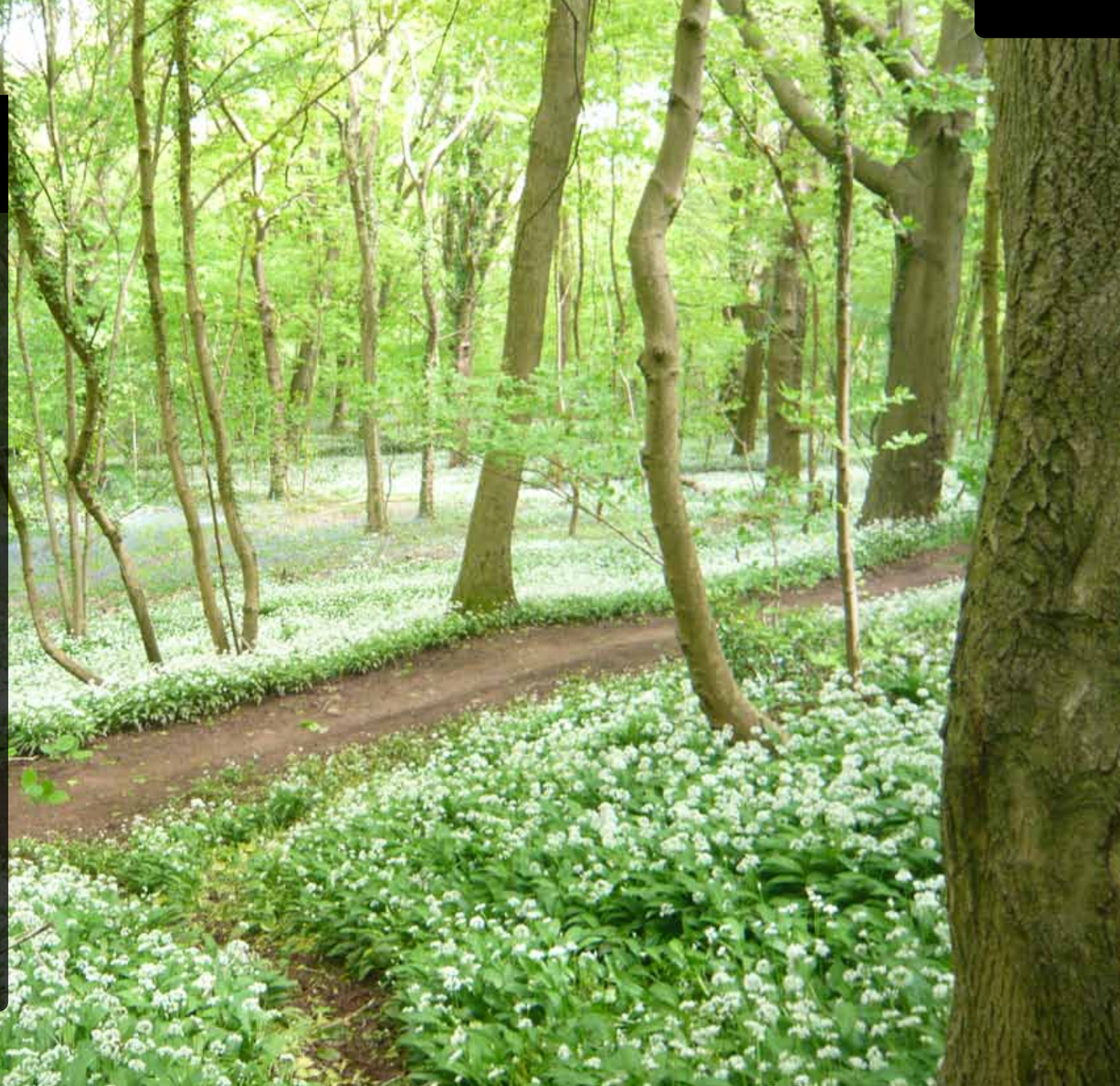
A photograph of a forest path. In the foreground, there is a dense carpet of small white flowers, likely wild garlic, growing along the edges of a dirt path. The path leads into a forest of tall, slender trees with green foliage. Sunlight filters through the canopy, creating dappled light on the ground. The overall scene is lush and green, suggesting a healthy woodland environment.

PLYMOUTH GREAT WOOD

At that time the Great Wood, renamed the Plymouth Great Wood after the Earl, was home to many rare species including the Snake-headed Lily, the Clouded Yellow Butterfly, the Great and Lesser Spotted Woodpeckers, the scarce Hobby Hawk, the Coal Tit and Wryneck. Other species included Jays, Golden-crested Wren, Squirrels, Bluebells, Primroses, wild Raspberry, ground Strawberry, Dragon Flies, pearl-bordered Fritillaries, Painted Lady and Peacock Butterflies, Foxglove, Willow Herb, Poppies and Great Mullein. Some fine trees still remained including the Beech, wild Cherry, Sweet Chestnut, Oak, Elder, Holly, Maple, Fir and a plantation of Larch and Scots Pine.

PLYMOUTH GREAT WOOD

A shelter was erected in the winter of 1928-29, which has since been demolished. Later, unpopular notices were placed in the wood forbidding the picking of wildflowers, as a necessary step to retain the wood in its state of natural beauty, and for the preservation of the wild flowers and birds for future generations. Due to this drastic and unpopular action many of the species mentioned above can still be spotted in the wood. The Wood can be reached from the Ely Trail by crossing over the level crossing and past the entrance to St. Fagans Lawn Tennis Club, Michaelston Road and entering the wood via the Public Right of Way, which runs along the bottom of the wood and the River Ely for some distance (about a mile).



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