

**Cystic
Fibrosis Trust**

Ride for Research



Wales

Cardiff to Castell Coch

This traffic-free 9 mile section of the Taff Trail begins in Bute Park, travelling through the city towards Brecon along riverside paths, railway paths and forest roads. The full trail is 55 miles long for those looking to take on longer adventures.

The Taff Trail runs for 55 miles between Cardiff and Brecon along a mixture of riverside paths, railway paths and forest roads. This section between Cardiff and Castell Coch begins at Bute Park, passing the Millennium stadium as it follows the River Taff through the heart of the city. Bute Park is a fantastic green space which is well worth exploring. Originally created as the private garden to Cardiff Castle, its Victorian layout still exists but it has been extensively planted with trees to form the Bute Park Arboretum.

The wildlife and history make it a great way to escape from the hustle and bustle of city life. Between Llandaff and Tongwynlais you pass the Melingriffith Water Pump, a water-powered beam engine erected in 1807 to lift water 11 feet up from the river to the Glamorganshire Canal. The pump, considered to be one of the most important industrial monuments in Europe, worked for 140 years until 1948 when the canal was closed and filled in. In Tongwynlais you can visit Castell Coch, a 19th-century castle built on medieval remains. Situated on a hillside surrounded by beech woodland, its conical turrets rising about the trees give it a 'fairy-tale' appearance.

The nearest train stations to access the route are Cardiff Central, Cardiff Bay, and Radyr.

