

Cardiff Bay trail Wales

Distance 6 miles

Classification Easy

Start/finish Roald Dahl Plass, Cardiff Bay

Duration 1 hour

Route Cardiff Bay trail; sections of NCN routes 8 and 88

Map OS Landranger 171

Route notes

From Roald Dahl Plass by the striking red Pierhead building (pierhead.org) follow the trail anticlockwise through the pretty Cardiff Bay wetlands (bit.ly/11wDY9z) and Hamadryad park before crossing the river Taff to the International Sports Village. You'll also cross the river Ely via the frankly wonderful Pont y Werin, a walking and cycling bridge that connects Cardiff to Penarth and transformed many a Cardiffian's commute when it opened in 2010.

Terrain and gradients

Flat and easy on well-surfaced traffic-free paths.

How to get there/away

Shuttles run regularly from Cardiff Queen Street to Cardiff Bay, and traffic-free NCN 8 (the Taff trail), which passes Cardiff Central station, ends at Roald Dahl Plass.

What to see

Nowhere mixes classic and contemporary quite like Cardiff Bay. Old established buildings like the Pierhead and Norwegian church rub shoulders with the futuristic Senedd and giant armadillo of the Millennium Centre (bit.ly/13gHC5K). The views on this ride belong to the water, though, and are particularly impressive from the barrage, with Cardiff Bay to your left and the Severn estuary to your right.

Watering holes

Bar Cwtch (bit.ly/13KAZcr) in Cardiff Bay roughly translates as "Bar Cuddle" and is as cosy as it sounds, serving delicious pizza. In Penarth, Pier 64 (bit.ly/113wF6f) and the Old Custom House (bit.ly/16Phy8f) offer finer dining.

PHOTOLIBRARY WALES/ALAMY



Cardiff Bay barrage



500 METRES