

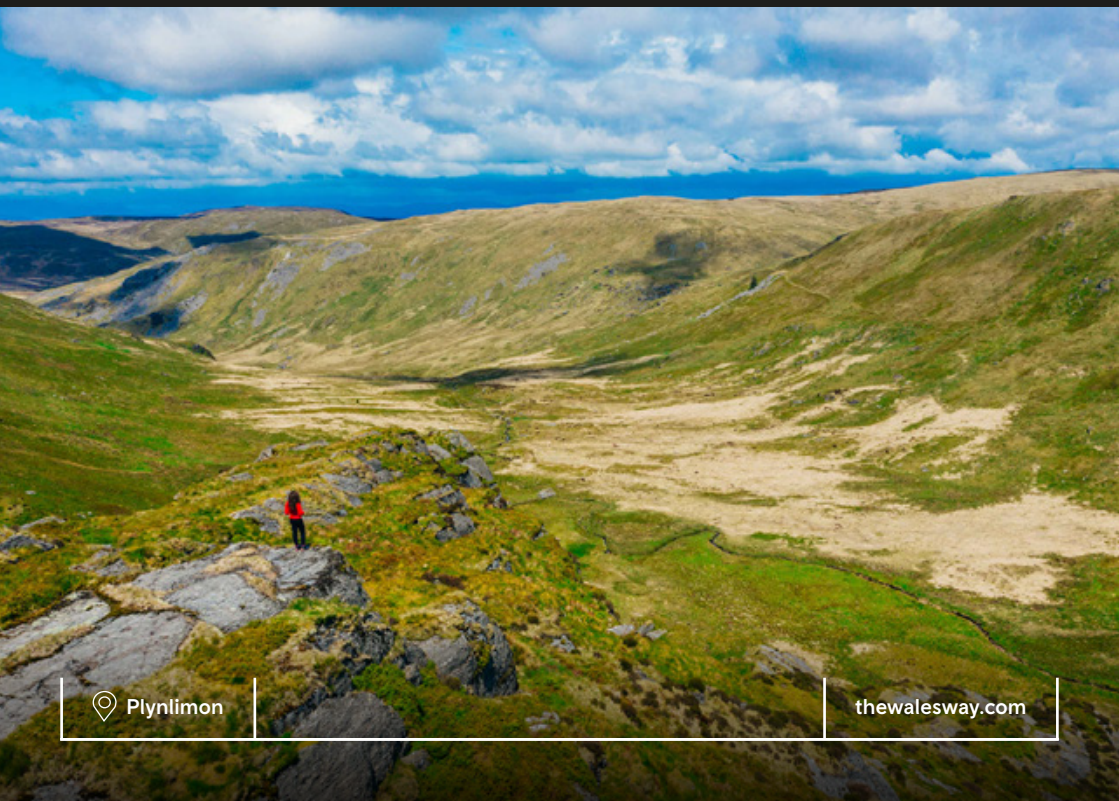



Ffordd Cymru
The Wales Way



Ffordd Cambria The Cambrian Way

An epic journey through our mountainous heartland



 Plynlimon

thewalesway.com

Where is Wales?

Getting here.

Wales is accessible to all major UK cities including London, Birmingham, Manchester and Liverpool. Wales is served by its own international airport, Cardiff International Airport (CWL) which has more than 50 direct routes, including major European cities and over 1,000 world wide connecting destinations. Wales is also easily served by Bristol (BRS), Birmingham (BHX), Manchester (MAN) and Liverpool (LPL) airports.



2 hours by train from London



3 hours by motorway
from central London, 1 hour by road
from Liverpool, Manchester,
Bristol and Birmingham.



Cardiff Airport has direct flights across
Europe and global links via Doha,
Schipol and Dublin Airports.
cardiff-airport.com



Direct ferry links
from Irish ports.



Whilst every effort has been made to ensure accuracy in this publication, the publishers can accept no liability whatsoever for any errors, inaccuracies, or omissions, or for any matter in any way connected with or arising out of the publication of the information. Please check all prices and facilities before making your booking. When you've finished with the guide please forward to a friend or place in a suitable recycling container.

Go The Wales Way

The Wales Way is one Epic journey, three distinct routes – The North Wales Way, The Coastal Way and The Cambrian Way – that lead you across castle country, along the coast and through our mountainous heartland.

The **Cambrian Way** criss-crosses the spine of Wales for 185 miles/ 300km between Llandudno and Cardiff.

We've broken the journey into bite-sized chunks as it passes through the various tourism destinations in Wales – **Conwy County, Snowdonia Mountains and Coast, Powys, Brecon Beacons National Park, Merthyr Tydfil, Rhondda Cynon Taf and Cardiff**. And within each destination we feature places to visit all year under the headings **Adventure, Culture and Heritage** and **Outdoors and Landscape**.




Please don't think that this 'Way' is set in stone. It has been designed as a framework, with lots of opportunities to go off-route and explore further and deeper.

Enjoy the journey

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Further information
can be found at:
thewalesway.com

-  The North Wales Way
-  The Coastal Way
-  The Cambrian Way





The Cambrian Way: Conwy County

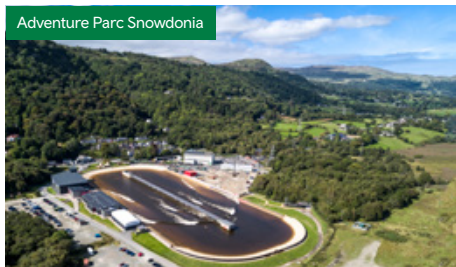
At The Cambrian Way's northern gateway, Conwy County's blend of coast and countryside is the perfect introduction to your Welsh journey. With handsome Victorian seaside resorts, mighty World Heritage castles and lush, wooded valleys, the landscape changes by the mile. With a host of unique places to visit, you'll find plenty of reasons to stop and explore.



Adventure

You don't need the sea to surf. Nestled in the green Conwy Valley, **Adventure Parc Snowdonia's** inland surfing lagoon (a world's first) serves up perfect swell on demand thanks to its revolutionary 'Wavegarden' technology. If you prefer to stay dry, there's also Adrenaline Indoors, an all-action, all-weather attraction with climbing walls, swings, slides and artificial caves.

Adventure Parc Snowdonia



Take to the trees at **Zip World Fforest** near Betws-y-Coed. Navigate the canopy on a thrilling series of ziplines, nets and walkways strung 60ft/18m above the ground, or swing high over the landscape on the five-seater Skyride. Still want more? Then hop on the high-speed Fforest Coaster, which uses the power of gravity to take you on a twisting journey through the woods.

Zip World Fforest



There's underground action at **Go Below**, also close to Betws-y-Coed, where former slate mines have been reborn as a vast subterranean assault course. You'll traverse dark caverns on ladders and bridges, zipline across yawning chasms, travel by boat over blue underground lakes and abseil to the deepest spot in the UK (an amazing 1,300ft/396m below the surface).

Go Below



Culture and heritage

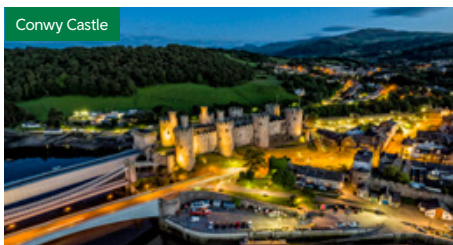
For the finest in contemporary art, head to **MOSTYN** in Llandudno, where a grand Edwardian façade topped with a gleaming golden spire gives way to a collection of airy, angular contemporary interior spaces. These striking galleries provide a perfect backdrop for a shifting programme of exhibitions featuring work by artists from Wales and beyond.

MOSTYN



Standing tall above the town for over 700 years, **Conwy Castle's** sheer battlements and soaring towers still pack a punch. Climb the spiral staircases of this World Heritage Site for superb long-range views of Snowdonia, the Conwy Estuary and North Wales coast, then take a walk along the top of the town walls stretching in an almost unbroken 0.8-mile/1.3km ring around Conwy's medieval heart.

Conwy Castle

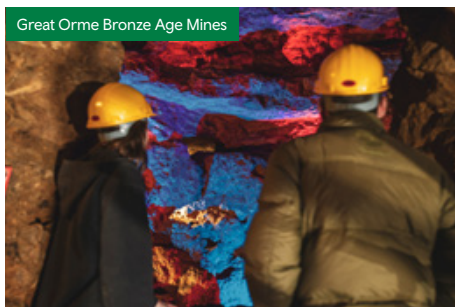


Hidden in the hills above Penmachno, the National Trust's **Tŷ Mawr Wybrnant** has a history that belies its humble appearance. Around 1540, this simple stone farmhouse was the birthplace of William Morgan, who would go on to become a bishop and first translator of the Bible into Welsh, helping to secure the future of our mother tongue.



Outdoors and landscapes

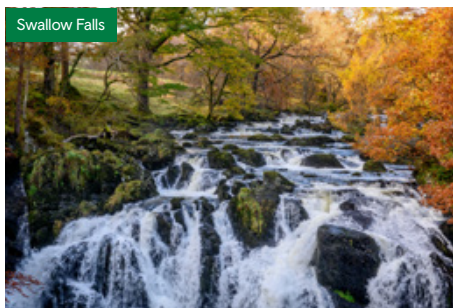
The rugged mini-mountain of **Great Orme** rears up 679ft/207m above the waves just a stone's throw from Llandudno's seafront. Reached on foot, by car, cable car or Victorian tramway, it's a haven for wildlife (watch out for rare silver-studded blue butterflies and the population of shaggy Kashmiri goats) and a lofty vantage point for stunning sea and mountain views. It's also home to the world's oldest metal mines open to the public, where you can explore prehistoric tunnels leading to an amazing cavern.



Set in the heart of the Conwy Valley, beautiful **Bodnant Garden's** manicured lawns, wildflower meadows, exotic trees and dense woodlands burst with vibrant colours that shift with each season. Build up an appetite as you explore, then pop into **Bodnant Welsh Food Centre** to take your pick from a mouthwatering array of local produce.



See the landscape in action at **Swallow Falls** in Betws-y-Coed, a famous beauty spot where the River Llugwy tumbles through a narrow, tree-lined ravine. It's a spectacular sight all year round, but at its most dramatic during the winter months when the waters crash over the rocks in a series of foaming cascades.



For further information

on things to do and where to stay go to:
visitconwy.org.uk



The Cambrian Way: Snowdonia Mountains and Coast

From the soaring summits of the Snowdonia National Park to dramatic caverns deep beneath the earth, Snowdonia Mountains and Coast's stretch of The Cambrian Way engages at every level. Set off on a journey that includes world-leading adventure activities, immersive industrial heritage, stories from our legendary past and revealing glimpses into our rich cultural traditions.





Adventure

The distinctive silhouette of **Cader Idris**, the fabled 'Chair of Idris' the giant, dominates the skyline above Dolgellau in the southern reaches of the Snowdonia National Park. Take a closer look with a walk up to its rugged 2,930ft/893m summit, accessible via the longer and easier Llanfihangel y Pennant Path or the short, sharp Minffordd Path.

Cader Idris, Dolgellau



For thrills on two wheels head to mountain bike mecca **Coed y Brenin Forest Park**. The first and largest dedicated mountain biking centre in the UK, it lays on a vast range of trails for novices and experts alike – plus bike hire facilities and a cosy café where you can recharge after a day in the saddle.

Coed Y Brenin



The historic slate mining town of Blaenau Ffestiniog has a new lease of life as a world-leading activity hotspot. Take to the skies at **Zip World Titan**, Europe's largest zip zone, where you can reach speeds of 70mph/112kph as you fly above the jagged landscape. Then go underground at **Bounce Below**, an exhilarating network of nets and trampolines strung across enormous slate caverns.

Bounce Below, Blaenau Ffestiniog



Culture and heritage

Blaenau Ffestiniog is also home to **Llechwedd**, where you can take a deep dive into our industrial heritage as you venture beneath the mountain on a tour of former slate mines (accessed via a ride on the steepest cable railway in the UK). Then, continue your exploration back on the surface with a bouncing 4x4 truck ride through vast, rubble-strewn quarries.

Llechwedd Slate Caverns



There's more underground adventure at **King Arthur's Labyrinth** in Corris. A magical boat ride carries you into the dark depths where stories from Wales's legendary past come to life. You'll discover a mythical world of dragons and giants – and hear tales of Arthur, Britain's fabled 'once and future king'.

King Arthur's Labyrinth



Perched on a hillside near Trawsfynydd, the little farmhouse of **Yr Ysgwrn** tells a big story. The former home of celebrated poet Hedd Wyn, who died during World War One, it's both an evocative exploration of Welsh bardic traditions and a revealing insight into rural life in early 20th-century Wales.



Travel at a different pace on the historic narrow-gauge **Talyllyn Railway**, which puffs its way from the seaside town of Tywyn to the wooded ravine of Nant Gwernol, passing through a patchwork of rolling, hill-studded countryside as it goes. The railway takes its name from the glacial lake, one of the prettiest in Wales, which sits at the foot of Cader Idris a few miles from the end of the line.



Outdoors and landscapes

From Betws-y-Coed, climb 1,263ft/385m as The Cambrian Way winds its way over the **Crimea Pass**, flanked by green peaks, rocky outcrops and a jumble of boulders – Snowdonia at its most elemental. The descent into Blaenau Ffestiniog brings you face to face with a prime example of the slate mining landscapes and communities of the area, which in 2020 will be presented to UNESCO for World Heritage Status. A powerful reminder of the impact and importance of the slate trade in this part of Wales.



You're spoilt for choice when it comes to spectacular sights in the dramatic, sky-scraping Snowdonia National Park, but the glassy, mountain-ringed waters of **Llyn Tegid** (Bala Lake) definitely rank amongst the highlights. Stretching 4½ miles/7.2km, it's the largest natural lake in Wales and a magnet for watersports enthusiasts, birdwatchers and walkers.



For further information

on things to do and where to stay go to:
www.visitsnowdonia.info



Fforðd Cymru
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The Cambrian Way: Powys

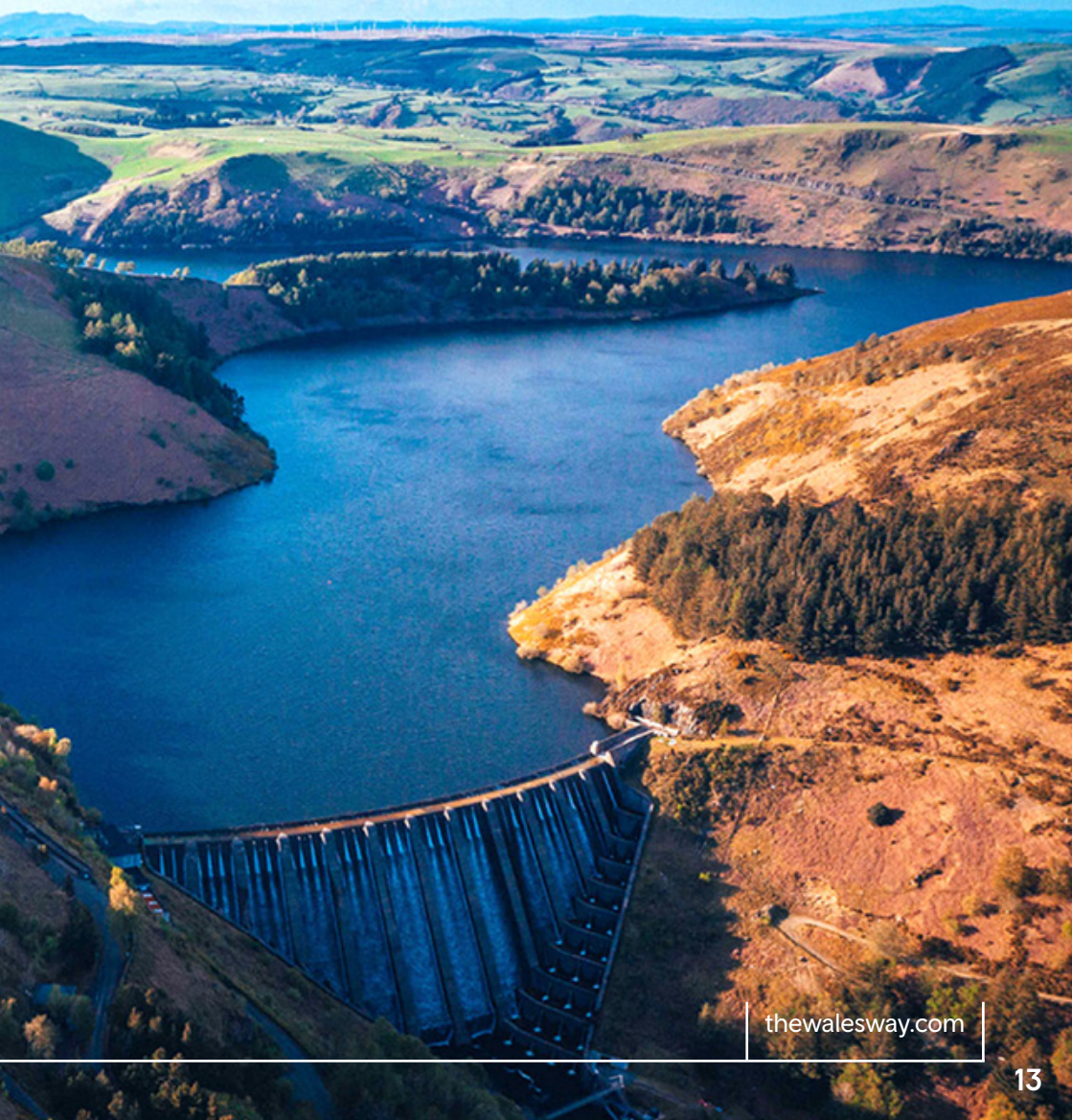


📍 Llyn Clywedog

miðwalesmyway.com



Stretching from the foothills of Snowdonia in the north to the Brecon Beacons National Park in the south, Powys is Wales's vast, green heartland. The Cambrian Way cuts right through the centre of this welcoming, wildlife-rich countryside – a place of wide, open spaces dotted with pretty villages and quirky market towns, where getting a little lost is all part of the fun.



Adventure

Inspired by the exploits of 14th-century Welsh native ruler Owain Glyndŵr, the **Glyndŵr's Way** walking trail loops through Powys, linking the towns of Knighton, Machynlleth and Welshpool. Along its 135-mile/217km route, it passes through a shifting landscape of rolling farmland, away-from-it-all hills, moody moors, forests, lakes and reservoirs – including many places with links to tales from Glyndŵr's storied life.

Glyndwr's Way



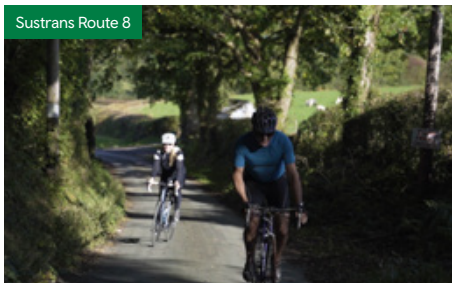
Test yourself against some world-class terrain on trails laid out by **Dyfi Valley Mountain Biking**, based in Machynlleth. Combining lung-busting climbs with tricky technical descents through steep forested slopes, slippery slate ravines, bouncing berms and big drops off rocky slabs, it's some of the most thrilling riding in the country – with the 9-mile/15km Climachx trail boasting the longest descent in the UK.

Mountain biking



If you prefer to do your riding on the road, take a spin on one of our **National Cycle Routes**. Sustrans Route 8 (also known as Lôn Las Cymru) links Wales from north to south, reaching its 1,673ft/510m high point just before it drops down to Machynlleth. Or try Route 81 (Lôn Cambria) which cuts through the heart of Mid Wales on quiet lanes without too many testing climbs.

Sustrans Route 8



Culture and heritage

Pay an inspiring visit to the **Centre for Alternative Technology**. Located in a former quarry just outside Machynlleth, it's been taking sustainability seriously since the 1970s. Explore the results of this living laboratory's decades of research into low-carbon living, renewable energy and sustainable building on a visit that begins with a ride on a unique water-powered funicular railway.

Centre for Alternative Technology



Russet-coloured **Powis Castle** near Welshpool astounds inside and out. Venture indoors and you'll find a treasure trove of artworks and antiques, plus the Clive Museum's collection of artefacts from India and the Far East. Then take a tour of the garden's ornate Italianate terraces, fragrant herbaceous borders and sculpted yew hedges, towering up to a huge 46ft/14m in height.

Powis Castle



Showcasing cutting-edge contemporary art in a rural setting, Newtown's **Oriel Davies Gallery** is one of Wales's most important exhibition spaces. Featuring shows from established international and Welsh artists alongside exciting works from new and emerging talents, it also hosts a changing programme of workshops, courses and events.



Take a walk to the top of **Plynlimon** (Pumlumon Fawr in Welsh), at 2,468ft/752m the highest spot in the Cambrian Mountains. The climb is well worth it for the 360-degree views across this lonely, haunting upland. Here's a challenge when exploring this classic slice of 'Wild Wales': see if you can find the source of three major rivers, the Severn, Wye and Rheidol.



Outdoors and landscapes

Powys is at its most dramatic in the wonderful, watery **Elan Valley**, 72 square miles/186 sq km of reservoirs, dams, hills and woodlands near the market town of Rhayader. Criss-crossed by 80 miles/129km of paths and rights of way, it's brimming with appeal for walkers. The spectacular sights don't stop when the sun goes down – it's also a star-studded International Dark Sky Park.



Covering 324 square miles/840km of land and seashore around the Dyfi Valley, the UNESCO-accredited **Dyfi Biosphere** is an essential stop for birdwatchers and all nature lovers. It's home to an exceptional collection of nature reserves and Sites of Special Scientific Interest, including Ynys-Hir RSPB reserve and the Dyfi Osprey Project, one of the world's leading conservation and research projects.



For further information

on things to do and where to stay go to:
www.midwalesmyway.com



Ffordd Cymru
The Wales Way

The Cambrian Way: Brecon Beacons National Park



Central Beacons

breconbeacons.org



Flowing across Mid and South Wales in great green waves, the Brecon Beacons National Park encompasses 519 square miles/1,344 sq km of mountains, moorland, forest and valley. The Cambrian Way cuts right through the middle of the park, offering easy access to a huge choice of outdoor activities – plus museums, industrial heritage and dramatic historic sites.

Adventure

Saddle up to explore the Brecon Beacons from **Cantref Riding Centre**. The only licensed centre to take pony treks up on to the main peaks of the Brecon Beacons, its sure-footed horses and ponies carry you into a majestic mountain environment rich in wildlife. Offering everything from 20-minute introductions to riding to full-day expeditions deep into the heart of the Beacons, it caters for all abilities from novices to experienced horse riders.

Cantref Riding Centre



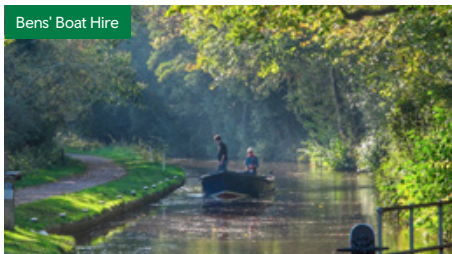
There's adventure whatever the weather at **Llangorse Multi Activity Centre**. Tackle the only indoor natural climbing wall in the UK (made from rugged slabs of real limestone), balance on rickety rope bridges and explore an extensive caving system – also built out of real rock. Or head outside to wander 25 miles/40km of private bridleways on horseback.

Llangorse Multi Activity Centre



Take a leisurely ride on the water with **Ben's Boat Hire**. Starting life on the River Thames, the Alix Cowie (an 10-seat, 23ft/7m cutter) now travels the peaceful channels of the Monmouthshire and Brecon Canal. Based at Brecon's canal basin, skipper Ben carries you through locks, under dark tunnels and over aqueducts, stopping for refreshments at some great canal-side pubs along the way.

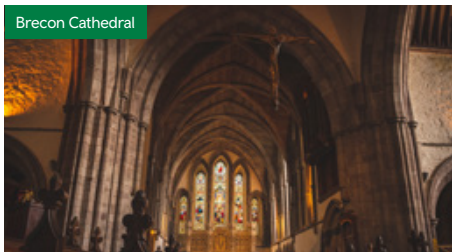
Bens' Boat Hire



Culture and heritage

Founded as a Benedictine priory dedicated to St John the Evangelist, **Brecon Cathedral's** history stretches back to the 11th century. Sitting within a walled close, the only one of its type in Wales, it's both an impressive example of ecclesiastical architecture and a thriving place of worship. There's also Pilgrims (a cosy tea room) and a shop housed in a restored 17th-century tithe barn.

Brecon Cathedral



Explore Wales's long military history at the **Regimental Museum of the Royal Welsh** in Brecon. The regiment, with an ancestry dating back to 1689, has seen action in just about every major conflict in the intervening years. Containing more than 30,000 objects, including photographs, artworks, letters and military artefacts, the museum's absorbing collection brings the stories of the regiment's men and women to vivid life.

Royal Welsh Museum



Catch a show at **Theatr Brycheiniog**, a lively arts venue overlooking Brecon's canal basin. It hosts a packed programme featuring touring theatre companies, comedians and international musicians alongside community events and performances from local artists. There's also the Andrew Lamont Gallery, which displays changing exhibitions of arts and crafts, plus that all-important café and bar for pre- and post- show refreshments.



Outdoors and landscapes

Though little remains of the Iron Age hillfort at **Twyn y Gaer** west of Brecon, it's still easy to see why our ancestors chose to settle here. With 360-degree views over the classic Beacons' peaks of Pen y Fan and Corn Du, the Black Mountains and the snaking River Usk, the fort's former residents could see trouble coming from miles away.



The defensive structures are a bit more visible at **Pen-y-Crug**, an Iron Age hillfort 1,086ft/331m above Brecon. Make the climb up to see huge circular ramparts of banks and ditches enclosing an area of nearly 10 acres/4ha – plus long-range views over the central Beacons, including of neighbouring Twyn y Gaer across the valley.



Take a stroll (or boat ride) along the **Monmouthshire and Brecon Canal**, which winds its way along the Usk Valley. Now a lovely, leafy, laid-back waterway navigated by pleasure boats, it once served as a major industrial artery – watch out for the old lime kilns that can be seen at several points along its 35-mile/56km length.



For further information

on things to do and where to stay go to:
www.breconbeacons.org



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The Wales Way

The Cambrian Way: Merthyr Tydfil

One of the crucibles of the Industrial Revolution, Merthyr Tydfil's history is built on iron, coal and steel. While you'll still see plenty of reminders of its industrial heritage, modern-day Merthyr Tydfil and its surrounding countryside is a green and pleasant place, with parks, nature reserves, reservoirs and forests providing outdoor adventures of every kind.

📍 Pontsticill Reservoir

visitmerthyr.co.uk



Adventure

Ride the trails at **BikePark Wales**, a purpose-built mountain biking centre in the wooded hills a mile or so south of the town. Routes range from the gentle Badgers Run for cycling novices to demanding, bone-shaking technical descents (names like 'Vicious Valley' and 'Enter the Dragon' give the game away). There's also a cool café and an uplift service for riders who want to maximise their downhill time.

Bike Park Wales



Despite the name, climbing is just one of over 20 activities on offer for all the family at **Rock UK Summit Centre**, Trelewis. Get your pulse racing with caving, kayaking and Aerial Adventure high ropes. Or take a more relaxed pace with mountain walks, archery and lessons in bushcraft. And we mustn't forget the climbing, on purpose-built indoor walls with 27ft/8m overhangs, 59ft/18m verticals and specific bouldering sections.

Rock UK Summit Centre



There's more alfresco action at **Parkwood Outdoors Dolygaer**, close to Pontsticill Reservoir in the foothills of the Brecon Beacons. With so much water on hand, it's no surprise to find aquatic adventures like canoeing, kayaking, stand-up paddleboarding and sailing on the menu. Or opt for land-based activities like mountain hiking, climbing, archery, caving and the thrilling Gorge Adventure.

Parkwood Outdoors Dolygaer



Culture and heritage

Built for industrialist William Crawshay II in 1825 with riches from the iron trade, imposing **Cyfarthfa Castle and Park** now houses a museum and art gallery with an impressive collection of art and objects of historical and cultural importance. Tour the museum galleries to discover Merthyr Tydfil's past and explore its rich industrial heritage. After experiencing the museum, take a stroll through the surrounding 160 acres of landscaped park, holder of a prestigious Green Flag Award and home to a miniature steam railway and active zone splash pad.

Cyfarthfa Castle Museum & Art Gallery



The steam trains are a bit bigger at **Brecon Mountain Railway**, which runs into the Brecon Beacons National Park from Pant. The railway's antique narrow-gauge engines travel at a more sedate pace than their modern counterparts, giving you plenty of time to enjoy grandstand views over Pontsticill Reservoir and the highest peaks in South Wales.

Brecon Mountain Railway, Baldwin Reservoir



Our native language is alive and well at **Canolfan and Theatr Soar** in the centre of Merthyr Tydfil town centre. This renovated chapel is a community hub for Welsh language groups and a venue for a changing programme of plays, comedy shows and concerts. There's also a café and bookshop stocked with titles in both Welsh and English.

Theatr Soar



The valleys are green again. Looking at it today, you'd never guess that the Green Flag award-winning **Parc Taf Bargoed** near Treharris was the site of three disused coal mines just a few decades ago. Thanks to an ambitious reclamation project, remnants of industry have been replaced by a 346-acre/140ha park, laced with pristine lakes and bursting with wildlife.

Parc Taf Bargoed



Outdoors and landscapes

Laid out around a steep-sided limestone gorge, the **Taf Fechan Nature Reserve** north of Merthyr Tydfil is a haven for plant and animal life. Though it only stretches for a comparatively short 1½ miles/2.5km, it packs in an astonishing variety of habitats – everything from deciduous woodland and heath to lush grassland and fast-flowing water.

Taf Fechan Nature Reserve



Tracing the life of local 'Iron King' Robert Thompson Crawshay, the **Castle to Grave** walking route links his home at Cyfarthfa Castle to his final resting place – with the legendary epitaph 'God Forgive Me' – in Vaynor churchyard. Along the way you'll pass a centuries-spanning selection of local landmarks like the curving Cefn Coed viaduct, route of the old Merthyr to Brecon railway and mysterious Cae Burdydd Mound (believed to be either a burial site or the remains of a motte and bailey castle).

St Gwynno's Church



For further information

on things to do and where to stay go to:
www.visitmerthyr.co.uk



The Cambrian Way: Rhondda Cynon Taf

While you'll still come across fascinating reminders of the industries that once dominated the area, modern-day Rhondda Cynon Taf is also packed with green spaces and natural beauty. Explore mining heritage, then stretch your legs in epic country parks reclaimed from the sites of former collieries, all while enjoying the warm Welsh hospitality this tight-knit community is famous for.



Adventure

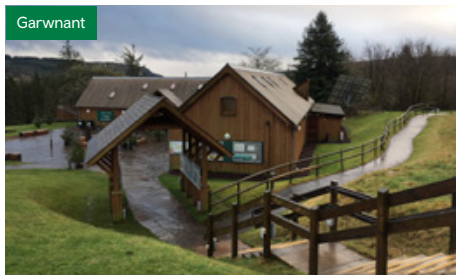
Go off-road at **Taff Valley Quad Bike & Activity Centre** near Pontypridd, where you can ride roaring quads through woodlands and over bouncing trails. It's an expedition that comes with an adrenaline rush and great views over the valley (if you can tear your eyes off the track ahead). While you're there, you can also tackle the assault course or try your hand at archery and clay shooting.

Taff Valley Quad Bike & Activity Centre



Take a wander in the woods at **Garwnant Visitor Centre** just off The Cambrian Way, sitting inside the Brecon Beacons National Park and the internationally recognised Fforest Fawr Geopark. It's the start point for a network of walking routes and mountain biking trails through the forest, plus a gentle accessible trail suitable for wheelchair users and buggies.

Garwnant



See every side of the Rhondda Fawr Valley on the **Pen Pych Mountain Walk**. Starting from the Pen Pych Forest car park, this waymarked 6-mile/9km loop takes in natural landmarks like the tumbling waterfalls of Carnfoesan and Nant Melyn, the remains of an Iron Age settlement and views over the 2-mile/3.2km railway tunnel that once carried coal to the Afan Valley.

Penpych



Culture and heritage

Money makes the world go round. Find out how it's made at the **Royal Mint Experience** in Llantrisant. As well as learning about the complicated business of making the change that ends up in your pocket, you'll be able to mint your own coin, measure your weight in gold and see what £1 million in pound coins looks like. It's also the perfect opportunity to explore Llantrisant's historic cobbled streets, independent shops and great places to eat and drink.

The Royal Mint Experience



Dig into our industrial past at the **Welsh Mining Experience at Rhondda Heritage Park** near Porth. Get fitted for your miner's helmet and ride the lift for an underground tour, led by former coalminers with plenty of stories to tell. Then return to the surface for exhibitions that explain the massive impact the coal trade had both on the South Wales Valleys and the wider world.

Welsh Mining Experience



Sample some real Welsh spirit at **Penderyn Distillery**, which makes award-winning whisky, vodka and gin with natural spring water from the Brecon Beacons. Join a tour to learn about Penderyn's beginnings as the first new distillery in Wales for over 100 years and see the huge copper still in action, finishing off with a trip to the Tasting Bar to sample some of their products.

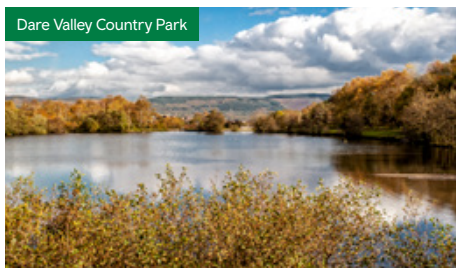
Penderyn Distillery



Outdoors and landscapes

Black has changed to green at **Dare Valley Country Park** in Aberdare. What was once the site of collieries and mine workings is now 500 acres/202ha of countryside, lakes and waterfalls alive with birds, bees and butterflies. You can explore miles of walking trails that criss-cross this impressive regeneration success story (or stay a bit longer in the park's camping and caravan site).

Dare Valley Country Park



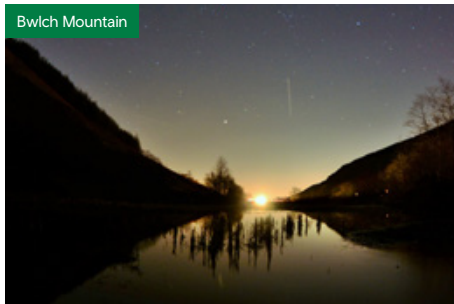
Things are just as green at **Ynysangharad War Memorial Park** in the heart of Pontypridd. Its wide-open spaces are perfect for picnics and gentle strolls, while sports fans can play on football pitches, tennis courts and bowling greens. There's also an amazing adventure playground for the little ones and **Lido Ponty** where swimmers can enjoy three heated outdoor pools.

National Lido of Wales



Do some serious stargazing at one of our **Dark Skies Discovery Sites**. There are eight of these internationally recognised nightspots across Rhondda Cynon Taf, where low levels of light pollution provide stellar views of velvety black skies studded with distant constellations.

Bwlch Mountain



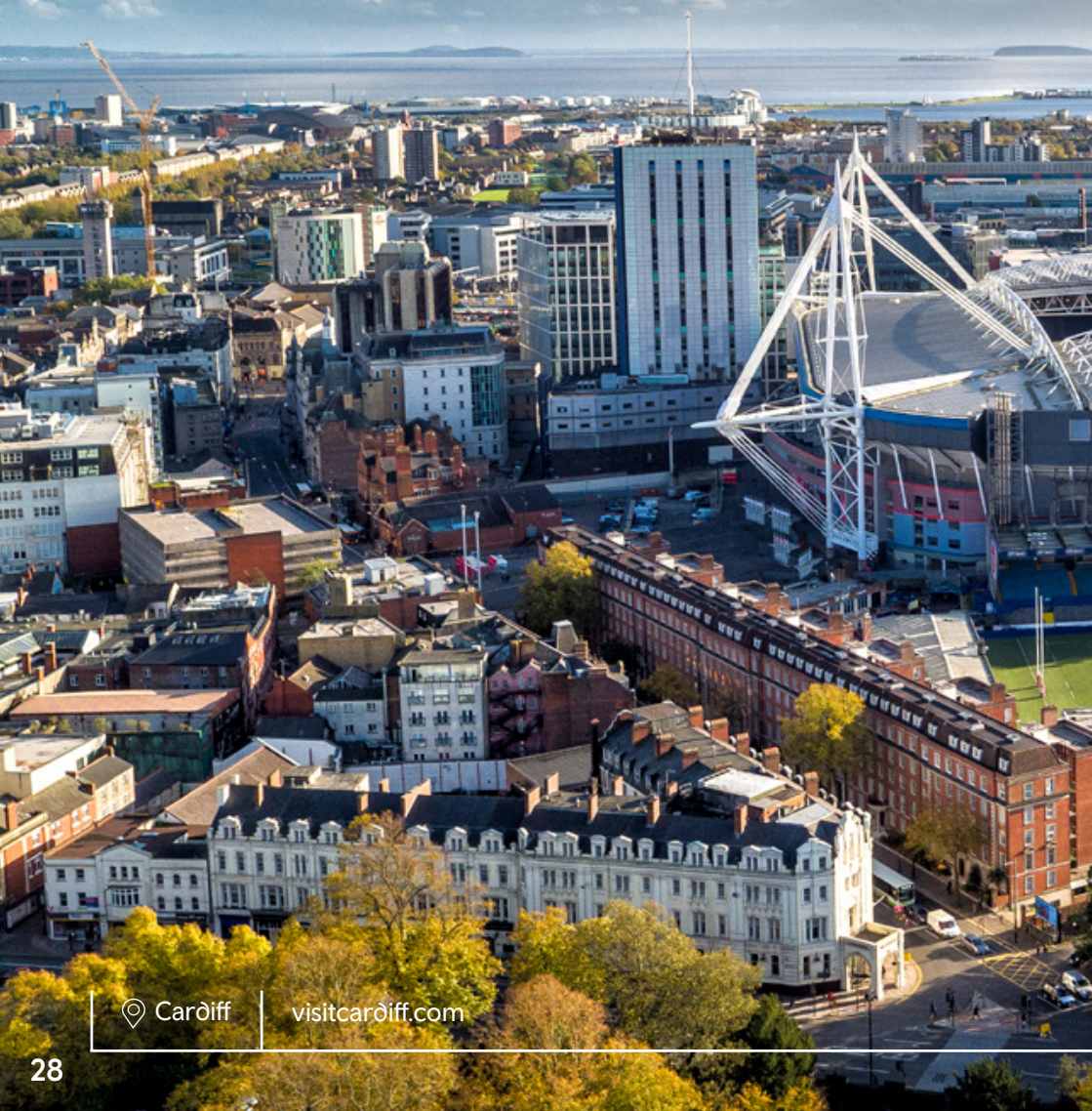
For further information

on things to do and where to stay go to:
www.visitrct.wales



Ffordd Cymru
The Wales Way

The Cambrian Way: Cardiff



📍 Cardiff

visitcardiff.com



At The Cambrian Way's southern end, Wales's capital is a vibrant, 21st-century city with roots that stretch back millennia. It's compact and walkable, making it easy for you to enjoy activities and attractions that include white-water rafting, peaceful parkland strolls, waterfront wanders, theatre-going, shopping, world-class museums and architecture.



Adventure

Make a splash at **Cardiff International White Water** in Cardiff Bay. This state-of-the-art watersports complex lays on a huge choice of wonderfully wet aquatic activities – ride the custom-built rapids on a raft, riverboard or a two-person inflatable ‘hot dog’ canoe, try your hand at kayaking on calmer waters and catch some waves with a FlowRider indoor surf session.

Cardiff International White Water



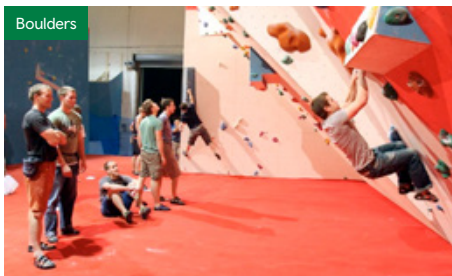
Get a hands-on science lesson at **Techniqest**, Cardiff Bay's interactive discovery centre. Kids of all ages (and curious grown-ups) can experiment with two floors of exhibits, learning mind-bending facts and quirks of physics through activities like sinking an oil rig, launching rockets and powering electric cars with nothing more than elbow grease.

Techniqest, Cardiff Bay



Experience the highs of climbing just a stone's throw from the city centre at **Boulders**. With 39ft/12m climbing walls featuring over 120 routes of varying difficulties, it's a thrilling experience for absolute beginners and experienced climbers alike. There's also a large bouldering area and onsite café for recharging after your dizzying exploits.

Boulders



Culture and heritage

A Norman fortress built on the site of a Roman fort with lavish Victorian Gothic modifications, **Cardiff Castle** is a three-in-one historic marvel. Sitting in the heart of the city, it's striking enough from the outside. But just wait until you get in. Nothing eclipses its flamboyant interiors, a blaze of intricate wood carvings in gleaming shades of gold, kaleidoscopic murals and huge stained-glass windows.

Cardiff Castle



Just over the road you'll find Cardiff's neoclassical Civic Centre, home to the **National Museum**. A huge range of exhibits explore millions of years of Welsh history from the country's distant geological origins to the present day. Art lovers can lose themselves in galleries packed with works from Wales and beyond, including one of Europe's finest collections of Impressionist paintings with works by Van Gogh, Cézanne and the like.

National Museum Wales



Discover a unique retail experience in Cardiff's exceptional network of handsome Victorian and Edwardian **arcades**. Packed with independent boutiques and tempting cafés, they've been a part of city life since Royal Arcade opened back in 1858. With high glass ceilings and elaborate wrought ironwork, they're architectural gems as well as charming shopping venues.

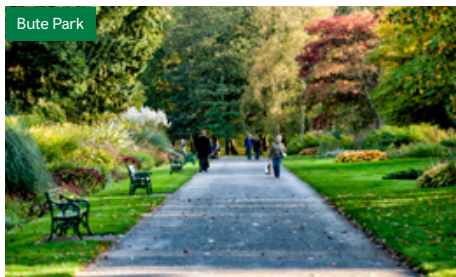
Victorian Arcade



Outdoors and landscapes

Cardiff is famous for its green spaces. **Bute Park**, a verdant oasis in the heart of the city, is one of the largest urban parks in Wales and the perfect place to take a break from the busy nearby streets. Its 138 acres/56ha take in lush parkland, shady woodland and the banks of the River Taff, plus some of the city's best views of Cardiff Castle's towers.

Bute Park



Now a nature reserve alive with seabirds, the little island of **Flat Holm** has a history that takes in Vikings, monks, silver miners and smugglers. It's also where Guglielmo Marconi sent the first successful radio broadcast across water in 1897. Visit the island on a boat trip from **Cardiff Bay**, the city's buzzing regenerated docklands.

Cardiff Bay



Take a fascinating journey through Wales' past at **St Fagans National Museum of History**, where more than 50 historic buildings have been gathered from across the country and reassembled brick-by-brick in 100 acres/40ha of parkland just outside the city. As you wander, you'll find a 12th-century church, 19th-century miners' cottages and a Victorian schoolhouse – plus blacksmiths, saddlers and weavers busy in their traditional workshops.

St Fagan's National Museum of History



For further information

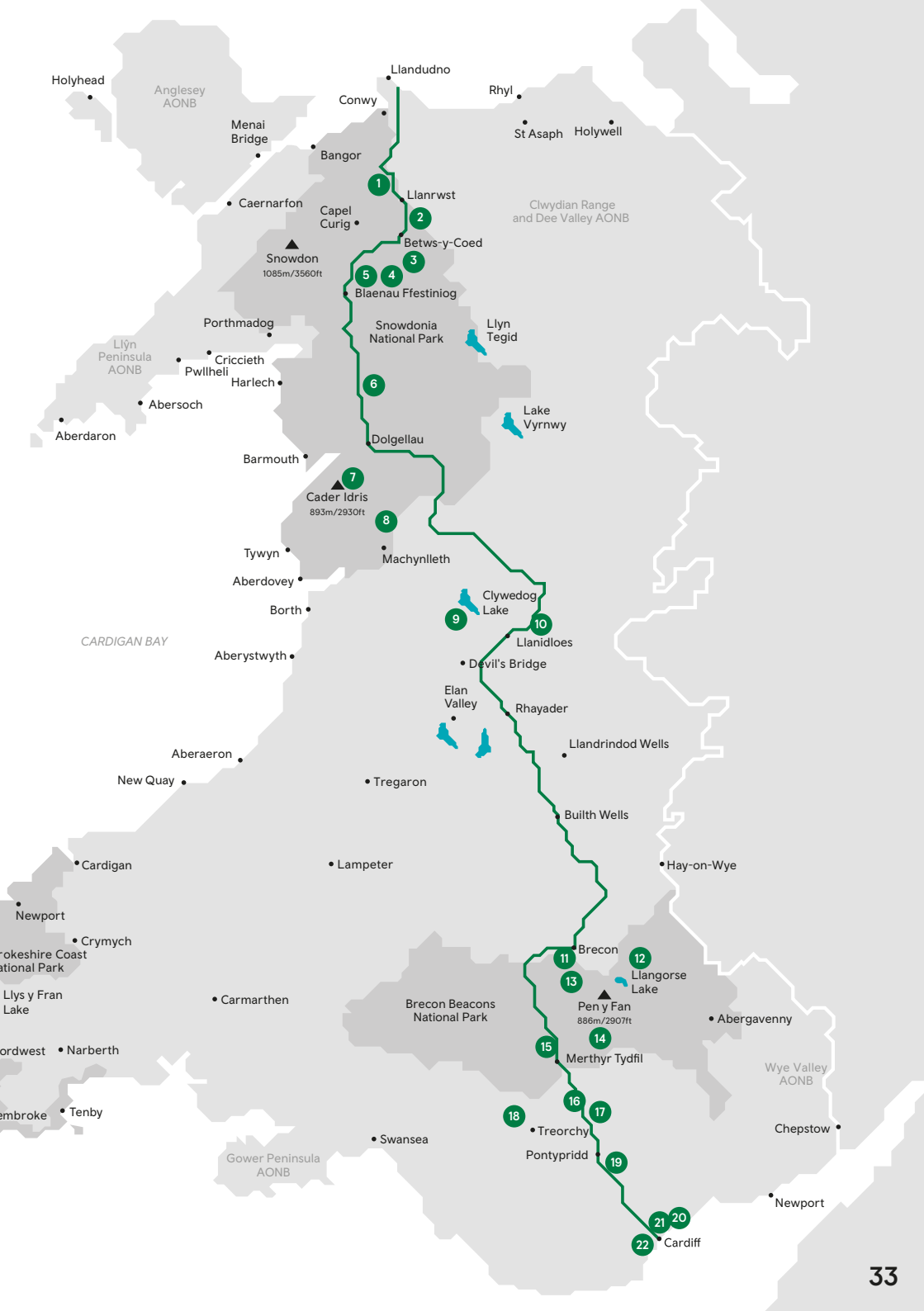
on things to do and where to stay go to:
www.visitcardiff.com

Adventure Locations on The Cambrian Way

Adventure Key:

- 1 Adventure Parc Snowdonia**
Conway Road, Dolgarrog,
Conwy, LL32 8QE
adventureparcsnowdonia.com
- 2 Zip World Fforest**
Betws-y-Coed LL24 0HX
zipworld.co.uk/location/fforest
- 3 Go Below**
Conwy Falls Forest Park
Pentrefoelas Rd,
Betws-y-Coed LL24 0PN
go-below.co.uk
- 4 Bounce Below**
Zip World Slate Caverns,
Blaenau Ffestiniog LL41 3NB
zipworld.co.uk
- 5 Zip World Titan**
Zip World Slate Caverns,
Blaenau Ffestiniog LL41 3NB
zipworld.co.uk
- 6 Coed y Brenin Forest Park**
Coed y Brenin Visitor Centre,
Gwynedd LL40 2HZ
- 7 Cader Idris**
Dolgellau LL36 9AJ
- 8 Dyfi Valley Mountain Biking**
Dyfi Forest, Machynlleth
dyfimountainbiking.org.uk
- 9 National Cycle Routes**
sustrans.org.uk
- 10 Glyndwr's Way National Trail**
nationaltrail.co.uk/glyndwrs-way
- 11 Ben's Boat Hire**
Brecon LD3 7EY
- 12 Llangorse Multi Activity Centre**
Gilfach Farm, Llangorse,
Brecon LD3 7UH
activityuk.com
- 13 Cantref Riding Centre**
Upper Cantref Farm,
Cantref, Brecon LD3 8LR
cantref.com
- 14 Parkwood Outdoors Dolygaer**
Dolygaer, Pontsticill,
Merthyr Tydfil CF48 2UR
parkwoodoutdoors.co.uk
- 15 Garwnant Visitor Centre**
Cwmtaf,
Merthyr Tydfil CF48 2HU
- 16 BikePark Wales**
Gethin Woodland Centre,
Abercanaid,
Merthyr Tydfil CF48 1YZ
bikeparkwales.com
- 17 Rock UK Summit Centre**
Rock UK Summit Centre,
Trelewis CF46 6RD
rockuk.org
- 18 Pen Pych Mountain Walk**
Blaen-Y-cwm Rd, Blaencwm,
Treorchy CF42 5DG
- 19 Taff Valley Quad Bike & Activity Centre**
Cwrt y Celyn Farm,
Upperboat,
Pontypridd CF37 5BJ
adventurewales.co.uk
- 20 Boulders**
Saint Catherines Park,
Pengam Rd, Cardiff CF24 2RZ
bouldersuk.com
- 21 Techniquist**
Stuart St, Cardiff CF10 5BW
techniquist.org
- 22 Cardiff International White Water**
Watkiss Way, Cardiff CF11 0SY
ciww.com





Holyhead

Anglesey AONB

Menai Bridge

Conwy

Bangor

Rhyl

St Asaph

Holywell

Caernarfon

Capel Curig

Llanrwst

Clwydian Range and Dee Valley AONB

Snowdon
1085m/3560ft

Betws-y-Coed

Blaenau Ffestiniog

Porthmadog

Llyn Peninsula AONB

Criccieth

Pwllheli

Abersoch

Aberdaron

Llyn Tegid

Lake Vyrnwy

Dolgellau

Barmouth

Cader Idris
893m/2930ft

Tywyn

Aberdovey

Borth

CARDIGAN BAY

Aberystwyth

Clywedog Lake

Llanidloes

Devil's Bridge

Elan Valley

Rhayader

Llandrindod Wells

Aberaeron

New Quay

Tregaron

Cardigan

Lampeter

Hay-on-Wye

Newport

Wales
Brecon Beacons National Park

Crymch

Llys y Fran Lake

Cardmarthen

Brecon Beacons National Park

Brecon

Pen y Fan
886m/2907ft

Llangorse Lake

Abergavenny

Cardwest

Narberth

Cardbrooke

Tenby

Gower Peninsula AONB

Swansea

Wye Valley AONB

Chepstow

Treorchy

Pontypridd

Newport

Cardiff

Culture and Heritage Locations on The Cambrian Way

Culture and heritage Key:

- 1 MOSTYN Gallery**
12 Vaughan St,
Llandudno LL30 1AB
mostyn.org
- 2 Conwy Castle**
Rose Hill St, Conwy LL32 8AY
cadw.gov.wales
- 3 Tŷ Mawr Wybrnant**
Penmachno,
Betws-y-Coed LL25 0HJ
nationaltrust.org.uk/ty-mawr-wybrnant
- 4 Llechwedd**
Llechwedd, Blaenau
Ffestiniog LL41 3NB
llechwedd.co.uk
- 5 Yr Ysgwrn**
Trawsfynydd,
Blaenau Ffestiniog
LL41 4UW
yrysgwrn.com
- 6 King Arthur's Labyrinth**
Corris Craft Centre,
Machynlleth SY20 9RF
kingarthurslabyrinth.co.uk
- 7 Powis Castle**
Welshpool SY21 8RF
nationaltrust.org.uk/powis-castle-and-garden
- 8 Centre for Alternative Technology**
Llwyngwern Quarry,
Pantperthog, Machynlleth
SY20 9AZ
cat.org.uk
- 9 Oriel Davies Gallery**
The Park, Newtown SY16 2NZ
orieldavies.org
- 10 Brecon Cathedral**
Cathedral Close,
Brecon LD3 9DP
breconcathedral.org.uk
- 11 Regimental Museum of the Royal Welsh**
The, Watton, Brecon LD3 7ED
royalwelsh.org.uk
- 12 Theatr Brycheiniog**
Canal Wharf,
Brecon LD3 7EW
brycheiniog.co.uk
- 13 Cyfarthfa Castle & Park**
Brecon Rd,
Merthyr Tydfil CF47 8RE
cyfarthfa.com
- 14 Brecon Mountain Railway**
Pontsticill Rd, Pant CF48 2DD
bmr.wales
- 15 Royal Mint Experience**
Heol-Y-Sarn,
Pontyclun CF72 8YT
royalmint.com
- 16 Penderyn Distillery**
Pontpren,
Penderyn CF44 OSX
penderyn.wales
- 17 Canolfan and Theatr Soar**
Canolfan Soar Pontmorlais,
Merthyr Tydfil CF47 8UB
theatrsoar.co.uk
- 18 Welsh Mining Experience in Rhondda Heritage Park**
Rhondda Heritage Park,
Coedcae Rd,
South Wales CF37 2NP
- 19 Cardiff Castle**
Castle St, Cardiff CF10 3RB
cardiffcastle.com
- 20 National Museum**
Cathays Park,
Cardiff CF10 3NP
museum.wales
- 21 Edwardian and Victorian Arcades, Cardiff**
Castle St, Cardiff CF10 1BU
castlequarterarcades.co.uk
Morgan Arcade,
Cardiff CF10 1AF
morganquarter.co.uk





Outdoor and Landscape Locations on The Cambrian Way

Outdoors and landscapes Key:

1 Great Orme

Llandudno LL30 2XG
visitconwy.org.uk/explore

2 Bodnant Welsh Food Centre

Tal-y-Cafn, near Colwyn Bay, Conwy, LL28 5RP
bodnant-welshfood.co.uk

3 Bodnant Garden

Tal-y-Cafn, near Colwyn Bay, Conwy, LL28 5RE
nationaltrust.org.uk/
bodnant-garden

4 Swallow Falls

Betws-y-Coed LL24 ODW
betws-y-coed-
communitycouncil.org

5 Crimea Pass

A470 Blaenau Ffestiniog

6 Llyn Tegid

Bala LL23 7YE

7 Talyllyn Railway

Wharf Station,
Tywyn LL36 9EY
talyllyn.co.uk

8 Dyfi Biosphere

Machynlleth
dyfibiosphere.wales

9 Plynlimon Fawr

midwalesmyway.com

10 Elan Valley

Elan Valley Visitor Centre
Elan Valley, Rhayader,
Powys, LD6 5HP
elanvalley.org.uk

11 Twyn y Gaer

Trallong, Brecon Beacons
National Park LD3 8ES
fforestfawrgeopark.org.uk

12 Pen-y-Crug

breconbeacons.
org/pen-y-crug

13 Monmouthshire and Brecon Canal

Canal Wharf, Brecon
LD3 7EW
canalrivertrust.org.uk

14 Taf Fechan Nature Reserve

Vaynor, Merthyr Tydfil
CF48 2LA
welshwildlife.org

15 Castle to Grave walking route

Cyfarthfa Castle and Park
Brecon Rd, Merthyr Tydfil
CF47 8RE
cyfarthfa.com

16 Dare Valley Country Park

Dare Valley Country Park
Aberdare CF44 7RG
darevalleycountrypark.co.uk

17 Parc Taf Bargoed

Glo Ddu Pavilion, Off High
Street, Trelewis, Merthyr
Tydfil CF46 6AP
visitmerthyr.co.uk

18 Dark Skies Discovery Sites

(Various locations)
darkskydiscovery.org.uk

19 Ynysangharad War Memorial Park

Bridge Street,
Pontypridd CF37 4PE
lidoponty.co.uk

20 Bute Park

Castle Street, Cardiff CF10 1BJ
bute-park.com

21 St Fagans National Museum of History

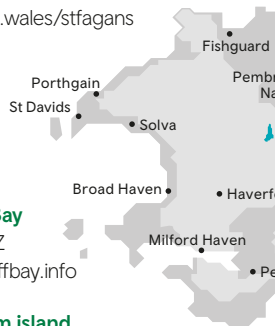
St Fagans, Cardiff CF5 6XB
museum.wales/stfagans

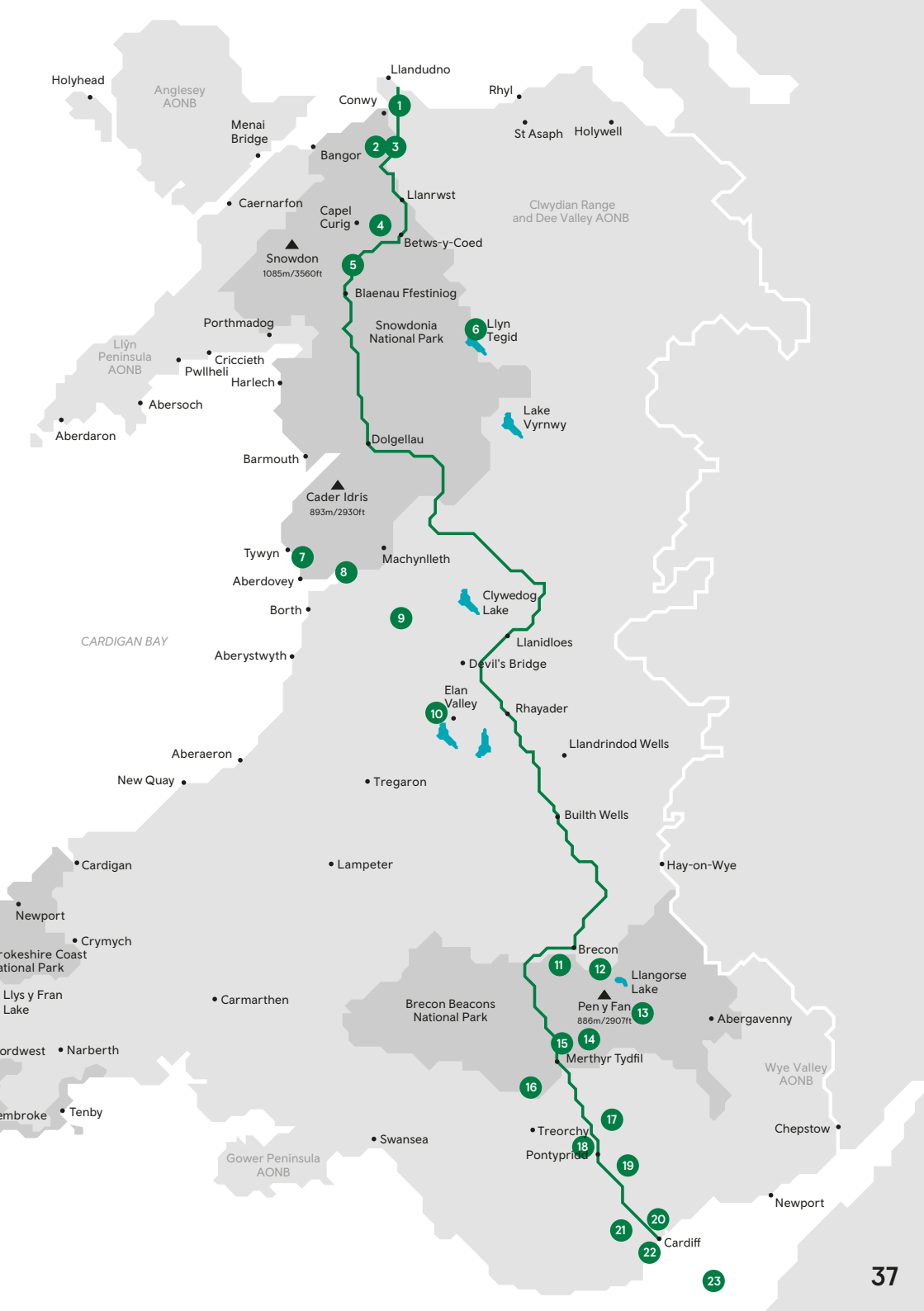
22 Cardiff Bay

CF10 5BZ
visitcardiffbay.info

23 Flat Holm island

Flat Holm Island,
Bristol Channel
cardiffharbour.com/flatholm





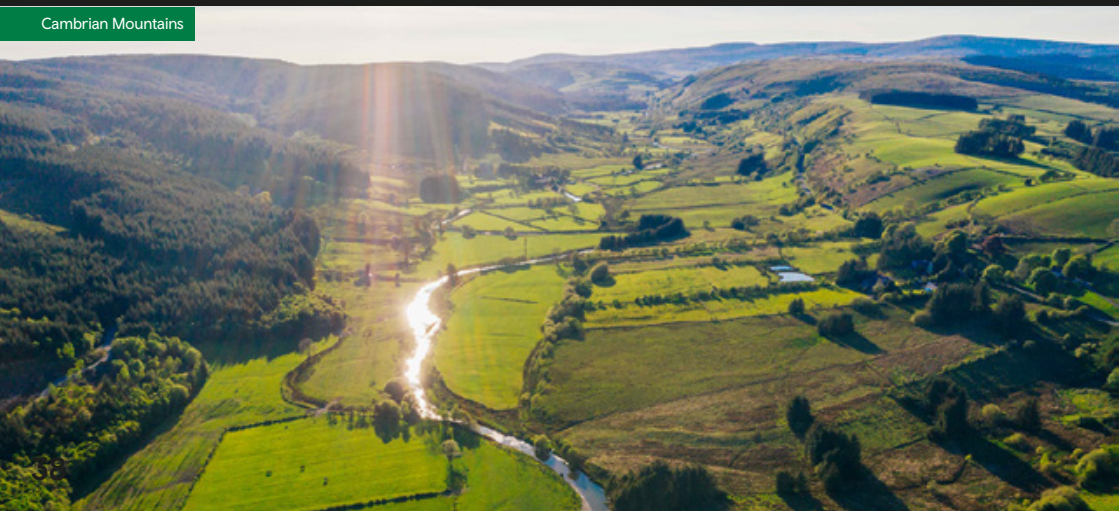
River Wye



Severn Break It's Neck



Cambrian Mountains






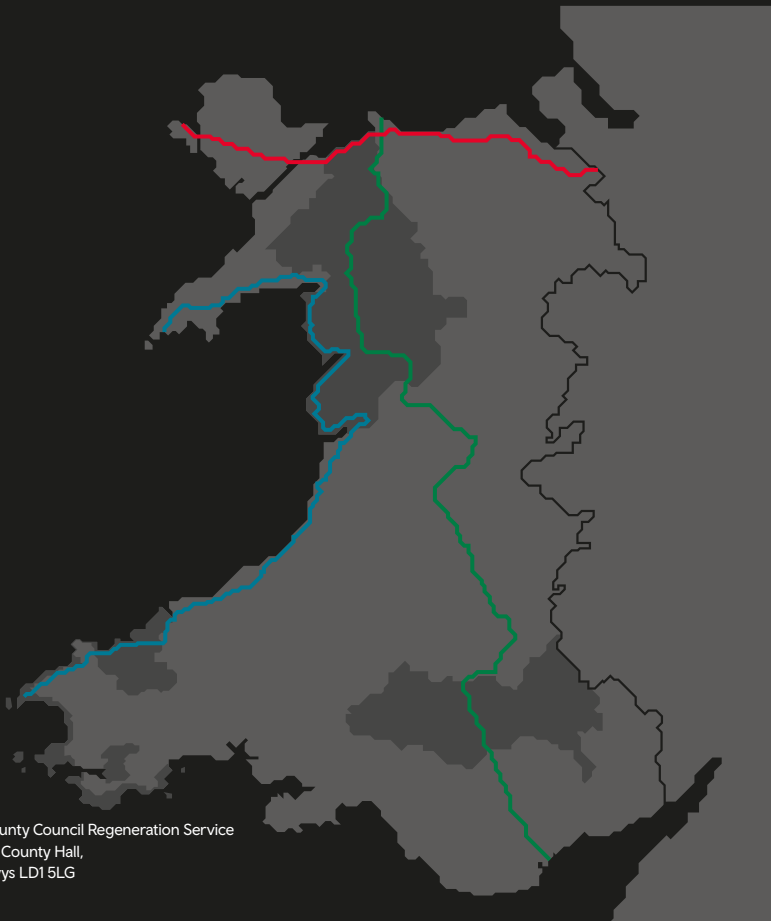


Ffordd Cymru
The Wales Way

The Wales Way

The Wales Way is one Epic journey, three distinct routes – The Cambrian Way, The Coastal Way and The North Wales Way – that lead you along the coast, across castle country, and through our mountainous heartland. The Cambrian Way crosses the spine of Wales for 185 miles/300km between Llandudno and Cardiff, through National Parks and the Cambrian Mountains. The Coastal Way travels the west coast around Cardigan Bay, a 180 mile/290km road-trip between the sea and mountains. The North Wales Way leads 75 miles/120km past mighty castles into the island of Anglesey.

-  The North Wales Way
-  The Coastal Way
-  The Cambrian Way



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thewalesway.com

