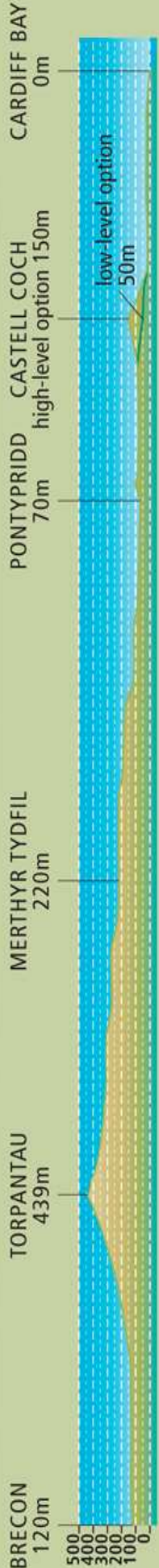
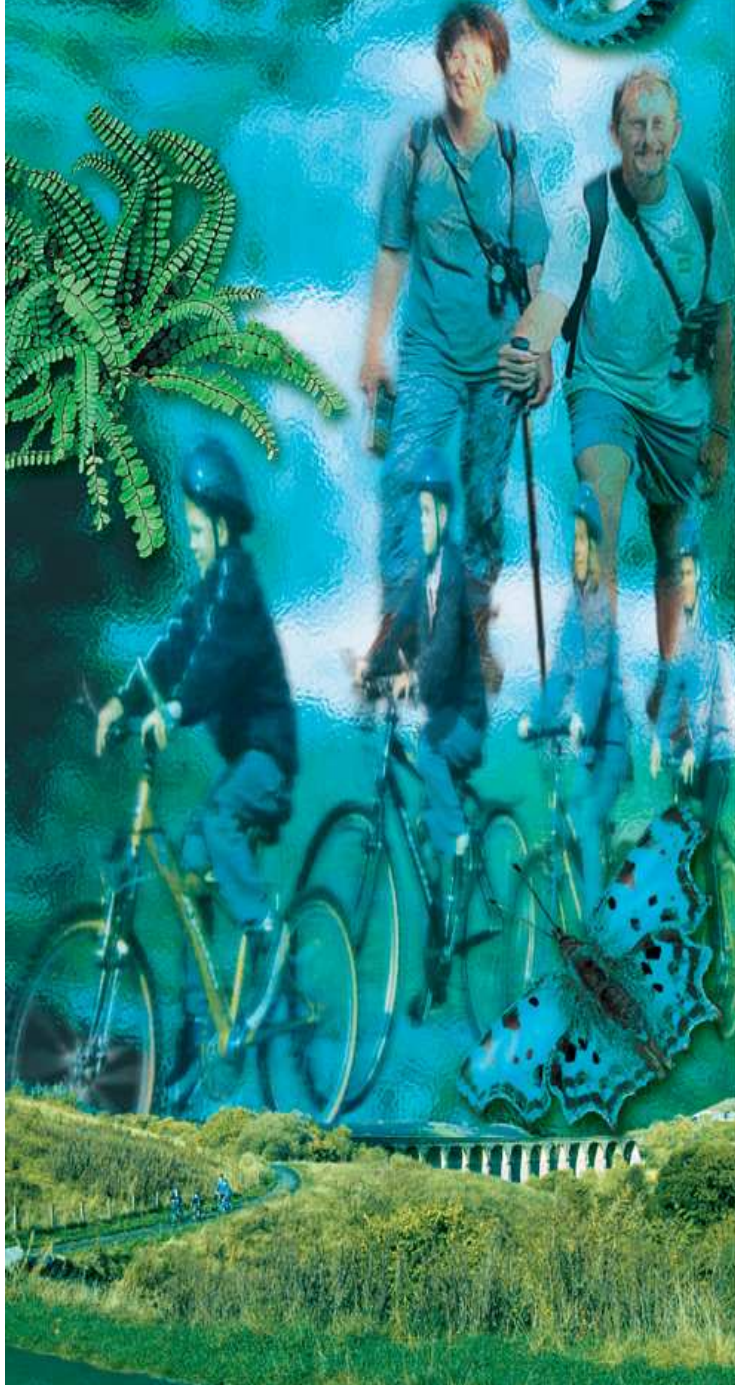


# Taff Trail

route for walkers  
and cyclists

A journey from the  
Brecon Beacons  
to Cardiff Bay



## USEFUL INFORMATION

This guide gives an overview of the Taff Trail recreational route.

For more information about the Taff Trail and for a list of walking and cycling-friendly accommodation close to the Taff Trail, information on bike hire and longer cycle tours incorporating the Taff Trail, call the **Taff Trail Project on 01685 883880.**

## Tourist Information Centres along the Trail

Brecon 01874 622485  
Merthyr Tydfil 01685 379884  
Pontypridd 01443 490748  
Cardiff 029 2022 7281  
Brecon Beacons National Park Information Centre 01874 622485

## Public transport

Up to two bikes are carried free on off-peak train services between Cardiff and Merthyr Tydfil.

For all train enquiries 08457 484950  
For bus enquiries in Wales 0870 6082608

## Useful maps and guides

Taff Trail pocket guide  
National Cycle Network Maps:  
Celtic Trail NCN routes 4 & 47 (East)  
Lôn Las Cymru NCN route 8 (South)  
Available from Tourist Information Centres and  
Sustrans mail order 0117 929 0888 or buy  
on-line from [www.nationalcyclenetwork.org.uk](http://www.nationalcyclenetwork.org.uk)



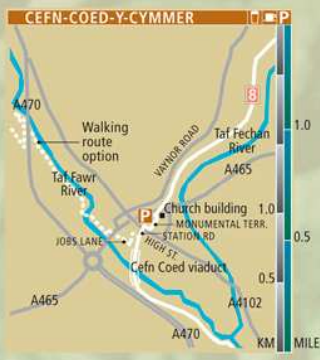
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Fedw Hir, Llwydcoed  
ABERDARE CF44 0DX



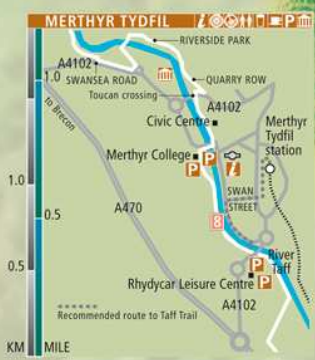
EUROPEAN REGIONAL DEVELOPMENT FUND



Whilst every effort has been made to ensure accuracy in this guide, the Taff Trail Project can accept no responsibility for errors or inaccuracies, or for any matter in any way connected with its publication.



From time to time, sections of the Taff Trail may be closed for forestry operations. Please follow any diversions.



The Taff Trail is a 55 mile / 93 km waymarked route for walkers and cyclists from the market town of Brecon to the City of Cardiff. The Trail links parts of the historic transport network to form a continuous route.

Over half the Taff Trail is traffic-free or on quiet access roads with the remainder on country lanes and minor roads offering pleasant cycling on gentle gradients with a few short, steeper sections. The surface varies from tarmac to prepared dust and good-quality forest track. Please note that there is currently one short section through Pontypridd which is on busy roads with one main intersection to cross.

The Taff Trail passes through some of the most beautiful and varied landscapes in South Wales. A journey along the Trail is full of contrasts. Starting at the canal basin in the market town of Brecon, you follow canal paths, country lanes, former railway lines and forest tracks to cross the stunning scenery of the Brecon Beacons. The magnificent viaducts at Pontsarn and Cefn Coed mark your arrival at Merthyr Tydfil and a sudden change of character.

The scars of the iron and coal industry that made Merthyr Tydfil and the Taff Valley famous throughout the world have mostly healed. But the legacy of abandoned canal towpaths, tramroads and railway lines enables you to follow a green corridor full of historic interest through former mining communities and industrial towns.

The fairytale castle of Castell Coch guards the narrow Taff Gorge and another change in landscape. From here the Trail drops down to the Taff river and follows a riverside path into the heart of Cardiff, ending at the prestigious modern waterfront of Cardiff Bay.



- KEY SYMBOLS**
- Tourist information centre
  - Bicycle shop
  - Bicycle hire
  - Toilets
  - Public house
  - Refreshments: food and drink
  - Picnic area
  - Car park
  - Castle
  - Museum
  - Camp site
  - Taff Trail: general route / walking route
  - Road: dual carriageway / single carriageway
  - Railway: main line / branch line
  - National Cycle Network: route / link
  - National Cycle Network: route number
  - Bus station
  - Railway station: suggested access to Taff Trail
  - Other railway station