

The circular trail for cyclists and walkers is 10Km or 6.2miles long and runs around the Bay and across to the seaside town of Penarth via Pont Y Werin, a 140 metre bridge providing a link for pedestrians and cyclists between Penarth and the International Sports Village.

Along the trail enjoy Cardiff's rich heritage; the legacy of a buoyant and successful Docks. See historic landmarks, such as the Norwegian Church, alongside iconic buildings like the world renowned Wales Millennium Centre. The vibrant waterfront cafes, bars and restaurants combined with the traditions of Butetown provide the Bay with a special appeal.

Cardiff Bay's International Sports Village plays host to a 350 berth marina, the International Swimming Pool, Ice Arena and Cardiff International White Water, the FIRST on demand white water rafting course in the UK! Future developments includes the Wyndham Hotel and a brand new ice rink.

TRAVEL TO CARDIFF BAY

- From Cardiff Central Train Station catch the Number 6 Baycar bus at the rear of the station
- Pick up a bike at the front or rear of the train station and take the route via Lloyd George Avenue to Cardiff Bay operated by OY Bikes (www.oybike.com)
- From Queen Street Station catch the frequent rail service from Platform 3 to Cardiff Bay station
- On foot make your way via Lloyd George Avenue to Cardiff Bay

Train
Arriva Trains Wales
T: 0845 6061 660
www.arrivatrainswales.co.uk

Bus
Contact Traveline Cymru for all public transport information
T: 0871 200 22 33
www.traveline-cymru.info

Cardiff Tourist Information Centre
The Old Library, The Hayes, Cardiff, CF10 1AH
T: 029 2087 3573
www.visitcardiff.com

Bike Hire
Cardiff Bike
Call 0845 226 5751 and register before picking up a bike at one of the multi-lingual bike rental stations Open 7 days a week
www.oybike.com

Pedal Power
Cardiff Bay (Wed-Sun)
T: 07775 616411
Pontcanna office (Open daily)
T: 029 2039 0713
www.cardiffpedalpower.org
E info@cardiffpedalpower.org

Sustrans
www.sustrans.org.uk/wales



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1 Custom House (1865)

Designed by Samuel Dobson, it has a central bell tower and is constructed from yellow brick with bathstone dressings. It is now a restaurant.



2 Barrage Circles

Designed by Felice Varini, it uses the Barrage structures and paint to create a collage that results in circles. The circles are not immediately evident and can only be viewed from one location.



3 Captain Scott Exhibition

In 1910 the British Antarctic Expedition, led by Captain Robert Falcon Scott, departed from Cardiff Bay in the vessel SS Terra Nova but the expedition ended tragically with Scott's five man team perishing. Under the barrage sails you will find a fascinating outdoor exhibition displaying Scott's journey to the Antarctic and the methods used to reach the pole.



4 Norwegian Church & Captain Scott Memorial

In the 1860's the Church was shipped from Norway for the Scandinavian seaman in Cardiff docks; it was also the place where Roald Dahl was baptised. Visitors can now enjoy the gallery, a coffee shop and a range of events.

The Captain Scott mosaic memorial overlooks the point where Scott's expedition ship, the 'Terranova,' sailed from Cardiff in 1910.



5 Pit to Port

The bronze statue was created by the late John Clinch, and completed by artist Jon Buck. It celebrates Cardiff Bay's heritage as one of the world's most important coal exporting ports.



6 Beastie Benches

The designs were inspired by the creatures described by Dylan Thomas in his poem 'the Ballad of the long legged bait.'



7 Dolphins and Dock Wall (1800s)

The sloping sea wall runs North to South between the Bute East Dock and Roath Basin. At the foot 5 timber structures slope slightly inwards, each was connected by walkways and used to moor ships during repairs.



8 Merchant Seafarers War Memorial

A memorial to the Merchant Seamen of Cardiff Bay, the sculptor seamed together the beached hull of a ship and a timeless face. The surrounding mosaic carries inscriptions and portraits of local wartime seafarers.



9 Pierhead Building

Built by William Frome the Victorian building was once offices for the Cardiff Railway Company, successor to the Bute Dock Company. It is now part of the National Assembly for Wales and a unique visitor centre, events and conference venue.



10 Water Tower

The Water Tower, made famous by the BBC TV show Torchwood, combines reflective surfaces with a stream of running water and is 70ft high.



11 D-shed (Mid 1800s)

A rare example of an iron framed warehouse/transit shed. Originally located on the former East Bute Dock, it was re-assembled at its current location and is now home to The Makers Guild of Wales.



12 Coal Exchange

Historically one of the most important commercial buildings in Wales. Cardiff's leading business men, including owners of shipping firms and coalmines, met here to make deals and it was the first place in the world where a one million pound transaction took place.



13 People Like Us

The bronze sculpture of a young couple was sculpted by John Clinch in 1993 and celebrates the people who lived and worked in Cardiff Bay.



15 Wife On The Ocean Wave

A bronze sculpture depicting three figures in a bath, it refers to the sculptor's memories of bathing in a traditional tin bath.



14 Pilotage Office (1860s)

Originally built as a stable, then used as a Pilotage office, it has now been turned into a restaurant. The central tower is surmounted by a modern ship weather vane.



16 Rope Knot

The bronze 'rope knot' demonstrates the link between the historical docks and the ships that were once a frequent sight in this area.