



Royal
Geographical
Society
with IBG

Capital runners

A free self-guided walk in Cardiff



www.walktheworld.org.uk

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Walk the World is part of Discovering Places, the London 2012 Cultural Olympiad campaign to inspire the UK to discover their local environment. Walk the World is delivered in partnership by the Royal Geographical Society (with IBG) with Discovering Places (The Heritage Alliance) and is principally funded by the National Lottery through the Olympic Lottery Distributor. The digital and print maps used for Walk the World are licensed to RGS-IBG from Ordnance Survey.



The
Heritage
Alliance



Capital runners

Discover Cardiff's civic pride and sporting heritage

Welcome to Walk the World! This walk in Cardiff is one of 20 in different parts of the UK. Each walk explores how the 206 participating nations in the London 2012 Olympic and Paralympic Games have been part of the UK's history for many centuries. Along the routes you will discover evidence of how many countries have shaped our towns and cities.

Cardiff was awarded city status in 1905 and fifty years later became the Welsh capital. Building on a strong local sporting tradition in rugby, football and cricket, it has since become the hub for various sports at national and international levels.

This walk explores Cardiff's twin roles as a civic and sporting capital. The route is lined with runners; the River Taff that gave the city its name and runs through its heart; European invaders who ran their Welsh empires from Cardiff Castle; Cathays Park civic district built to run the new city; athletes from Finland to Tonga who have run in Cardiff's sports venues and streets.

Follow in their footsteps to visit impressive civic buildings and sporting venues. Hear about Cardiff's sporting prowess that includes the Commonwealth Games, Rugby World Cup and Ashes cricket series. Also look out for daffodils, dragons and even a giant anteater!



Scenes from Cardiff
Rory Walsh © RGS-IBG Discovering Britain

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Practical information

Location	Cardiff, South Wales
Getting there	<p>Train - The nearest station to the start of the walk is Cardiff Central. Direct services operate from most major towns and cities including London Paddington, Birmingham New Street, Manchester Piccadilly, South West England and West Wales.</p> <p>Bus - Cardiff Central bus station is next to Cardiff Central railway station. The city is served by a variety of local routes and long distance coaches. Routes X2, 96 and 96A stop outside Cardiff Castle</p> <p>Car - Accessible by Junction 32 of the M4 and the A48 from Swansea, Newport and London. Plenty of city centre parking (charges apply).</p> <p>Bicycle - Cardiff city centre is on National Cycle Route Number 8. Cycle hire is available at Pontcanna Fields in Bute Park near the SWALEC Stadium.</p>
Start point	Outside Cardiff Castle, CF10 3RB
Finish point	Millennium Stadium, CF10 1NS
Distance	2 ½ miles
Level	Gentle - a flat route through city streets and parks
Suitable for	<p>Families - plenty of sights for all ages including Bute Park and the sports venues</p> <p>Pushchairs / wheelchairs - an entirely step-free route</p> <p>Dogs - must be kept on a lead in the city centre</p>
Conditions	The whole route is on pavements and paved footpaths. Be careful of traffic when crossing busy roads, take care of children beside the River Taff

Getting from the railway station to the walk start

Cardiff Castle is approximately 10 minutes walk from Cardiff Central station. From the railway station exit, bear right to the road lined with trees. Keep the bus station on your left. At the end of the road turn right into Wood Street.

At the end of Wood Street use the pedestrian crossing to the right. Turn left and continue along the right hand side of St Mary Street. Continue along St Mary Street onto the pedestrianised High Street. Cardiff Castle's main entrance is at the end of the High Street.

Refreshments

There are plenty of places to eat in the city centre, plus cafés in the National Museum Cardiff (Stop 4) and in Bute Park (after Stop 13)

Toilets

Public toilets are available in Bute Park and National Museum Cardiff. Both have baby changing facilities.

Other info

The route can be very busy at weekends, especially when Cardiff or Wales teams are playing at any of the sports venues. If you do not like crowds you are advised to avoid match days.

The Millennium Walkway (Stop 19) beside the Millennium Stadium is closed on match days and after dark.

Places to visit

Bute Park (Stop 13) hosts family-friendly events throughout the year including a Nature Trail, cycle hire and sports facilities. Special events include the RHS Flower Show (April) and Sparks In the Park (5th Nov).

Cardiff Castle (Stops 1-3) is open daily from 9am to 5/6pm (November to February/March to October). Entry fees apply Tel: 029 2087 8100

National Museum Cardiff is open 10am-5pm Tuesdays to Sundays and most Bank Holiday Mondays. Free entry. Tel: 029 2057 3000

Tourist Information

Cardiff Tourist Information Centre is located in the Old Library, The Hayes, CF10 1AH (parallel to St Mary Street in the city centre). Tel: 029 2087 3573

Detail of the first part of the route



Stopping points

- 5.** Castle Street outside Cardiff Castle
- 2.** Castle Castle, Castle Street
- 3.** Cardiff Castle, Castle Street / North Road
- 4.** Cardiff City Hall and Crown Court, Cathays Park
- 5.** Gorsedd Gardens
- 6.** Boulevard de Nantes and Stuttgarter Strasse
- 7.** Alexandra Gardens
- 8.** Cardiff University Main Building, Museum Avenue
- 9.** Welsh National Temple of Peace and Health
- 10.** Welsh National Temple of Peace and Health garden
- 11.** North Road

Detail of the second part of the route



Stopping points

- 9.** Welsh National Temple of Peace and Health
- 10.** Welsh National Temple of Peace and Health garden
- 11.** North Road
- 12.** SWALEC Stadium
- 13.** Sport Wales National Centre, Sophia Gardens
- 14.** River Taff, Bute Park
- 15.** Bute Park and arboretum
- 16.** Animal Wall, Castle Street
- 17.** Cardiff Arms Park, Westgate Road
- 18.** Millennium Stadium, Westgate Road
- F.** Millennium Walkway

Directions

These directions are for use with the Cardiff walk audio commentary. Listen to each track then read the directions below to get to the next stop.

1. Welcome to Cardiff

Outside Cardiff Castle, Castle Street

Directions 1 - Start at the main entrance to Cardiff Castle on Castle Street and listen to Track 2.

2. Roman conquest

Cardiff Castle, Castle Street

Directions 2 - Walk along Castle Street towards the opposite corner of the castle from the one with the ornate tower. Stop at the castle corner where the main road bends round to the left and listen to Track 3.

3. Rebuilding and restoration

Cardiff Castle, Castle Street, North Road

Directions 3 - From the corner of the castle, walk along Kingsway, keeping the castle wall on your left. As you pass the castle, see how many of the country flags you can recognise on the top of the walls. Pass the bus stops and at the next corner of the castle, go down the ramp and through the pedestrian underpass. At the top of the ramp on the other side, turn left. Pass the first grand building. Stop outside the second building with the clock tower and listen to Track 4.

4. Triple crown

Cardiff City Hall, Crown Court and National Museum Cardiff

Directions 4 - Opposite the front of City Hall and the National Museum is a garden. Among the various pieces of public art are four statues. Stop when you have a good view of all four and listen to Track 5.

5. Civic quartet

Gorsedd Gardens

Directions 5 - Go towards the corner of Gorsedd Gardens where there is a busy road junction with traffic lights. Stand in a safe place at the junction and listen to Track 6.

6. Name games

Boulevard de Nantes and Stuttgarter Strasse

Directions 6 - Retrace your steps through Gorsedd Gardens. Between the City Hall and National Museum is Museum Road. Go along Museum Road and then turn left round the back of City Hall. Turn right into the public gardens. Stop at the memorial with columns at the centre of the gardens and listen to Track 7.

7. Remembering

Alexandra Gardens

Directions 7 - Leave Alexandra Gardens by the side gate back onto Museum Road. On the opposite side of Museum Road is a large building which is approached by a semi-circular driveway. Stand on the pavement looking at the building and listen to Track 8.

8. A place of firsts

Cardiff University Main Building, Museum Avenue

Directions 8 - Continue along Museum Road. Turn left at the next junction onto College Road. Continue past the front of the National Assembly Building and at the next junction, cross over to the imposing building on the right. Stop outside and listen to Track 9.

9. Peace on earth

Welsh National Temple of Peace and Health

Directions 9 - Go round to the car park at the rear of the building and you will find a small garden. Stop in the garden and listen to Track 10.

10. Peace in earth

Welsh National Temple of Peace and Health garden

Directions 10 - From the Peace Garden go to the main road, North Road. Cross at the pedestrian crossing opposite the Royal Welsh College of Music and Drama. Turn right past the main entrance of the college. At the end of the building is a gateway into the park on the left hand side. Stop by the information board and listen to Track 11.

11. Two halves

North Road

Directions 11 - Enter Bute Park through the gate by the Royal Welsh College of Music and Drama. Follow the path down into the park and over the bridge. At the first junction, turn right along a wide tarmac path. At the next crossroads of paths, turn left, which is signposted for cafe and toilets. Follow this path with a wall on your right hand side. When you reach the river, stop by the picnic benches and listen to Track 12.

12. From gardens to ashes

SWALEC Stadium

Directions 12 - Remain in the same place and listen to Track 13.

13. Sport central

Sport Wales National Centre, Sophia Gardens

Directions 13 - Follow the footpath through the park with the river on your right hand side. Stop by the footbridge and listen to Track 13. You may wish to go onto the bridge for a better view of the river but do not cross onto the other side.

14. Water sports

River Taff, Bute Park

Directions 14 - Continue on the main path through the park with the river on your right hand side. At the next junction of paths is a large stone on the left hand side. Stop by the stone and listen to Track 15.

15. Tree time

Bute Park Arboretum

Directions 15 - Follow the main path a short distance further to the West Lodge Gate. Leave the park and turn left along the pavement. After about 20 metres, just before the traffic lights, look up on the wall for a stone sculpture of a pelican. Stop by the wall and listen to Track 16.

16. An international menagerie

Animal Wall, Castle Street

Directions 16 - When you have finished looking at the Animal Wall, go to the pedestrian crossing by the beaver and cross straight over. Stop outside the gates into Cardiff Arms Park and listen to Track 17.

17. A Commonwealth of nations

Cardiff Arms Park, Westgate Road

Directions 17 - With your back to the entrance of Cardiff Arms Park, turn left along the pavement. Immediately before the river bridge, turn left onto the riverside walk. (N.B. the riverside walk is closed on match days and at night). Along the side of the stadium are a row of flags. Beside each country flag is a matching mosaic in the floor. Stop by these mosaics and listen to Track 18.

18. The world in Wales

Millennium Stadium, Westgate Road

Directions 18 - Stay beside the Millennium Stadium and listen to Track 19.

19. A proud capital

Millennium Walkway

Directions 19 - To return to Cardiff Central railway station or the shopping area of the city, continue along the riverside pathway. Turn left at the end of the stadium onto Wood Street. The station is on the right hand side and the shopping area is straight ahead.

Credits

The RGS-IBG would like to thank the following people and organisations for their assistance in producing this Walk the World walk:

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The
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The UK is an island nation but we are by no means isolated -
we are a hub of worldwide connections.

Walk the World is an exciting series of free geographically-themed
walks that aim to show how the UK is linked with the 206 countries
due to compete at London 2012.

Each walk explores how the Olympic and Paralympic Nations
and their people have shaped our surroundings -
often in surprising ways.

The self-guided walks are fun, informative and inspiring.
Prepare to discover something new, to be surprised and
to find the unexpected.

Visit www.walktheworld.org.uk

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