



Capital runners

Discover Cardiff's civic pride and sporting heritage

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 a national level. This walk explores Cardiff's twin roles as a civic and sporting capital.

The route is lined with runners. From the River Taff that gave the city its name and runs through its heart, to European invaders who ran their Welsh empires from Cardiff Castle. From Cathays Park civic district built to run the new city, to athletes from Finland to Tonga who have run in Cardiff's sports venues and streets.



Welsh flags, Cardiff city centre
Rory Walsh © RGS-IBG Discovering Britain

Follow in their footsteps as you 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 for daffodils, dragons and even a giant anteater!

Location	Cardiff, South Wales	Suitable for	Families - Some busy roads
Start point	Cardiff Castle		Dogs - Must be kept on a lead
Postcode	CF10 3RB		Wheelchairs - An entirely step-free route
Finish point	Millennium Stadium	Refreshments	Cafes in Bute Park and town centre
Distance	2 ½ miles	Facilities	Public toilets in Bute Park and National Museum Wales
Level	Gentle - A flat route through city streets and parks		

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.