

If you love cycling you'll love S E Wales.

There's nothing like the thrill of taking all the family out for a day's cycling, and there are so many safe routes to choose from around South East Wales. We have selected some of the most popular family trails in this leaflet, and most avoid busy roads. All the routes are accessible by public transport, and once you arrive and have donned your helmets, you will be all set for some memorable rides through our spectacular countryside and parks.

To help you plan your next adventure, we have created an online interactive map that will make it even easier to explore our region by bike. Look out for the NCN (National Cycle Network) symbols that accompany most routes - they make extremely useful navigational tools.

Plan your next cycling adventure with our online Interactive Map



Our online Interactive Map for use on desktop PC's is the must-see guide for anyone planning to explore South East Wales on two wheels.

Click on the icon to launch the map or use the following link in your browser:

www.cyclewales.org

There are hundreds of traffic-free routes to discover and enjoy in South East Wales.

Whether you want to make a day of it and pack a picnic, or ride for just a few hours closer to home, you'll find plenty of stunning scenic views and historic attractions to stop and see along the way - plus it's also a great fun way of keeping everyone fit and healthy.



Eat & Drink



See



Stay



Toilets



Repairs

The Interactive Map is a mine full of information. You will find hundreds of trails that cater for all cycling abilities, useful pointers for cafes and restaurants, accommodation for overnight stays, interesting things to see and do and bike shops for spares & repairs.

Family Trails

SE Wales



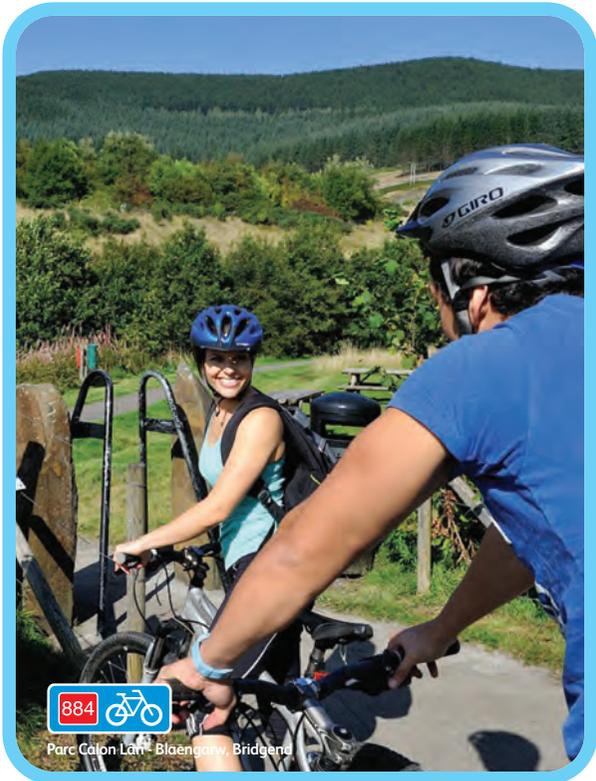
Ariennir yn Rhannol gan
Llywodraeth Cymru
Part Funded by
Welsh Government





Click here to launch the Interactive Map

Parc Calon Lân is situated on the site of a former colliery that has been miraculously transformed into a beautiful green space for everyone to enjoy. You will find toilets and a visitor centre for more information. The park has two wardens based at the centre who can help you with local knowledge and advice if needed.



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Parc Calon Lân - Blaengarw, Bridgend



Monmouthshire & Brecon Canal - Risca & Crosskeys

47

Enjoy a ride along the banks of the 'Mon-Brec' canal. A haven for wildlife, kingfishers and herons have been spotted on this route. At Darren Road, Risca, you'll discover the delightful 'Whysom's Wharf' Caravan Park and Tea Rooms.



Taff Trail - Merthyr Tydfil

8

Largely traffic-free, the Taff Trail passes through many sites of interest and industrial heritage either immediately adjacent or extremely close by. It passes through a number of towns and villages providing opportunities for refreshments.



Newport to Caerleon - Newport

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Connecting Newport City Centre to the historic town of Caerleon, this superb traffic-free 6 mile route follows the line of the River Usk, taking in wonderful views, artwork and a wealth of Roman history.

This traffic free route links the former ironworks at Tondy and Bedford Park, and passes through the Parc Slip Nature Reserve which is home to a wealth of wildlife including rare wading birds and many species of butterfly, damselfly and dragonfly.



Parc Slip Nature Reserve - Cefn Cribwr, Bridgend

4

There are three trails to follow around the park that take you through the spectacular grasslands, wetlands and woodlands - and as an added bonus, cyclists can connect safely to Sirhowy Valley Country Park by joining NCN Route 47.



Parc Penallta - Caerphilly

47

The Afon Lwyd Trail is a picturesque 16 mile traffic free route that runs from Cwmbran in the South, through to Pontypool and up to the Blaenavon World Heritage Site in the North. It takes in all the great sights, stunning landscapes and gorgeous green spaces the area has to offer.



Garniffaith Viaduct, Afon Lwyd Trail - Cwmbran & Pontypool

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Click here to launch the Interactive Map

A network of cycle paths and scenic trails take you deep into the historic landscapes of the northern Rhymney Valley. Visit the odd shaped Powder Store - part of the former Ogilvie Colliery on which the park is built. Refreshments are available at the lakeside coffee shop (open Apr - Sept) or why not pack a picnic, or have a family BBQ ?



Parc Cwm Darran - Caerphilly



Visit Wales have designated 2016 as the Wales 'Year of Adventure'. As part of this, the 10 Local Authorities in South East Wales are working in partnership to better promote visitor attractions and products via the cycle route network in the region. The project is supported by Visit Wales of the Welsh Government through the Partnership for Growth Fund. This fund was established to help destinations across Wales promote and develop the tourism offer, encouraging more people to visit Wales.



'Guardian', Ebbw Fach Trail - Six Bells, Abertillery

The Ebbw Fach Trail links together fourteen community Green Spaces along a 13 km tarmac surface with an easy gradient. Starting at NCN 465 Heads of the Valleys route near Beaufort ponds, you can ride the length of the Ebbw Fach valley to Llanhilleth. Make sure to stop and take a moment to admire the imposing 20m high 'Guardian' at Six Bells.



Pontymoile Basin - Pontypool

From Newport, follow a path alongside the River Usk, before joining NCN Route 49 north along the Monmouthshire and Brecon Canal towpath all the way to Pontymoile Canal Basin in Pontypool. The canal provides a green corridor with an excellent wide, gravel towpath and views of hills rising to over 1000 ft at its western end.

Open all year round, Porthkerry Country Park in Barry contains 220 acres of woodland and meadows in a sheltered valley that leads to a pebble beach and spectacular cliffs. The park has nature trails, picnic sites, a Forest Café with a large decked area (open Easter - Sept), an adventure playground, a BBQ area and a 12-hole pitch and putt golf course.



Porthkerry Country Park - Barry

Pedal Power is a charity based in Cardiff that encourages and enables children and adults of all ages and abilities to experience the benefits of cycling. If you don't have a bike, don't worry, as you can hire bikes from them. All hire bikes are maintained to a high standard and come equipped with a helmet, lock, pump and a survival pack including repair kit, tools and spare inner tube. You are also given a free map of the local area with cycle routes clearly marked. Hire points are located at Pontcanna and Cardiff Bay. See the website for details.



www.cardiffpedalpower.org

Pedal Power Cycle Hire - Pontcanna & Cardiff Bay