

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

Saddle up and discover the rich heritage of South East Wales by bike. With so many dedicated cycle trails to choose from, our beautiful region is perfect for cyclists of all ages and abilities to get around safely.

To give you a head start, we have chosen a small selection of interesting places to visit in this leaflet, and there are many, many more to be discovered for yourself.

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 sites - 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](http://www.cyclewales.org)

Whether it's a leisurely urban ride, or a more rural country challenge, some of the most interesting historic buildings and monuments in S E Wales can easily be reached by bike.



Castles. We have lots of them !

Step back in time and admire the craftsmanship of the stonemasons who built these wondrous structures on a monumental scale.



Experience the coal-mining heritage of South East Wales at Big Pit National Coal Museum in Blaenavon and the Rhondda Heritage Museum near Pontypridd.



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.

## Heritage Trails

SE Wales



Ariennir yn Rhannol gan  
Lywodraeth Cymru  
Part Funded by  
Welsh Government





Click here to launch the Interactive Map

In AD75 the Roman Empire established the mighty fortress of Isca Augusta in what is now called Caerleon. This site boasts superb examples of heated baths, soldier's barracks and an amphitheatre. There are more Roman legionary remains to be seen at Caerleon than anywhere else in Britain!



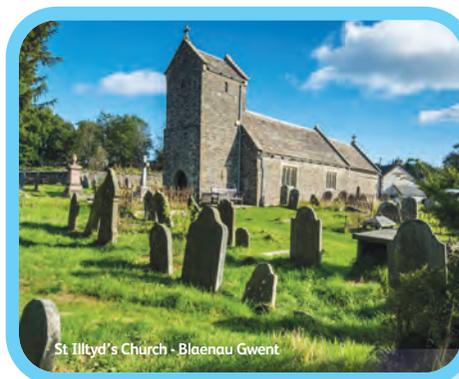
The National Roman Legion Museum - Caerleon



Pontypridd Lido & Waterside Café



Lido Ponty - the National Lido of Wales provides a great start or finish for cyclists venturing out along the Taff Trail or Cynon Trail. A recent £6.3 million funded restoration project has brought this 1927 complex back to life retaining a lot of its original features, and the Waterside Café provides the cyclist with somewhere to relax, have a drink and a bite to eat, before taking a cooling dip - so don't forget your bathers!



St Illtyd's Church - Blaenau Gwent

The oldest standing church in Blaenau Gwent, it is thought that the 16th century St Illtyd's church stands on foundations that date back to before the Norman Conquest of Britain, around the 9th century.



Raglan Castle - Monmouthshire

Built in the C15th by the 'Blue Knight of Gwent' who fought in the Battle of Agincourt, Raglan Castle is one of the last 'true' castles to be built in Wales and has several rooms worth visiting, including the Great Gatehouse, Hall, Long Gallery and South Gate.

The magnificent fifteen arch Cefn Coed-y-cymer viaduct, a designated Grade II listed structure, stands on the edge of Merthyr town centre and is the third largest viaduct in Wales.



Cefn Coed Viaduct - Merthyr Tydfil



St Fagans is the most visited heritage attraction in Wales. Over forty buildings from many different periods in time have been lovingly re-erected throughout this 100 acre parkland site as a tribute to the traditional Welsh way of life.



St Fagans National History Museum

Bryngarw Country Park is made up of 48 hectares of mixed woodland, grassland, wetland and formal gardens. The Garw Valley Community Route runs for about eight miles (13km) from Bryngarw Country Park to Blaengarw and is traffic free - perfect for a leisurely ride for all the family.

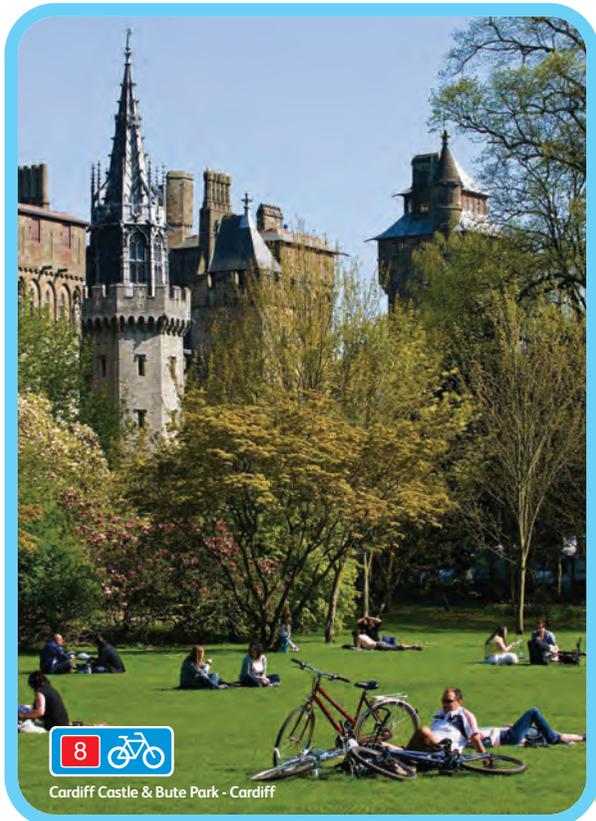


Bryngarw Country Park - Bridgend



Click here to launch the Interactive Map

Cardiff Castle is one of Wales' leading heritage attractions and a site of international significance. Set within Bute Park in the heart of the capital, Cardiff Castle's walls and fairytale towers conceal 2,000 years of history just begging to be explored.



Cardiff Castle & Bute Park - Cardiff



Nantgarw China Works Museum



Between 1813 & 1820, William Billingsley and his family produced some of the finest porcelain the world has known here. The Nantgarw China Works Museum preserves the important 200 year history of ceramic production in the area.



Ynysfach Ironworks - Merthyr Tydfil



The Ynysfach Engine House was built in 1836 for the adjacent Ynysfach Ironworks. They were owned by the Crawshay family, who also owned the world famous Cyfarthfa Ironworks.

The Nash Point Lighthouse is a Grade II Listed building and was the last manned lighthouse in Wales. The lighthouse was hurriedly built between 1831-32 in response, it is said, to a tragic ship-wreck the previous year with the loss of 78 lives that included at least one very high ranking military gentleman.



Nash Point Lighthouse - Llantwit Major



Blaenavon Ironworks - Torfaen



Sitting within a designated World Heritage Site, the Blaenavon Ironworks played a crucial role in the production of iron during the Industrial Revolution. Experimentation at the Ironworks led to the discovery of the basic process of making steel, known as the 'Gilchrist-Thomas Process'.

Built in 1894, and opened a year later, the 658-foot-long Penarth Pier is reminiscent of more gentle times and is one of only two surviving pleasure piers in South Wales.



Penarth Pier - Vale of Glamorgan

Bedwelty House is a Grade II Listed Regency villa in the town of Tredegar. It is surrounded by a historic garden that was established in the early 19th century for the Master of Tredegar Iron Works.



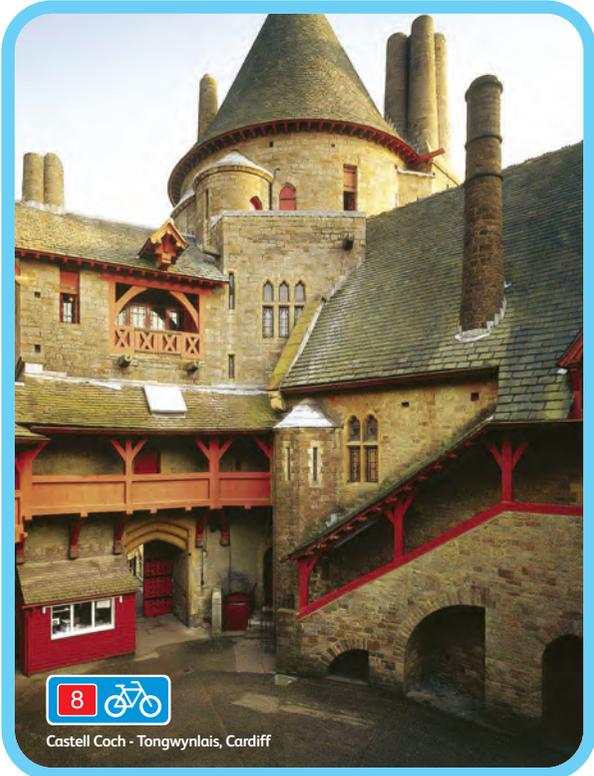
Bedwelty House - Tredegar





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Castell Coch, meaning 'Red Castle' in English, is in fact a lavish reproduction in the 'High Victorian Gothic Revival' style of architecture. Commissioned by the 3rd Marquess of Bute as a rural 'second home' (Cardiff Castle being his first), William Burges, the eccentric architect and interior designer spared no expense with the opulent furniture and dazzling ceilings.



Castell Coch - Tongwynlais, Cardiff



Glamorgan Heritage Coast - Vale of Glamorgan

At the heart of the Vale of Glamorgan coastline is a particularly special 14-mile stretch that was awarded Heritage Coast status in 1972. The Glamorgan Heritage Coast begins at Aberthaw and goes all the way to Porthcawl in the west. The Heritage Coast features dramatic cliffs, amazing rock formations and secluded romantic coves - all backed by rolling countryside.



Shire Hall - Monmouth

The Shire Hall in Agincourt Square is a prominent Grade I Listed building in Monmouth town centre. Built in 1724, it was formerly the centre for the Assize Courts and Quarter Sessions for Monmouthshire.



Tredegar House - Newport

Seat of the influential Morgan family for 500 years, this flamboyant Restoration mansion is one of the most significant examples of its kind in the UK. The walled gardens are some of the most important early 18th century garden landscapes in Wales.

Travel on one of the most popular railways in Wales. A vintage steam locomotive gently pulls you through some stunning scenery along the full length of the Taf Fechan Reservoir to Dôl-y-Gaer, nestled in the Brecon Beacons National Park.



Brecon Mountain Railway - Merthyr Tydfil

Ogmore Castle represents the substantial remains of a Norman stone-built castle. The initial earthwork castle was established by William de Londres, soon after 1100 AD.



Ogmore Castle - Ogmore-by-Sea

After more than a century of coal production, Lewis Merthyr Colliery closed for business in 1983. The pit was saved from demolition, and in 1989 the Rhondda Heritage Park opened its doors for the very first time. Experience what coal-mining was really like in the Welsh Valleys for yourself.



Rhondda Heritage Park - Trehafod



Click here to launch the Interactive Map

Guardian commemorates the tragic 1960 mining disaster in Six Bells that claimed the lives of 45 men. The poignant 20 metre sculpture towers over the site of the former colliery where the tragedy occurred and is a fitting tribute to the men whose names are cut into panels wrapped around the memorial.



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Guardian - Six Bells, Abertillery



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.



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Cyfartha Castle Museum & Art Gallery - Merthyr Tydfil

Built in 1824 and described as the most impressive monument of the Industrial Iron Age in South Wales, Cyfartha Castle is now home to a fantastic collection of artefacts spanning 2,000 years of Merthyr's history. See the first steam whistle, the first voting ballot box and dresses by Laura Ashley and Julien McDonald.



Dyffryn House & Gardens - St Nicholas

The history of Dyffryn can be traced back to the C7th. Today, the mansion house and magnificent Edwardian gardens sprawled over fifty five acres are managed by the National Trust.



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Parc Penallta - Caerphilly

Catch a glimpse of Sultan, the UK's largest figurative earth sculpture in Parc Penallta. There are 3 trails to follow through beautiful grasslands, wetlands and woodlands. Route 47 of the National Cycle Network passes through the park.

A superb collection of art, natural history and archaeological exhibits are to be found in the city centre of Cardiff. Works by French painters Millet, Monet, Daumier, Cézanne and Renoir can be viewed along with more contemporary pieces by Lucien Freud and Francis Bacon.



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National Museum - Cardiff

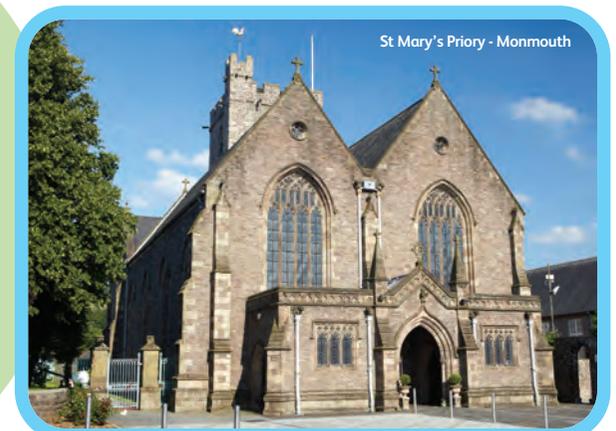
Now used as an arts centre, the foundations of this house date back to around the C12th when a farmhouse stood on the site that was connected with Llantarnam Abbey, founded by Cistercian monks in 1179.



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Llantarnam Grange - Cwmbran

St Mary's Priory Church, Monmouth, is an Anglican church founded as a Benedictine priory in 1075. The current church dates mostly from the 18th and 19th centuries. It was designated a Grade II Listed building in 1952, and is one of 24 buildings on the Monmouth Heritage Trail.



St Mary's Priory - Monmouth