

# Rest Stops

## Aberfan Community Centre

Located in the centre of the village.  
Open: 8am-8pm Mon - Fri and  
9am - 4pm Sat & Sun.



## Merthyr Tydfil Leisure Centre

Located in Merthyr's Leisure Village, just  
a short walk from the town centre.  
Open: 8am-8pm Mon - Fri and 9am - 4pm Sat & Sun.



## Merthyr Tydfil Town Centre

St Tydfil's Shopping centre provides a modern semi-covered  
pedestrian area with a diverse range of places to eat and drink.  
Various opening times.



## Summit Centre - Rock UK

Cafe on the Rock is a great place to relax, eat and drink.  
Open Tues- Sun 10-5 with some late night opening,  
see website for details.



## Cefn Coed Village

A small car park is found on the High Street. Just look for the Church  
spire as it's next door to it. The village has places to eat and drink.  
Open at various times.



## Parc Taf Bargoed

There's plenty of open space and wildlife to discover. We have a cafe  
kiosk, toilets plus Education Centre.

Kiosk Open 10am-2pm Mon - Sun (closed Wed) Toilets open  
Monday to Thursday 8am - 2.30pm & Sunday 8am - 1.30pm.



There's ample parking throughout the Borough with designated  
car parks. Owners park at their one risk.



# Other Trails in Merthyr Tydfil

Merthyr Tydfil has plenty of other trails on offer,  
so why not try one of these?



Looking for more?  
[visitmerthyr.co.uk](http://visitmerthyr.co.uk)

For further information contact us at:

**Email:** [visit@merthyr.gov.uk](mailto:visit@merthyr.gov.uk)

**Phone:** 01685 725000

**Mail:** Visit Merthyr, MerthyrTydfil County  
Borough Council, Tourism Dept.  
Civic Centre, Castle Street,  
Merthyr Tydfil CF47 8AN



# Family Friendly Trails Merthyr Tydfil



4 specially selected Family Friendly Trails  
Suitable for:



# More to explore...

## Introduction

The 55-mile (88km) Taff Trail (National Cycle Network Route 8 & 46) is a multi-purpose route for walkers, cyclists and horse riders. It runs between Cardiff (Wales's Capital City) in the south, to the pretty market town of Brecon in the north.

The route runs right through Merthyr Tydfil, once the iron capital of the world. Using the former tramways, railways, canals and towpaths you can enjoy all that Merthyr has to offer with large sections being designated traffic free.

Travelling north through Merthyr Town takes you across the spectacular Grade II listed Cefn Coed Viaduct. You'll pass through woodlands and nature reserves crossing the historic Pontsarn Viaduct as you climb gently to Pontsticill Reservoir and onwards to Brecon.

The Taff Trail is just one of a series of trails running right through the county borough. So if you want to take time to stop at one of our amazing adventure attractions, learn about our history, shop, eat, sleep or just take a moment to savour the breath-taking scenery, Merthyr has it all.

### ★ Rock UK – Summit Centre

One of the largest indoor climbing facilities in South Wales with over 120 indoor climbing routes, 18-metre high walls and an impressive 8m overhang.



There are over 20 instructed activities to explore so why not challenge yourself in the man-made caving system or navigating the Aerial Adventure course. Try Archery, Kayaking or learn new Bushcraft skills.

Nestling in the stunning Taf Bargoed valley, the centre is set amongst woodland, lakes and hills, and with weekend and holiday activities it's the perfect location for a short break in the Welsh countryside.

### ★ Parc Taf Bargoed

A green flag status park with 140-hectares of exquisite natural beauty and wildlife haven. There's 3.6 hectares of pristine lakes filtered through one of Europe's largest reedbeds. Parc Taf Bargoed boasts a range of activities for all abilities such as, Fishing, Walking, Cycling, Horse-Riding, Canoeing, Kayaking and Skateboarding with a Park Warden on site for tips on wildlife exploration.



### ★ BikePark Wales

BikePark Wales is home to the UK's greatest and most diverse selection of all-weather mountain bike trails. It was built by riders for riders and rivals the best in the world.

Set in wooded terrain on the side of the valley overlooking Merthyr Tydfil, it's a ski resort without the snow, the pistes swapped for a broad mix of natural trails, ribbons and jumps that descend the mountain. For beginner mountain bikers through to seasoned downhill pros.



### ★ Brecon Mountain Railway

Weave through dramatic scenery to Pontsticill, where the train stops to take in the stunning panoramic views across the Taf Fechan Reservoir. Before climbing to Torpantau pass high in the Brecon Beacons and the summit of the original line. Enjoy one of The Great Little Trains of Wales.



### ★ Cyfarthfa Castle, Park & Museum

Set in 160 acres of Grade II\* registered parklands Cyfarthfa Park overlooks the town of Merthyr Tydfil and the historic site of the Cyfarthfa Ironworks.

The Park provides a beautiful backdrop to the Grade I listed Cyfarthfa Castle, former home to the illustrious Crawshay family, and is recognised as being the best example of a 19th century Ironmaster's residence to have survived in South Wales. Visitors can find hidden gems in the museum, relax in the sensory gardens, walk the woodland trails, visit the ponds and Ice house or ride the miniature railway.



### ★ Parkwood Dolygaer

Parkwood Outdoors Dolygaer is a multi-activity centre set in the stunning scenery of Pontsticill Reservoir.

It boasts a range of activities with all necessary equipment provided. There's SUP Boarding, Kayaking, Canoeing, Sailing, Gorge Walking, Hiking, Climbing, Caving, Archery and the brand new Zip wire on offer. With a variety of accommodation options available it makes for a fun packed stay in the wilds of Wales.



