

It is recommended you follow the route set out in the GOLD ROUTE DESCRIPTION below. Use in conjuction with an OS map, preferably the 1:25000 map no. 151.

Times shown in *italics* (eg. 35 min) are only a guide and don't allow for any 'puff' stops, 'phew' stops or 'view' stops! Distances are shown as '10m' for example, which is 10 metres.

Also this is the third event and we've tried to improve the route descriptions for each event and clarify any ambiguities. However we may have still not accurately described all the route so if you can let us know any problems in the route descriptions when you get back it'll help walkers at future events.

(\*) To help with navigation, at a few locations we've tied red ribbon to a marker post, etc. So in the notes if you see an asterix (\*), then at this location you should see some red ribbon (unless its been removed by others!).

### **GOLD Route Description: FROM START TO CHECKPOINT 1**

On leaving the Scout Hall bear **R** across the car park to join the tarmac track next to the fields. On joining the tarmac track turn **L** and after a short distance (50m) turn **R** by the marker post and follow the path across Pontcanna Fields to the cable stayed footbridge across the Taff (you can see the tower). Just after crossing the footbridge (8 min) turn **L**. Follow this track next to the river for several minutes until you get to a stone masonry house (12 min). Just before the house turn a 'hairpin' and follow the track uphill to a small footbridge over a small stream. Once you cross the footbridge you're on a road (steep) which takes you passed Tal-y-Bont student Halls of Residence.

Follow the road over the railway to the junction with North Road (the main dual carriageway into Cardiff). Cross at the pedestrian lights then turn right and walk along the footpath for 50m to North Store Minimarket. At the supermarket turn immediately **L** onto New Zealand Road. You'll now have Cathays High School on your **R**. When you get to the end of the boundary of Cathays High School (the boundary facing the road) at the school Caretaker's house turn immediately **R** onto a footpath linking New Zealand Road and Crown Way. You'll now have the school boundary fence on your **R** and the boundary fence to Companies House on you **L**, follow the path to Crown Way.

When you get to Crown Way cross at the zebra crossing in front of you and continue straight on down another path which links Crown Way with Gelligaer Street. When you get to Gelligaer Street cross the road to join Cosmeston Street and continue down Cosmeston Street. At the next junction (with Rhigos Street) go straight across and continue on Cosmeston Street to the next junction (with Pentyrch Street). Here turn **L** onto Pentyrch Street and after a short distance (crossing three streets joining Pentyrch Street) you'll have Gladstone School on your **L** at the junction with Whitchurch Road/Crwys Road/Cathays Terrace/Fairoak Road.

Cross Whitchurch Road to Cathays Library (29 min) and continue straight on down Fairoak Road (the road between Cathays Library and a corner shop (which is currently vacant). To avoid some road walking you can use Cathays Cemetery if its open. Alternatively you can walk along Fairoak Road. For the cemetery route use the entrance off Fairoak Road just after Cathays Library. On entering the cemetery turn immediately **R** and follow the path parallel with Fairoak Road. At the Cemetery's main entrance (with a roundabout of flowers in front of you) rejoin Fairoak Road and turn **L** down a short steep hill under the railway.

You're now at a roundabout with 4 roads meeting. Continue on the footway with a row of houses on your L. Just after passing the roundabout cross Wedal Road (Wedal Road is the one with Scalini's Resturant at the junction) and go straight on under the bridge, then immediately after the bridge cross the road and enter the 'Rose Gardens' of Roath Park. <u>Please be aware that its Roath Park Open Day and various activities are taking place. There may be large lorries manoevering to drop items off.</u> On entering the park turn **L**. Follow the path to Roath Park Lake and continue along the path on the west side of the lake (42 min).



At the north end of the lake you reach Wild Gardens Road. Cross the road to a noticeboard opposite titled 'Wild Gardens' (52 min). Fixed to the noticeboard is **Checkpoint 1** at the west end of Wild Gardens Road. Note the letter on the Checkpoint on your Checkpoint Card.

## Route Description: FROM CHECKPOINT 1 TO CHECKPOINT 2

Next to the noticeboard is a gravel path leading into the Wild Gardens. Follow this gravel path. After a short distance the path forks either  $\bf L$  to rejoin the footpath on Lake Road West or you go  $\bf R$  to cross a small bridge. Take the  $\bf R$  and cross the bridge then immediately turn  $\bf L$ . When you come to a crossroads of paths turn  $\bf L$  (next to another noticeboard) upto Lake Road East. Cross the road and turn  $\bf L$  to the roundabout. Stay on the footway and cross Celyn Avenue where it joins the roundabout.

Continue on the footway passed Cardiff High School. Just after the main entrance to Cardiff High School turn R along a gravel track (with a finger post marked 'Nant Fawr'). When you come to a tarmac path (crossing from L to R) go over the path and continue on the gravel path with another finger post marked 'Nant Fawr'. You'll now follow the path next to/near the stream until Rhyd y Penau Road. After about 20m the path forks. Take the L. At the next fork in the path again take the L and after a short distance you reach a junction of paths next to the Nant Fawr (stream). Turn R. You shortly come out onto Rhyd y Penau Road *(65 min)*. Opposite on the other side of the road and slightly to the L join a tarmac path with a finger post marked 'Nant Fawr'. Take this path along the side of the stream. After a short distance a tarmac path joins from the R (just after a park bench). Turn R along this path and cross a small footbridge over the Nant Fawr.

Then turn **L** on the main unmade path. Eventually you come to a noticeboard 'Friends of Nant Fawr Community Woodland' with a kissing gate next to it. Go through the gate and cross the rough tarmac path to another kissing gate opposite. Then after just about 10m go through another metal gate and follow the unmade path. At a sign stating 'Warning – Deep Water Please use woodlands path in times of flood' next to a fork in the track, keep straight on if there's no flood.

If the path ahead is flooded then you need to take the path going off **R** near the sign. After a few of minutes a path joins from the **L** just before the path you're on emerges onto fields. Take the path L and after a minute or so you rejoin the main path at another 'Warning – Deep Water ....' sign. Go **R** and follow the path. Now continue reading at 'A' below.

Pass through another metal gate. Pass a reservoir viewing platform access on the **L**. Cross a small wooden bridge to a stile. Just after the stile fork **L** (footpath signs at stile show **L** or 'straight on' arrows) onto a grassy path.

A The path eventually comes to a muddy area on the **R**. If its dryish go through the muddy area to join a larger path the other side. Alternatively if the muddy area is too difficult to get through you can go straight on to the gap in the fence and the path loops around to re-join the larger path the other side of the muddy area. In the next field fork **L** onto a smaller track. Go to the gate at the top of the field and pass through onto an unmade track. After a short distance you get to the road. Next to the gate onto the road is a layby - **Checkpoint 2 (Grid Ref 188826)**. (90 min)



## **Route Description: FROM CHECKPOINT 2 TO CHECKPOINT 3**

From the layby go L then first R (Chartwell Drive) then third R (Buckingham Close). Go to the top end of the close and pass in front of the house on the R onto a tarmac path with a public footpath sign. Follow the tarmac path to come out onto a mini roundabout (101 min). Go straight over and stay on Mill Road passing three turn offs on the L for Hilcot Close, Long House Close and Rosewood Close. Then turn off at the next L down Millwood. Take the next junction R (for Heol Cefn Onn). After 10m take the gravel track going off L to a wooden kissing gate with a noticeboard next to it 'Coed y Felin'. On the noticeboard you'll see a map of the various entrances to Coed y Felin. You need to follow the path towards the entrance marked 'Ridgeway Entrance'. So keep straight on the main path and ignore any turn offs. Just before the kissing gate at the 'Ridgeway Entrance' turn L and follow the path downhill. At a fence take the roughly stepped path on the R and continue downhill to a post with an arrow pointing R. Turn R and you'll very quickly come to a kissing gate next to a tree sculpture (105 min). Turn L after passing through the gate. Then take the R at a fork in the path. Again take the **R** at the next fork and go uphill to a kissing gate. Turn **R** after you go through the gate onto a tarmac path and after a short distance you join Clos Llys Faen. Follow this road to Lisvane railway station, cross the footbridge at the station (121 min) and turn L out of the car park onto Cherry Orchard Road. After a 100m you reach a mini roundabout. Take the R turn onto the access road to Parc Cefn Onn. Follow the road to the car park (125 min).

At Cefn Onn car park take the path to the **R** of the building and go through the subway under the motorway. Stay on the tarmac path through the lower park. At the opening in a fence to exit the lower park cross over and go through the opening in another fence opposite to enter the upper park. Stay on the track through the upper park. Towards the top end of the park at a marker post (it should have an unmanned Chaekpoint used on the Copper Route) go **R** for about 20m along a path to pass through an opening in the fence boundary to a junction with a larger path (132 min). Here turn **L** (away from the park). From here to Checkpoint 3 you keep on the main unmade, gravelly path. Some things to watch out for:

At a metal gate a path goes straight on (marked 'to Rhymney Valley Ridgeway Walk' or **R**. Take the path uphill and straight on. You reach a path 'T' junction by a wooden gate on your R. Go **L** (at marker post). Pass a marker post on the **L** by a bench and ignore a smaller path going off **L**, the main path bends sharply to the R here (142 min). Pass a brick ventilation shaft for the train tunnel on your **R** (144 min). Pass a marker post and go straight on the main path (ignore the path going **L** with steps). Pass another marker post on the **L** and again keep straight on the main track. Go through a timber double gate (147 min). The track shortly has a sharp bend **R** (here ignore a smaller track going off to the **L**). At a path 'T' junction in the track go **R** and ignore a path joining from the **L** (156 min). Keep on the gravel track and shortly you arrive at the summit of the ridge at a marker post. You've now arrived at **Checkpoint 3!** (**Grid Ref 176852**) (159 min). If unmanned, make a note of the letter on your Checkpoint Card.



## **Route Description: FROM CHECKPOINT 3 TO CHECKPOINT 4**

From the checkpoint you join a gravel track in front of you going L to R (the Rhymney Valley Ridgeway). At the Checkpoint go L. Shortly you reach a fork in the track by a marker post (160 min). Follow arrow, go L. Now ignore any tracks joining from the L or R and stay on the main unmade track. Pass a marker post on your R for the 'Rhymney Valley Ridgeway Walk' and 'Escape To'. Pass a quarry on the L (be careful and stay on the main path). Continue on the path and a track joins at a gate with a marker post (Grid Ref 168852). Go through the gate and go downhill (170 min).

Keep your eyes peeled for a turn off to the R after 100m(\*). There's a marker post for the 'Rhymney Valley Ridgeway Walk' going slightly uphill (Grid Ref 169850). Take this turn off R. Go through a gate. Pass 2 market Rebor posts close to each other and continue straight on the main path (186 min).

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Pass a marker post on the **R** (to the left hidden in trees is the remains of the 13<sup>th</sup> Century (?) Castell Morgraig). Go through another gate then immediately the track forks, you can take either as they meet up again, the less muddy path is the L. Pass through another gate (194 min) then just after is a stone building on the L. Go through another gate and you're at the main road (A469). Cross (with care!) in front of the red painted house opposite (Pant y Gollen) with a postbox next to it and go L. After 50m or so (where the footpath peters out) take the path going off to your R with a marker post for the 'Rhymney Valley Ridgeway Walk'. You'll pass a farmhouse on your R (210 min) and go through a gate next to a green out building to come out at a golf course. Continue on the unmade gravel track through the golf course. At a fingerpost on your L you can either follow the Rhymney Valley Ridgeway Walk through the golf course (Option 1 - shorter) or avoid the golf course (Option 2):

### Option 1:

At the finger post go R to go along the left side of the fairway ahead. Pass a marker post. After a minute you should see another marker post over to your L. This directs you along a slightly overgrown path through trees. Cross over a small timber footbridge over a dry ditch. You emerge onto the side of a fairway by a marker post with a 'straight ahead' arrow. Go in the direction of the arrow across the fairway. BUT LOOK FIRST FOR GOLFERS (AND GOLF BALLS!) COMING THROUGH. When you reach the other side of the fairway follow the path through the trees. At a 'T' junction go R and after 10m go through a kissing gate then up some steps to reach a path going L to R by a marker post (joins Option 2 at this marker post). Go R and keep straight on to reach a house. Read on from A below.

#### Option 2:

At the finger post follow the arrow for 'Rhiwbina' (straight ahead). Continue on the unmade path and pass the tee for hole 8. Pass a sign 'Notice - You are Reminded of Your Obligations to Give Priority to users of This Right of Way'. At a fork by a marker post take the smaller track to the R. Go through a metal gate then shortly cross a wooden footbridge. Continue on the path until you reach a metal gate with a stile on the R. Don't go through the gate, turn R and go steeply uphill keeping the fenceline of small trees on your L. At the top of the field/end of treeline is a stile. Cross and go R. Keep the fence on the R. At the next stile go over (or through an opening near the R of the stile) and keep on the small track towards a row of trees on the top of a mound. The ground here can be boggy but is still quite firm. On the way you'll pass a stile without a fence. At the top of the mound with the clump of trees you may see to the R near pylons a metal gate and stile in the corner of the field which is where you need to aim for.



Go along the top of the mound for 30m in the direction of the gate. Then to your **L** you should see a path through the reedy grass to the gate. Take this path to reach the metal gate and stile *(220 min)*.

Cross over the stile and follow the path through the trees. After a short distance you reach a junction with a marker post. Turn **R** and follow the path under power lines. Pass a marker post (where Option 2 and Option 1 meet) with a path off to the **R**, ignore the path and keep straight on to reach a house.

A Go to the R of the house boundary wall with a white gate. Follow the path around the house boundary. Then at a track with the gate to the house grounds on your L turn R and follow the track to the main road (A469). Cross over (with care!) and go up to the 'Mountain Café' car park ahead. Cross over the road (B4600) to pass though two rocks onto a track. Follow the main track to the summit of Caerphilly Mountain. At the trig point is Checkpoint 4 (Grid Ref 153855) (235 min.)



## **Route Description: FROM CHECKPOINT 4 TO CHECKPOINT 5**

From the checkpoint take the smaller path to descend with the Garth mountain in the distance front of you. At a 'crossroads' of paths cross the track and keep straight on. At a finger post (marked 'Taff Ely Ridgeway Walk') go straight on to come out at the main road (A469). There's a finger post for 'Ridgeway Walk' on one side of the road and marker post on the opposite side at the start of an unmade track (to the right of a road junction). Cross over the road at the finger post (with care!) and go onto the unmade track. At a fork take the R.

Just after an old log on the **L** with three seats carved into it, you arrive at a marker post with a 'Rhymney Valley Ridgeway Walk' arrow where five tracks meet **(Grid Ref 147853)** *(245 min)* (\*), the path is gravelly over the area around the path junctions. Take the larger track to the **R** (if you were arriving at a roundabout it would be third turning off). Go along the track (can be muddy). Ignore a track going off **L** but, where three tracks meet, take the next track off **L** (not R) and go downhill towards a pylon(\*). Just to clarify the location of this path (there's a lot on Twyn Garwa!) – don't go to the top of Twyn Garwa the path to take is just before the short climb to the top.

At a fork where paths seem to run parallel take either. The path reaches a 'T' junction, go R (\*) (Don't take the path going L steeply downhill unless you want to do the Silver Route!). Keep on the main track and ignore any joining. Shortly you come out onto a tarmac track going L (downhill) to R (uphill) in front of you with a marker post for the 'Rhymney Valley Ridgeway Walk' and a kissing gate opposite (Grid Ref 144856) (290 min). Go L on the tarmac track downhill. Pass a 'No Entry' to vehicles sign in a rock in the middle of the path. After this sign the path becomes an access road and bends sharply R. Pass a gate to 'Cwm Farm' on the R and stay on the road to a 'T' junction. At the junction turn L (arrow R for the 'Rhymney Valley Ridgeway Walk' is fixed to a retaining wall at this junction (Grid Ref 141856) but don't follow the arrow R, as mentioned go L). Stay on the road until a small finger sign for 'Rookwood Riding Centre' at a fork in the road. At the fork go R (Grid Ref 141853) (305 min). Just after the fork you pass a disused small quarry on the R. Pass 'Ffrwnes Blwm' on the L and a yellow salt bin. Shortly after this on the R is a metal gate with a finger post next to it. Go through the gate. After about 30m, ignore a large track joining from the R. Then just after a marker post on a gate post (the metal gate was fallen over during the reccie) a small track joins from the R (315 min)(\*). Take this smaller path R and ignoring any smaller tracks joining follow the unmade path to ascend to the summit of Craig yr Allt (Grid Ref 134851) (323 min). Note that after 315 min you join a larger track near a pylon. Also just before the summit ridge the path forks, take the larger path **R** towards the top of the ridge.

\*Red Ribbon tied to tree.

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From the summit of Craig yr Allt stay on the unmade track and descend. As you descend ignore a track joining from the L and continue towards the Garth Mountain ahead of you. The path rises slightly and you reach a fork take the large path L. At a 'T' junction take the R (by a marker post). At a fork in the path take the larger path and after a few minutes look out for a junction of paths, with a sharp bend in the main track going L, a smaller path joining R and a small track going straight on (330 min)(\*). Here take the track going R towards a mast. This track quickly becomes narrow and a bit muddy. Near the mast is a 'T' junction of paths with a choice of R uphill or L downhill. Take the L and the path now zig-zags downhill for about 10 minutes. You then arrive at a timber stile by a finger post. Go R (under a large pipe) and follow the tarmac path. Go past a house on the L and shortly after the house go L at a finger post for the Taff Trail/NCN Route 8 to join the Taff Trail. On joining the Taff Trail again go L (signposted Cardiff/Caerdydd - (Grid Ref 122849) (355 min). There's now a stretch going on a wide tarmac track. You pass a marker post on the L next to an unmade track off L (ignore and stay on the tarmac path). After going round a long slight bend you have a long straight section in front of you. Keep your eyes peeled for the path going off R through a metal stile (Grid Ref 123844) (362 min) (At this location there's also a timber fence round a culvert inlet on the L side of the path). Go through the metal stile and along



the path with a green fence one side and a timber fence on the other. After a short distance you come out onto a road, Rhiw Ddar in Taffs Well.

Cross Rhiw Ddar road and go down the path opposite (and slightly to the left) between two timber fences. Follow the path, after a **R** bend you go down some steps to come out onto Glan y Ffordd road. Go **L** along the road, crossing an access road to a cul-de-sac on the **L**. You arrive at a 'T' junction opposite Taffs Well Football Club. The road you join is again Rhiw Ddar, go **R**, crossing the road bridge over the A470. Just after going over the bridge is a **L** turn down Ffordd Bleddyn, take this **L** and after about 50m cross **R** at the crossing point and go through a metal stile onto the pedestrian/cycle tarmac path. After a further short distance take the tarmac path **L** down to an access side road. You'll see the footbridge over the railway ahead of you, at the end of another side road off Moy Road. Go to the footbridge and cross over. You come out onto another side street (Sycamore Street). Go down the street to the main road and cross over to the Taffs Well pub (375 min).

Go **R** for a short distance and just before the school is a path/access road **L**. Go **L** down this path/access road. After a short distance is a fork. Take the **R** (just after school boundary). Continue on the path then go up some steps to the footbridge over the Taff (**Grid Ref 117837**). Go through the subway on the west side of the footbridge, then up further steps. At the top of the steps go **L** up a steep tarmac path to come out onto Main Road in Gwaelod y Garth (*397 min*). Go **R** and follow the road. Just before the Gwaelod y Garth pub a road joins from the **L**. Take this road and follow, which rises steeply uphill.

Pass a couple of smaller turn-offs including a 'No Though Road' sign on the L and 'Violet Cottage Brewery' on the R. Pass a 'Road Closed/Ffordd Ar Gau' sign (closed to traffic open to pedestrians for a short distance more) At a sharp hairpin bend L a track goes off to the R (Grid Ref 115840) at a council sand bin. Take this track R and shortly go through a metal gate (ignore the wooden stile going off L) and keep on the main track. Ignore any turning offs. At a marker post on your R (405 min) stay on the main track (L) uphill, ignore the large path descending R at the marker post. Also ignore a smaller path joining. You'll soon see the start of a field boundary on the R. Shortly after the end of the field boundary on the R a path joins from the L going uphill. Take this L (hairpin). Go through a wooden gate (416 min) and stay on the main dirt path uphill (ignore any grassy tracks joining). The dirt path becomes wide-ish and grassy. Where a large grassy track joins from the R at the top of the ridge take this path R and walk along the ridge. Keep straight on the path on the ridge and ignore any paths joining. Pass a Bronze Age burial mound on the R (428 min). Pass a marker post on the R at a junction of paths. Go straight on to the trig point ahead of you, this trig point is Checkpoint 5 (Grid Ref 103875) (435 min).



# **Route Description: FROM CHECKPOINT 5 TO CHECKPOINT 6**

From the checkpoint go L (from the way you approached) or south. Just below the mound on your L is a stone plinth with information about the burial mounds on the Garth. Pass this. Shortly you're at a crossing point where five paths meet. Take the path ahead and slightly to the right to go downhill. (If you're approaching a roundabout it's the third turn off). At a fork take the L. Pass a bench on the R (442 min). Continue on the path straight ahead and downhill. Pass a marker post on the R and continue on the path straight ahead and downhill (ignore paths joining L and R). Just after a viewing bench join a tarmac track and go L downhill. At a 'T' junction with a road go R. At the next 'T' junction go L downhill. Just after you turn are some steps upto a wooden kissing gate on your L (448 min).

Go through this kissing gate into a field. Cross the field along the middle, with a white house on your L on the hillside and a row of trees forming the field boundary away to your R. Cross a stile into the next field (which is in the middle of the field boundary in front of you). Immediately after crossing the stile take the arrowed path R (not the arrowed path straight ahead). Keep to the field boundary on your R (trees and a fence). At the next marker post (arrow shows to go slightly L) keep to the field boundary which curves L, keep following the boundary until towards the top L of the field you reach a stile on your R. Cross and follow the arrowed path straight ahead and downhill through a field of sheep. At the bottom of the slope is a track with a marker post by a gate. On the other side of the gate is a pile of large diameter precast concrete drain pipes. Go through the gate and follow the track uphill next to the field boundary of trees and a fence on your R. At the top of the field cross a stile just before steel gates onto short path to Pentyrch Road (467 min).

Opposite and to the **R** is a stile with a footpath sign. Cross the road (take care since traffic tends to speed along it) to the stile and cross onto the path. The path comes out onto a tarmac access road *(470 min)*.

Go L and after a short distance at the end of the road is a metal gate with a stile to the R. Don't cross the stile but take the track to the L of the metal gate. Just after a stile on the R the path forks. Don't cross the stile but take the R fork. The path then divides but you can take either as they rejoin after a minute (475 min). After several more minutes walking on the woodland path next to the farmland field boundary on your R and shortly after a fork in the track (take the R) cross a stile on your R. The path you're leaving bends 90 degrees to the L by the stile. Once you cross the stile the path goes between two lines of trees and after 30m is a marker post. Go L and the path again continues between two lines of trees and you shortly reach a marker post by a broken stile. (483 min)

At the opening by the broken stile go straight on along the **L** side of the field below a powerline on telegraph poles and ahead you should see a marker post. Go to the marker post, (ignore the stile 10m to the R) then go to the stile (which is slightly overgrown) 5m to the L of the marker post. Cross both the stile and the small dry brook just the other side of the stile. Walk through some woodland for a couple of minutes then cross another stile. Go through a very short field to another stile. Cross the stile and go L. You arrive on a wide, unmade track for the quarry. At a fence by the quarry (take care near the quarry!) go **R** to follow the path through the field with telegraph poles initially on your **L** and the quarry further away on your **L**. Go under the power lines to the corner of the field next to a steel gate. Next to the steel gate is a track between field boundaries, take this track between fields.

You emerge onto a field. To your **R** about 20m away is a marker post, ignore and cut across the field along the worn path to the stile at the field boundary into a wood *(497 min)*. Cross the stile and after 10m go **L** at a path junction then after another 5m go **R** at another path junction and descend downhill through woodland. Keep to the main track downhill. Shortly after a short marker post is another short marker post near a drainage ditch.



Here go straight ahead to cross a footbridge over a disused railway line. At a fork in the track by a marker post take the **R** downhill. Keep straight on the path ahead. Keep your eyes peeled for a marker post on the R with a track between overgrown property/field boundaries. Take this path **R** which shortly comes out onto Ffordd Treforgan road by the car park for the Ty Nant Inn *(520 min)*. Go **L** to cross the road at the lights at the 'T' Junction with Ty Nant Road. After crossing go **L** and follow the road for 100m to 'Pugh's Garden Centre. Go **R** to take the short access road towards Pugh's. After a few metres and just before the entrance sign into the garden centre take the lane joining on the **R** (also next to a sign 'Showroom – Curtain's and Blinds' there's a sign showing a football and a right arrow for the direction for playing fields.

Keep straight ahead along the access road for the playing fields passing an 'Edinburgh Woollen Mill' sign on the **R** and continue passing a green paneled aquarium building on your **L** to reach an access gate for a pedestrian crossing of the railway line in front of you. Don't go through the gate, turn **R** into the park area with a couple of football pitches and a skateboard area. Go to the top **L** of the field, towards a pylon in the distance. At the corner of the field a dirt path goes between bushes. Where the track comes out onto a tarmac access road go **L**. Go through the gate and cross the railway line level crossing (NOTE: Only cross when the traffic light is green). Opposite Gelynis Farm is a car park, **Checkpoint 6 (Grid Ref 132816)!** (530 min)

## Route Description: FROM CHECKPOINT 6 TO PONTCANNA SCOUT HALL

From here its about 2 hours back to Pontcanna Scout Hall. Pass Gelynis Farm on the **R** and continue on the track straight ahead, passing some small white painted stones on the **R**. Cross the footbridge over the Taff and go immediately **R** through a metal gate onto a tarmac track with a fingerpost for the Taff Trail (NCN Route 8). From here you follow the Taff Trail which is well signposted 'Taff Trail' and NCN bike 'Route 8' all the way back (also it more-or-less follows the Taff, keep the river on your **R**), until you reach the cable stayed footbridge you crossed just after the start of the walk. Cross the footbridge and re-trace your steps back to Pontcanna Scout Hall for your Certificate and refreshments. Congratulations and Well Done!