

GOLD Route Description: FROM START TO CHECKPOINT 1

This first section of the walk has the most road walking (approximately 0.5 miles) and the Route Description is written to minimize the amount of road walking. You'll be pleased to know that after this section there is very little further road walking required!

On leaving the Scout Hall bear $\bf R$ across the car park to join the tarmac track next to the fields. On joining the tarmac track turn $\bf L$ and after a short distance (50m) turn $\bf R$ 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 turn **L**. Follow this track next to the river for several minutes until you get to a stone masonry house. 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 ${\bf L}$ onto Pentyrch Street and after a short distance (crossing three streets joining Pentyrch Street) you'll have Gladstone School on your ${\bf L}$ at the junction with Whitchurch Road/Crwys Road/Cathays Terrace/Fairoak Road.

Cross Whitchurch Road to Cathays Library and continue straight on down Fairoak Road (the road between Cathays Library and a corner shop (which currently sells beds). To avoid some road walking you can use Cathays Cemetery (advised). 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 $\bf R$ 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 $\bf L$ 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. On entering the park turn L. Follow the path to Roath Park Lake. At the start of the path over the dam and fixed to railings is **Checkpoint 1**. On your Checkpoint Card note the letter printed on the Checkpoint then its on to Checkpoint 2!