

Cardiff Bay



Distance: 3.24 miles
Difficulty: easy
Walking time: 1.5 hours



Suitable for wheelchairs,
scooters and buggies



There are public toilets on this route at the Sailing Club, and at the barrage. There is also a kids playground area halfway along the route just after the toilet stop. There are lots of refreshment options at Mermaid Quay along with some other cafes along the route.

This route follows the Wales Coast Path around Cardiff Bay over to the barrage. The route is totally flat and offers fine views looking back at Cardiff, Flatholm Island, and over to Devon on a clear day.

1

As you leave the train station be sure to head to your left following signs for the Millennium Centre. Head to the road and go right and then left to use the crossing point and lights to head over to the other side of Lloyd George Avenue. Go right here passing in front of the modern looking Red Dragon Centre where there are also plenty of food and drink outlets, and family activities such as bowling and a cinema.

2

Continue ahead to cross a road and to then walk in front of the impressive bronze coloured Millennium Centre, along with the open area of Roald Dahl Plass on your right. Walk straight ahead to reach the red brick Pierhead building and your first view of the Bay area. Go left here in front of the Pierhead where the Welsh Government Senedd Building comes into view on your left.

3

Our walk is now going to hug the waters edge as much as possible following the Wales Coast Path and Cardiff Bay Trail – keep an eye out for the signs. Follow the waterside to pass the white coloured Norwegian Church and the monument to Captain Scott's expedition to the Antarctic in 1910. Continue around over the bridge and along the pavement following the road to eventually turn right at the mini roundabout and leave the roads. You have now joined a multi-user path area.

4

Continue following this path as it leads you around passing the RSPB Swift tower and onto the Cardiff Sailing Centre where there are public toilets. Just after the toilets there is a children's play area and if you are able there is a chance to drop down onto a lower waterside path – this isn't fully accessible due to the surface. Access points further along re-join the main path.

5

For a full mobility access route continue on the main path as it wraps around to the right heading for the white sails and barrage in the distance. There are plenty of stopping places along the way to sit and enjoy the views looking out onto the Severn Estuary or back at Cardiff. Keep following this main path to arrive at the barrage and the second set of public toilets which are on the left behind the Barrage Control Centre. There is the option here to walk out to a viewpoint for fine views across the Severn, or to continue ahead and across into Penarth Marina, and if able, you can also climb the steep streets to reach Penarth.

6

Our route turns back at the barrage to retrace its steps back towards Cardiff. Having reached the Senedd and Pierhead Building head over to Mermaid Quay for plenty of food and drink options. On leaving Mermaid Quay you are now on the other side of Roald Dahl Plass with the Millennium Centre on your right. Walk away from the bay and go straight ahead crossing a road to then re-join Lloyd George Avenue which will lead you back to Cardiff Bay train station.

Routes can be affected by path closures, blockages and diversions. If you find yourself unable to continue with your walk please try to find an alternate route or retrace your steps. Report any issues to your local authority.



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