

# Pontcanna Fields, River Taff & Sophia Gardens Circular Walk

6.9 kilometer circular trail showcasing Winding Paths, Castle Views, and Green Spaces along the River Taff

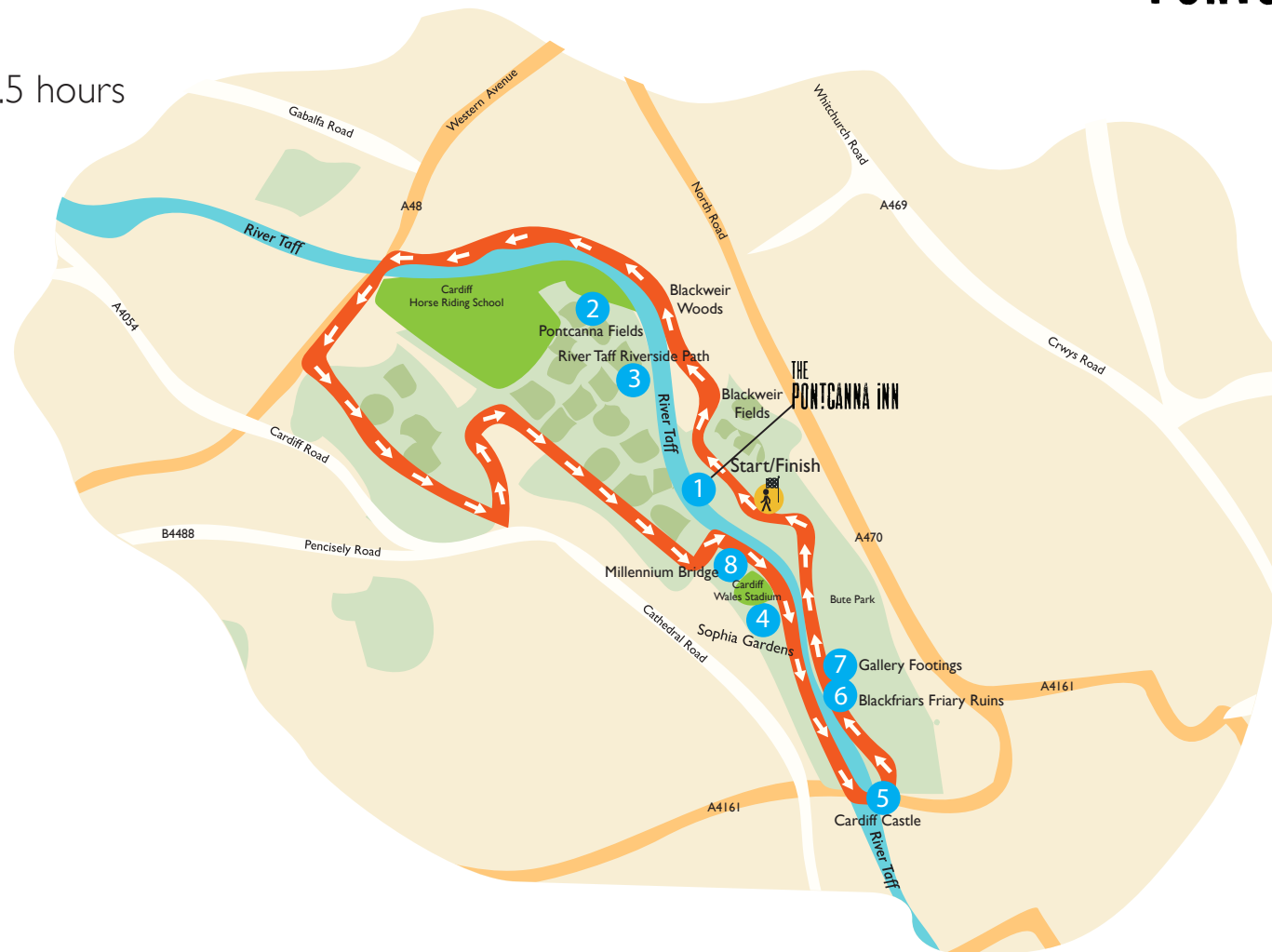
**THE  
PONTCANNA INN**

The walk is approximately 1.5 hours

TOUGHNESS: Easy

START AND FINISH:

36 Cathedral Road,  
Cardiff CF11 9LL



## Key View Points

- |   |                                  |   |                           |   |                          |
|---|----------------------------------|---|---------------------------|---|--------------------------|
| 1 | 36 Cathedral Road (Start/Finish) | 4 | River Taff Riverside Path | 7 | Blackfriars Friary Ruins |
| 2 | Pontcanna Inn                    | 5 | Sophia Gardens            | 8 | Gallery Footings         |
| 3 | Pontcanna Fields                 | 6 | Cardiff Castle            | 9 | Millennium Bridge        |

If you're heading out early and wish to book a table, you can do so at reception or head to our website to secure your spot.



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If you're setting off from our front door, you're in for a rather lovely wander through some of Cardiff's finest green spaces.

This 6.9-kilometre circular trail is a gentle one - nothing too strenuous - and usually takes around an hour and a half, depending on how often you stop to take it all in (and trust us, you'll want to).

The route meanders through Llandaff Fields, follows the River Taff as it winds through the beautiful Bute Park and Sophia Gardens, and finishes with a stroll across the wide-open space of Pontcanna Fields.

It's the perfect mix of peaceful greenery and postcard-worthy views, and if you keep your eyes peeled, you'll even catch a glimpse of the mighty Cardiff Castle along the way.

It's a well-loved path for walkers, runners and Sunday strollers alike, though if you time it right, you can still enjoy a bit of peace and quiet.

The trail is enjoyed at all times of the year, whether the trees are in full bloom or crunching underfoot.

There are plenty of lovely stops for a coffee or bite to eat along the way - though naturally, we'd be delighted to welcome you back afterwards for a proper pint, a warming roast, or something a little stronger.



## Key View Points

### 36 Cathedral Road (Start/Finish)

Begin your walk on one of Cardiff's most elegant tree-lined streets, surrounded by Victorian town houses and leafy charm, minutes from the city's green heart.

1.

### Pontcanna Inn

A vibrant pub with boutique rooms, serving craft ales and delicious food. Perfect for a quick coffee or relaxed pint before or after exploring.

2.

### Pontcanna Fields

Vast open parkland popular with locals for cricket, jogging, and picnics. Tree-lined avenues and grassy expanses create a classic urban green space experience.

3.

### River Taff Riverside Path

Stroll along the scenic riverside trail, watching rowers, spotting wildlife, and crossing charming arched bridges, with peaceful views over the flowing River Taff.

4.

### Sophia Gardens

Beautifully landscaped gardens featuring colourful flower beds, mature trees, and pathways. Home to Glamorgan Cricket Ground, blending sporting excitement with tranquil park scenery.

5.

### Cardiff Castle

A must-see Cardiff landmark combining Roman origins, a Norman keep, and Gothic revival grandeur—set within lush grounds right in the city centre.

6.

### Blackfriars Friary Ruins

Atmospheric medieval Dominican friary remains hidden in Bute Park. Stone foundations and walls offer a glimpse into Cardiff's 13th-century monastic past.

7.

### Gallery Footings

Historic Victorian stone foundations in Bute Park, remnants of a grand riverside promenade, telling the story of the park's 19th-century landscape design.

8.

### Millennium Bridge

Modern pedestrian bridge over the River Taff, offering sweeping views of Cardiff's parks and skyline - ideal for memorable photos along your walk.