

Trehafod to Pontypridd



Distance: 2.64 miles
Difficulty: easy
Walking time: 1.5 hours



Not suitable for wheelchairs, scooters and buggies



There are toilets on this route at Barry Sidings Country Park within the cafés, and toilet options in the Centre of Pontypridd. There are several kids' playground areas along the route, and lots of refreshment options in Pontypridd Town centre at the end of the walk.

This route follows easy use tarmac paths offering a flat leisurely walk between the train stations. You'll take in the history of the Rhondda with a visit to the Heritage Park, Barry Sidings Country Park, and a visit to Pontypridd town centre.

1

As you leave the train station platform use the steps and underpass to exit and arrive at Trehafod road. Go right here to walk up the road, and over the river bridge. At this point, if you'd like to visit the Rhondda Heritage Park go right and then immediate left onto a multi-user path that leads you into the car park for the centre. If you want to continue with the walk, having crossed the river go left onto Cadwgan terrace. A short way along bear left onto another multi-user path.

2

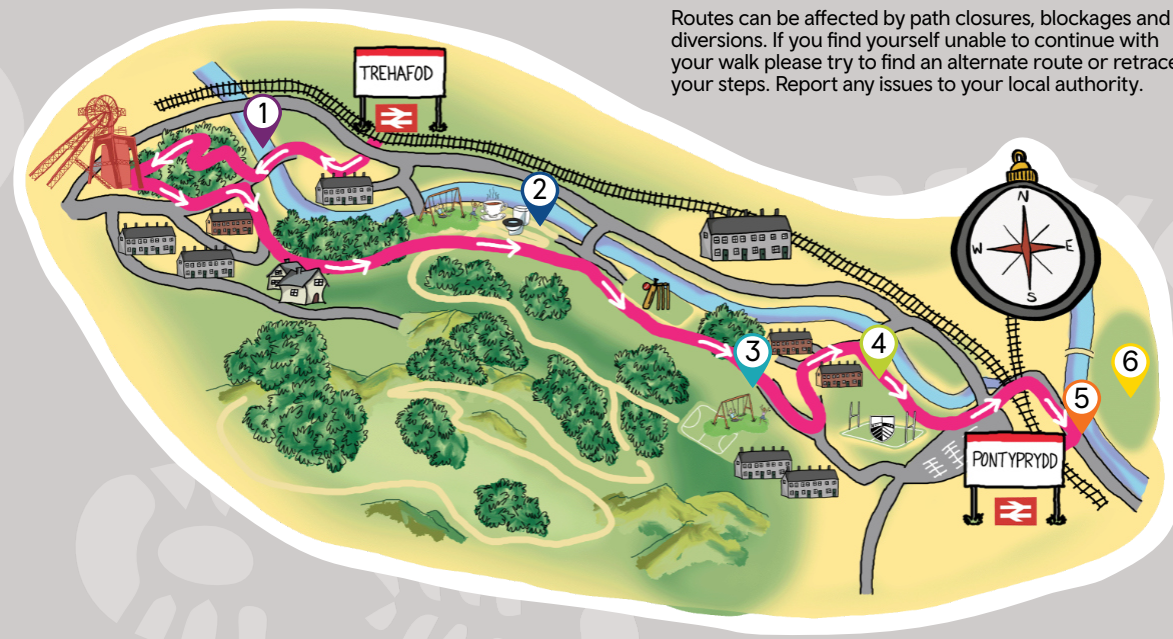
Follow this path for a while as it leads down the valley heading for Barry Sidings Country Park. Be sure to take in the surrounding views and enjoy the woodland canopy, along with enjoying the pond where you can spot local wildlife. Having reached the country park there are now other trails taking you into the surrounding mountains, along with an adventure playground and café – there are toilets here which are subject to opening hours.

3

Having stopped in the Country Park, our trail continues ahead to pass through the car park and be sure to be keep right at the end to continue on the multi-user trail as we head for Pontypridd. Continue along this path keeping an eye out for the waterfall on your right, along with the cricket club and another kids' playground down to your left – there is access down to this from the main path. You will eventually reach a residential street – Golygfa'r Eglwys.

4

At the end of this street go left heading downhill, and after the road bends to the right take the first right turning leading towards Sardis Road which is the home of Pontypridd Rugby. There is another kids' playground outside of the rugby ground. Our route goes to the left side of the rugby ground past some buildings to drop down and join a riverside path. Follow this path as it exits into a car park for the rugby clubhouse. Pass through the car park to reach Sardis Road.



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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5

At this point you can head straight to Pontypridd train station via the large car park across the road from you – there is a bridge at the far side taking you into the station. Our route crosses the road but then heads down to the left. Follow the pavement down and around to the right passing under a bridge and past the towering Sardis House. Continue along the pavement where the train station comes into view on your right. Here you can enter the station or now enjoy what the Town Centre has to offer.

6

At the crossing outside the station head over the road to reach Pontypridd Town Centre. You are now on High Street with the main shopping area of the Town around you, there are also lots of cafés to visit and an indoor market. Just down on your right there is also a bridge taking you over into Ynysangharad Park where there is more green space to explore along with the historic National Lido of Wales.



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