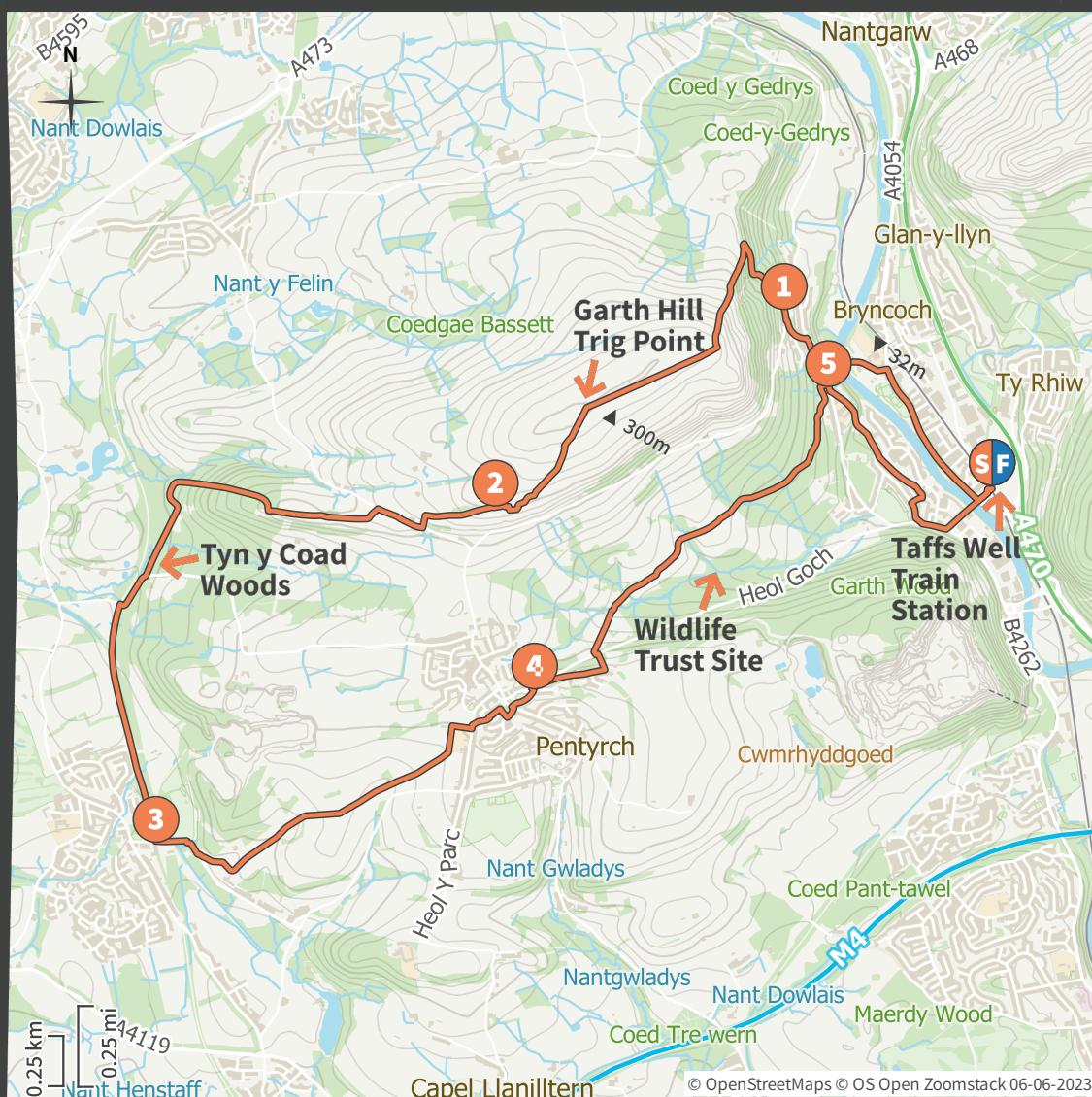




The Trinity

A loop showcasing 3 communities and surrounding countryside.

A mixture of muddy woodland paths, grassy open hill tops and concrete urban streets. Includes both stiles and gates.



Enjoy this ramble? There are 145 Paths to Wellbeing routes to explore across Wales!



- S** Starting from Taffs Well station, head for Taffs Well down a footpath and not into the car park. Cross Cardiff Road at the zebra crossing. Go R here. Continue along the road passing Taffs Well Park to turn L just before the school. Take time to visit the Thermal Spring. Follow this lane keeping R to cross over the river and through an underpass. Head up to your L to climb up to reach a road. Go R and then L by the Gwaloed y Garth pub. Head up the road and go R onto the path by the sharp bend in the road. Continue ahead through a gate to climb into the wooded area.
- 1** Follow this path through the trees and take a L at the fork. Continue to climb and take the signed path on your L (Garth Mountain). Follow this again climbing to reach a gate and access out onto the grassy hill. Follow the steep path upwards and at the top plateau be sure to ignore the immediate R and take the next R taking you across the hill top. Follow this towards the trig point but take the path down to the L before reaching the trig. As you descend head to your R towards houses and take the path to the L of the house to reach the drive way.
- 2** Follow the drive and take the path on the L before the next house to reach the road. Go R and then take the path on the L by a gated entrance. Walk to a small rise and then head R to reach Ty'n y Coed woods. Enter the woods and bear R and L to follow a steep wide path that descends. Follow this main path as it eventually wraps to the L and finally arrives at a car park and road. Go R here and as the road bends R take the path down to the L. Follow this long path under a road bridge and keep R at the fork to leave the woods and arrive at a road.
- 3** Go L on the road passing the Creigiau Rec and just after Oakfield House take the path on the L. Head up into a field and head across to your R. Go L and follow the signed footpath through several fields until the village of Pentyrch can be seen. Continue to aim for the village school where the path eventually heads L and then R to reach the road. Go diagonal L across the road taking the path between houses to reach a road. Head up this road and at the top cross over and go R. Take the path just down on your L to reach another road.
- 4** Go R here and R onto Cefn Bychan. Near the end of the lane take the path on the L that steeply descends to a road. Go across and take the path on the R. Head across the field to meet a track and follow this to a junction of paths. Continue ahead following the signed paths to reach another woodland. Follow the main path as it slowly bends to the L to head behind houses and at the crossroads continue ahead to follow path to meet a track. Go L and follow path down to the road.
- 5** Go R and then L down School Lane. Follow this until it bends sharply R and take the path ahead behind houses. As you reach a housing estate follow the road ahead and around to the R and then L onto Heol Berry. Go L again opposite the woods and then take the path L just before the bus shelter. Head across the river and road to arrive back at the train station.