



**things change so, for the most up to date info pack, scan the QR code or visit <https://roostmerthyr.co.uk/guest-info/>**



**THE ROOST**  
MERTHYR TYDFIL

# croeso, welcome

This pack includes information about the cabins, site facilities, sauna space and how everything works plus area info - walks, rides, how to get to BPW by bike, shopping, eating, things to do, see etc. If you need anything else please ask.

We'd love to see your Roost pics on social media and would welcome any feedback and suggestions.

Tag/follow us on Instagram and Facebook  
@roostmerthyr

Have a lush stay!

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**if you need anything, contact us on:**

call/text/whatsapp: 07484 697392  
email: [hello@roostmerthyr.co.uk](mailto:hello@roostmerthyr.co.uk)

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## 1. CROESO + WELCOME TO THE ROOST

Thanks for booking a stay at The Roost.

The Roost has been put together with a lot of thought, time, and attention to detail. We wanted to create a comfortable, practical, and welcoming space that works for our guests, with small details designed to make life easy. We hope you can turn up, settle in and relax.

We've tried to make everything easy and in this pack you'll find all the information you might need for your visit. If there's anything missing or you have any questions, just get in touch, we're happy to help.

On the next page, you'll find an 'At a glance guide to The Roost' followed by more detailed info.

We like to give guests their own space, but if we're around we'll say hello, and we're always available if you need us.

And, we'd love to see your photos and moments from The Roost - tag us @roostmerthyr on Instagram or Facebook, and give us a follow while you're there.

Enjoy your stay, take it easy, and make yourself at home.

Contact us if you need anything on:
















- 07484 697392 - call, text or WhatsApp:
- Email: [hello@roostmerthyr.co.uk](mailto:hello@roostmerthyr.co.uk)

Best wishes

Kath, Kris and the team

## 2. AT A GLANCE GUIDE TO THE ROOST

Your arrival details email includes access codes for the gates, cabin, store etc.

Category		Key info
	Check-in	15:00
	Check out	11:00
	Contact	Call, text or WhatsApp: 07484 697392 Email: <a href="mailto:hello@roostmerthyr.co.uk">hello@roostmerthyr.co.uk</a>
	WiFi	BT Guest (no password)
	Emergency	Call 999 or 112 from mobile
	Assembly point	In the car park, by the main gate
	Gates & access	<b>Code 1</b> – main gate <b>Code 2</b> – side/pedestrian gate
	Parking	Park on right-hand side facing rocks/ house or in the space in front of Arosfa.
	Recycling & waste	Main bins are by the side gate. Please recycle.
	Sauna space	Pre-booking required. Contact us to book.
	Guest store & honesty shop	Extra bin bags, poop bags, skewers, sanitary towels plus basics, snacks, treats, charcoal and firewood to buy.
	Pets	Very welcome but ensure they don't disturb other guests and clean up after them.
	EV Charging	Available but pre-registration with Project EV required. Contact us to get registered.
	Quiet hours	22:00-07:30
	Checkout instructions	Leave things tidy, empty bins, bag up bedding, check you've got everything, turn everything off, lock up and return key to key box.

### 3. ANY PROBLEMS/IN CASE OF EMERGENCY



**IN CASE OF EMERGENCY CALL 999 (112 FROM A MOBILE).  
ASK FOR THE POLICE IN THE FIRST INSTANCE.**

If you have any problems, please contact us in the first instance on 07484 697392. An alternative number is 07484 605272.

**In the event of a fire leave everything behind and get everyone out.**

- **Keep calm and get everyone out quickly and safely**
- **Report to the assembly point by the main gate**
- **Alert other guests and sound the alarm - located at the fire assembly point by the main gate**
- **Call 999 (112 from a mobile)**

Cabins are fitted with smoke alarms. There are fire extinguishers in each cabin and in the kitchens where there are also fire blankets.

Basic first aid kits can be found in the cabins and kitchens.

- **NHS 111** can help if you have an urgent medical problem and you're not sure what to do
- **24hr A&E department** - Prince Charles Hospital, Gurnos Road, Merthyr Tydfil CF47 9DT / 01685 721721
- **Nearest dentist** - [Hapus Dental](#), 4 Bridge Street, Troedyrhiw CF48 4JX / 01443 692080
- **Nearest vet** - [Medivet Merthyr Tydfil](#), Aberdare Road, Georgetown, Merthyr Tydfil, CF48 1AT / 01685 385117

#### **Power outage:**

If the power goes out, check the fuse box in your cabin to see if anything has tripped – located by the front door on the left and, in Arosfa, in the corner by the double doors. If that's not the problem, please call us.

A torch/emergency light is provided. When not in use as a torch please leave this plugged in and switched on as it will then come on in the event of a power outage.

## 4. SUSTAINABILITY AT THE ROOST

# Sustainability at The Roost

When creating The Roost, sustainability and guest comfort were our top priorities. We have tried to strike a balance between eco-friendly practices and a great stay.



### SOLAR POWERED

Battery storage and backed up by 100% renewable energy



### RAINWATER HARVESTING

Used to flush loos, wash bikes and water the garden



### ENERGY EFFICIENT

LED lights, timer switches, motion sensors, WiFi controls



### REUSE REFILL RECYCLE

Minimising waste



### A HAVEN FOR WILDLIFE

Native planting, bird and bat boxes and no mow



### EV CHARGING

Twin EV charger onsite

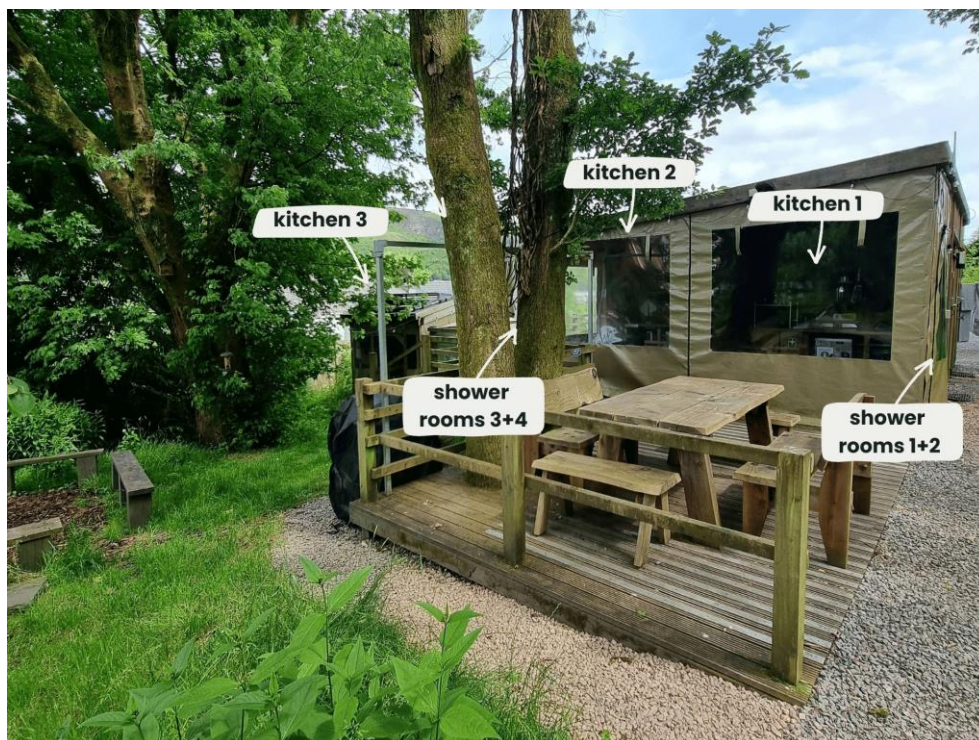


## 5. ROOST MAP



## 6. FACILITIES

Your arrival information email will confirm the shower room and kitchen you have been allocated. The shower rooms, guest store and drying room all require codes to enter.





**Other facilities include:**

- Bike wash with brush and bike cleaner
- Turvec bike maintenance stand with tools
- Outdoor sink area for drinking water, washing up (vans), cleaning BBQs etc
- Drying room
- Guest store & honesty shop
- Sauna and outdoor recovery space...

## 7. THE GUEST STORE + HONESTY SHOP



Our guest store and honesty shop is there for your convenience.

**Help yourself during your stay to:**

- Extra bin bags, dog poop bag etc
- Sanitary products
- Indoor and outdoor games - badminton, balls, boules etc, plus cosy blankets. Please look after items and return them when you're finished. If a blanket needs washing, just leave it in your cabin with your bedding.

**The honesty shop offers:**

- Basics - long life milk, beans, pasta, porridge etc
- Essential toiletries - toothpaste, toothbrushes etc
- Snacks and treats – chocolate, biscuits, pick & mix, marshmallows etc
- Drinks/milk – cans, long life milk, juice etc
- Charcoal for BBQs and firewood.



How to pay: Add up your total, scan the QR code, and pay securely via Stripe. If you have any trouble, just let us know your total spend and we can send you a payment link.

## 8. SAUNA + OUTDOOR RECOVERY SPACE



The Roost's new sauna space offers the perfect space to rest, recharge, and recover from the day's activities. Guests can book private 1 hour sessions for up to 6 people. The space is designed as a calm, adult recovery space so under 18 year olds must be supervised by a responsible adult at all times.

Under the trees, you'll find:

- A beautifully crafted electric barrel sauna
- A refreshing cold-water shower
- Seating for you to cool off and relax between rounds

Because the space is partially covered, you can enjoy it whatever the Welsh weather decides to do. In the evening, the soft lighting creates a calm and cosy atmosphere and, in the morning, early birds can book a sunrise session and soak up the first light of the day.

**If you'd like to add a session to your stay, contact us. We do need a little notice to get it heated up for you.**

## 9. WiFi



BT Guest WiFi, no password. Reaches most areas of the site but tends to be best around the kitchen block and can be weather dependent.

## 10. ARRIVAL, ACCESS, PARKING + EV CHARGING



Before your stay, you'll receive an email with your arrival details, including the access codes for the gates.

There are two keypad entry points:

1. Main gate – enter Code 1 opens into either keypad, inside or outside
2. Side pedestrian gate – enter Code 2 into either keypad, inside or outside



Park on the right-hand side, facing the big rocks/house. Please park considerately. There is one space in front of cabin 1.



We have a twin Project EV charger on site. If you'd like to use it, please let us know so we can register you. Once registered, you'll receive an email from Project EV with instructions to set up your account, download the app and add credit. Charges apply. This is not a rapid charger, so it's perfect for overnight charging.

## 11. STAYING IN A CABIN



### Bedding

- Base sheets provided as standard.
  - Duvets and pillows with covers are available as extras.
  - If you didn't order bedding and would like some, let us know.
- Power use – please only plug small appliances into the power/USB sockets to avoid overloading the system.
  - Torch/Emergency light – keep it plugged in and switched on so it will activate automatically during a power cut.
  - Bedside lights are rechargeable (not in Arosfa). We charge them regularly, but if they run out, you can charge them with a USB-C cable.
  - Arosfa cabin has an ensuite shower room and kitchenette.
  - Electric bike charging can be a fire risk. Please don't leave charging bikes unattended or charging overnight.

### Cabin heaters – help us save energy

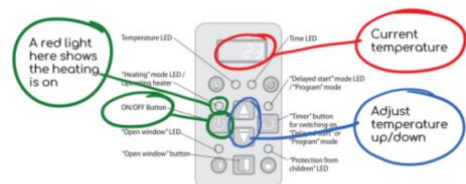
We want you to stay warm and cosy, but also help us keep our energy use (and costs) under control.

- Switch off heaters when you're out or if doors/windows are open.
- Please use them mindfully - electricity is expensive.
- You have full control of your heater, and we'd love to keep it that way. If usage gets too high, we may need to limit settings.

Thanks for helping us stay warm and sustainable.

## USING THE HEATER

Adjust the temperature and switch the heater on/off using the panel on the front



✓ Please turn the heater off before you go out for the day/leave.

✓ Keep the temp below 23°C. The cabins heat up quickly if the windows/doors are closed. Its ok to leave them on a low temp overnight (12°C should keep things cosy).

✗ Please don't put anything on/over the heater, especially wet things (use the drying room). It's an electric heater so this is very dangerous.



## 12. STAYING IN YOUR VAN



As a campervan guest, you'll have an allocated shower room (details are in your arrival email).

- Outdoor sink – available for washing up, drinking water, and general use.
- Picnic bench – located just off the car park.
- Parking – park in the space next to your allocated sign/hook-up. Use the sign to reserve your space throughout your stay.
- Electric hook-up – provided under our fair use policy. We may request additional payment if usage is excessive.

## 13. THE KITCHENS



Where you have been allocated a kitchen, your kitchen will be confirmed in your arrival details email. Arosfa has its own kitchenette.

The kitchens are well equipped with a sink, fridge, microwave, kettle, toaster, two ring induction hob and cooking equipment/utensils plus crockery/cutlery. We also provide some tea, coffee, sugar, sunflower oil and salt and pepper.

For groups, the wall between kitchens 1+2 rolls up to make a large kitchen. The outer walls of the kitchens can also be left open for ventilation.

## 14. WATER



**Drinking water:** water in the kitchens, shower rooms and outdoor sink.

**Not suitable for drinking:** water from the outside taps/hose/bike wash is **NOT** drinkable.

The loos flush with rainwater when we get it so it might look a funny colour.

Please don't waste water. The rainwater tanks can run dry (it doesn't rain as much as you might think) so please only use what you need when washing your bikes. Turn off the taps when done.

## 15. DRYING ROOM + WASHING LINES



There is a small shared drying room available. Instructions for its use are displayed on the wall inside. Please note that it is not suitable for soaking wet clothing - items should be drip-dried outside first. Washing lines and pegs are also provided.

For safety reasons, do not dry any items on the cabin heaters.



## 16. RECYCLING + WASTE



We're committed to making The Roost as sustainable as possible – and the Welsh Government require us to recycle. Please help by sorting your waste as follows:

- General waste – non-recyclable items only.
- Recycling – cardboard, glass, metal cans, and hard plastics (no films, plastic bags, or soft plastics)
- Food waste – please use the small compost caddy provided.

Prior to checkout, empty everything into the main bins by the side gate.

**We really appreciate your help in sorting waste correctly - it means the council will collect it without issue, and it saves us having to sift through rubbish (which, trust us, is not the best part of our job).**

## 17. SHOWER ROOMS



Your arrival details email will confirm which shower room you've been allocated along with the key code.

- The light/fan comes on automatically.
- Turn the heater on/off using the cord.
- The loos flush with rainwater so the water can look a funny colour.
- Loo roll, hand wash, a hand towel, body wash, toilet roll, a bath mat and anti-bac spray are provided.
- Dispose of sanitary waste, razors etc in the paper bags provided and into the bin.
- Don't flush anything other than loo paper.
- Shower rooms will be cleaned prior to arrival but not during your stay.

## 18. BIKE WASH + MAINTENANCE AREA



By the side gate, there is a bike wash with clamp, brush and bike cleaner and a bike maintenance stand with tools. There is a pump in the guest store along with some other tools.

## 19. PIZZA OVEN + PIZZA KITS



We have a wood fired pizza oven. Please see the back rear of this info pack for more information on how to use this. We are working on pizza kits so they are hopefully coming soon.

## 20. BBQs + FIRE BOWL



There is a communal fire pit area and small fire pit/BBQs outside Arosfa and kitchen 3. Bring your own kiln dried wood or buy from us (usually available in the guest store). Use the buckets provided for ash. Fires are not permitted anywhere else on the site.



There are BBQs dotted about. Please feel free to use these. Bring your own charcoal or buy it from the guest store, clean after use and put the cover back on.

Take care and don't leave fires unattended. Ensure fires are out when done and that children are supervised.

## 21. PETS



We love welcoming well-behaved pets; all we ask is that they don't disturb other guests and that you clean up after them.

- Supplies – poo bags, a dog blanket, and some treats are available in the guest store.
- Furniture – please keep pets off the beds and cushions.
- Cleaning and damage – any excessive cleaning or damage caused by pets may incur an additional charge.
- Nearest pet shop - [Jollyes - The Pet People Merthyr Tydfil](#), 1B Triangle Business Park Rd, Pentrebach, Merthyr Tydfil CF48 4TQ.
- Nearest vet - [Medivet Merthyr Tydfil](#), Aberdare Road, Georgetown, Merthyr Tydfil, CF48 1AT, 01685 385117

## 22. CCTV



We operate external CCTV systems which are recording on a continual basis. Images are stored in a secure system and under usual operational circumstances deleted after a period of one month.

The CCTV systems are provided as a service, and with our guests and their property in mind. Signage is in place to remind guests that CCTV systems are in operation. We use a qualified and reputable CCTV partner to maintain our systems.

## 23. CHECKING OUT



Check out is by 11:00. Before you leave, please:

- Leave the cabin, kitchen, and shower room clean/tidy
- Empty all waste and recycling into the bins by the gate
- Bag up any used bedding
- Make sure you've got everything - check the drying room, shower room, empty the fridge etc
- Switch everything off
- Lock up and return the key to the key box.



## 24. SITE RULES

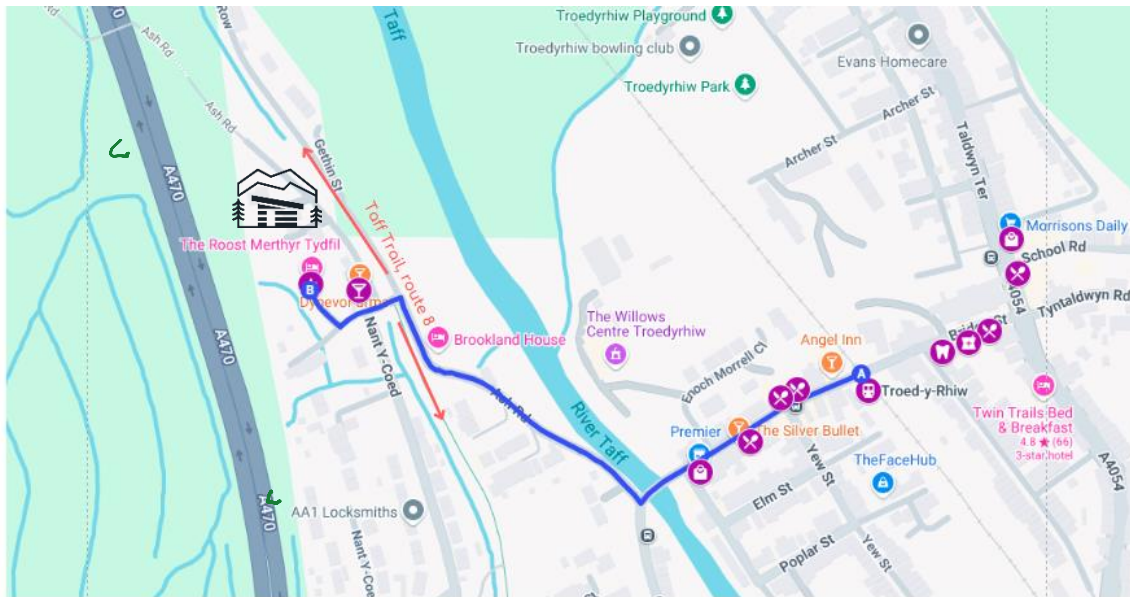
To help everyone enjoy a safe and relaxing stay, please note the following:

- Quiet hours: 22:00–07:30
- Campfires: only allowed in the main fire pit or the fire bowl outside Arosfa
- BBQs: clean after use (use the outdoor sink)
- Smoking/vaping: in the car park area only, away from other guests
- Breakages or issues: let us know so we can fix or replace things promptly
- Dogs: pick up after them (poop bags in the store), keep them off beds, and be considerate of other guests

## 25. THE VILLAGE – TROEDYRHIW + USEFUL STUFF NEARBY

The name of the village, Troed-y-rhiw, means 'foot of the slope' in Welsh and The Roost is located on a hill at the top of the village.

Troedyrhiw has a rich industrial heritage linked to the mining of coal and iron ore in the 19 century. Built in c1830, Ash Villa (the house adjoining The Roost), and the neighbouring Dynevor Arms public house, originally formed part of a terrace of cottages facing the historic Glamorganshire canal which was used for transporting industrial goods from the Valleys to Cardiff docks.



The village is a 5 minute walk away down Ash Road (blue line on map). Here you'll find pubs, convenience stores, chemist, in store cashpoints, Indian restaurant/takeaway and various takeaways.

Morristons Daily on the square has a bakery and post office (Mon-Sat 6am-9pm, Sun 7am-9pm).

- **Nearest pub - The Dynevor Arms**, next door, shows football and has a pool table.
- **Nearest train station - Troedyrhiw** (5min walk) connects directly to Merthyr Tydfil (6min) and Cardiff (55min).
- **Merthyr Tydfil town centre** (car 12 min, train from Troedyrhiw 6 min, bike 20 min on Taff Trail) - here you'll find a wider choice of food and drink and shopping, cinema and leisure centre.
- **Supermarkets:** nearest CO-OP Pentrebach CF48 4BG (car 7 min, bike 10 min). Merthyr also has a Tesco Extra, Aldi, ASDA and M&S.
- **Petrol station:** Applegreen CF47 8EB (opposite Aldi).
- **Fast EV charger:** Osprey Charging Station, Leisure Village CF48 1DH
- **Taxis – pre-booking recommended at weekends:** Evan's Taxis 01685 723456 / Ran's Cabs 01685 377777 / Spencer's Taxis 07903 354164/07932 829384
- **Buses** run from Glantaff Road (at the bottom of Ash Road) to Merthyr Tydfil and the surrounds - [bustimes.org/localities/troedyrhiw-merthyr-tydfil](http://bustimes.org/localities/troedyrhiw-merthyr-tydfil).

## 26. CYCLING TO BIKEPARK WALES

**BikePark Wales is 1.1 miles from The Roost, as the crow flies.** By car, its three miles and approximately 10 min away.

There are a few bike route options, off road.

[▶ Watch our video of how to get to BPW by bike](#)

### 1. Via the Taff Trail and Webbers Pond

- With the Dynevor Arms behind you, take the second left on to the Taff Trail (Gethin Street/National Cycle Route 8), not the lane past the houses next to the pub
- Follow the Taff Trail until you cycle underneath the A470 flyover
- Turn left on the other side of the bridge, following a loops and links trail



- Follow the trail up and to the right
- Take a left through an underpass (under the A470)
- The path bears left and follow to BPW
- You will (should!) come out on the road up to BPW.

### 2. Via Ash Road – 15 min, 1.3 miles (7 min on the way back...)

*Fyi, there's a footbridge with quite a few steps that you'll have to carry your bike up.*

- With the Dynevor Arms behind you, take the first left and carry on up Ash Road (past the houses next to the pub not along the Taff Trail, second left)
- Ash Road turns into a lane/path, follow this to a footbridge
- Go up and over the footbridge
- On the other side of the bridge turn right and follow the path/lane
- The lane comes out by the roundabout on the A470 that leads to BPW
- Follow the main route up to BPW.

## 27. WHERE'S THE ROOST?

The Roost is situated in the village of Troedyrhiw on the outskirts of Merthyr Tydfil in the South Wales Valleys and on the edge of the Brecon Beacons National Park. We've got some of Wales' best hiking and biking on our doorstep plus lots of other stuff too.

Nearby:

	As the crow flies...	Drive time (approx.)
Merthyr Tydfil	5 miles	11 min
Crickhowell	14 miles	35 min
Abergavenny	16 miles	35-45 min
Brecon	16 miles	35-45 min
Cardiff	17.5 miles	35-45 min

**For more information and ideas, visit:**

- On The Roost's website, there's an interactive map with various things to do, see and eat - [roostmerthyr.co.uk/things-to-do](http://roostmerthyr.co.uk/things-to-do)
- [visitwales.com](http://visitwales.com)
- [visitmerthyr.co.uk](http://visitmerthyr.co.uk)
- [breconbeacons.org](http://breconbeacons.org)
- [southernwales.com](http://southernwales.com)
- [mbwales.com](http://mbwales.com)
- [visitwales.com/inspire-me/wales-way/explore-wales-way](http://visitwales.com/inspire-me/wales-way/explore-wales-way)

## 28. MERTHYR TYDFIL

**Merthyr Tydfil town centre** can be reached by:

- Car - 12 minutes
- Train from [Troedyrhiw station](#) - 6 minutes
- Bike - 20 minutes on the Taff Trail

Here you'll find a wider choice of food and drink and shopping, a cinema and leisure centre. There's plenty to do and see, including:

### **Cyfartha Park and Castle**

Visit the castle (built for the ironmaster William Crawshay II in 1824/5) and museum and explore the extensive grounds (woodland walks and nature rambles, stunning views and a splash pad and playground). There's also a miniature railway and tea rooms.

[www.cyfarthfa.co.uk](http://www.cyfarthfa.co.uk)

CF47 8PA

### **Brecon Mountain Railway**

Travel by steam train into Brecon Beacons National Park, through Pontsticill and along the Taf Fechan Reservoir before climbing to Torpantau high in the Brecon Beacons and the summit of the original line. Walk around the reservoir, visit the café or tea rooms and take in the breath taking views.

[www.bmr.wales](http://www.bmr.wales)

CF48 2DD

### **Parc Taf Bargoed**

Situated in the beautiful Taff Bargoed Valley, Parc Taf Bargoed is deemed by many as being the hidden gem of Merthyr Tydfil with its panoramic views and natural beauty. The park, formerly the site of three collieries (Trelewis Drift, Deep Navigation and Taff Merthyr), cover an area of 140 hectares and was the subject of an ambitious land reclamation scheme which transformed the site.

CF46 6AP

For more information have a look at the Visit Merthyr guidebook (there should be one in the cabin) or explore Visit Merthyr's online interactive map:

- [visitmerthyr.co.uk/map-page](http://visitmerthyr.co.uk/map-page)
- [visitmerthyr.co.uk/things-to-do/trails-walking-cycling](http://visitmerthyr.co.uk/things-to-do/trails-walking-cycling)

## 29. FOOD + DRINK

### In Troedyrhiw village, a 5 minute walk from The Roost:

- Dynevor Arms, next door to The Roost – drinks and pool tables
- Simply Indian – restaurant/takeaway/delivery
- Pak-Ho – Chinese takeaway
- Ying Wah – Chinese takeaway
- 2 x pizza and kebab takeaways
- Morrisons Local and post office (Mon-Sat 6am-9pm, Sun 7am-9pm)
- Premier Dar Stores (until 9pm)

**Llwyn Yr Eos Inn** CF48 1AJ is a 15min walk from The Roost on the Taff Trail.

### In Merthyr Tydfil town centre (booking recommended at weekends):

- [New Crown Inn](#) – drinks, food, tea/coffee/cake, live music
- [Portugalles](#) – Portuguese restaurant
- [Haystack café](#) – brunch/lunch
- [Casa Bianca](#) – Italian
- [Köz](#) - Turkish
- [Acropoli](#) – Greek
- [Dav's Kitchen](#) – Sunday roasts, steak, wings, burgers etc
- [Salt n Pepper](#) - South India and Continental cuisine

There are lots more options including fish and chips, pubs, Dominos, Papa Johns, Nandos, Pizza Hut etc.

Deliveries available through [Just Eat](#).

### Further afield - here are just a few options:

- [Bunch of Grapes, Pontypridd](#)  
Nice pub with good food and beer selection. Can be cycled to on Taff Trail. Dogs welcome in the bar. Booking recommended.
- [The Aberglais](#)  
Located next to the Pontsarn Viaduct so a good spot/stop off for walks. Beer garden, food and drinks. Dogs welcome.
- [Red Cow Inn](#)  
Pontsticill. Roaring fires, hearty food and decent beer selection. Dogs welcome.
- [Nant Ddu Lodge](#)  
On the road to Brecon. Bar, restaurant, spa with garden. Afternoon tea, Sunday lunch, bar/restaurant menu. Dogs ok in garden.
- [The Star Inn](#)  
Friendly pub next to the canal/river in Talybont on Usk. Great beer selection, big beer garden. Does food. Dog friendly.
- [Old Barn Tea Rooms](#)  
On the cycle route to Talybont so a good pit stop for a reviving scone or sandwich.

## 30. CYCLING

### Taff Trail – part of cycle route 8

A 55 mile route from Cardiff to Brecon along a mix of riverside paths, railway paths and forest roads. It runs just outside The Roost providing easy flat access to Merthyr Tydfil. The route up in to the Brecon Beacons is a little more hilly! Stunning stuff. If you cycle to Cardiff you could always get the train back to Troedyrhiw station.

[sustrans.org.uk/find-a-route-on-the-national-cycle-network/taff-trail-cardiff-to-brecon](https://sustrans.org.uk/find-a-route-on-the-national-cycle-network/taff-trail-cardiff-to-brecon)

### Heads of the Valleys

*"This could be one of the best-kept secrets of British cycle routes. 60 miles of which two thirds are traffic-free; some genuinely breathtaking views; all in a part of the country where we can almost guarantee you've never ridden before."*

[cycle.travel/route/heads\\_of\\_the\\_valleys](https://cycle.travel/route/heads_of_the_valleys)

### Cycle across the Beacons

*"This really is a ride of two halves. From Abergavenny to Brecon, it's a gentle towpath amble along the lovely Monmouthshire & Brecon. After Brecon... let's just say it's a bit less gentle."*

[cycle.travel/route/cycle\\_across\\_the\\_beacons](https://cycle.travel/route/cycle_across_the_beacons)

**For more routes and cycling options, visit:**

- [sustrans.org.uk](https://sustrans.org.uk)
- [cyclinguk.org/routes](https://cyclinguk.org/routes)
- [visitmerthyr.co.uk/things-to-do/trails-walking-cycling](https://visitmerthyr.co.uk/things-to-do/trails-walking-cycling)
- [cycle.travel](https://cycle.travel)

**Bike hire is available from:**






- [Bike Park Wales](#) – only for use in the bike park
- [Gethin MTB](#), Pontiscill, Merthyr Tydfil CF48 2UE

**Bike maintenance, gear etc:**

- [EC Cycles](#), Merthyr Tydfil CF47 8PE
- Halfords, Merthyr Tydfil CF48 4TQ

## 31. MOUNTAIN BIKING

There are plenty of options for mountain biking in this area. Whether you're looking for trail centres or off road trails, here are a few options:

	<p><b>BikePark Wales, CF48 4TT (10 min by car / 17 min by bike)</b> Offers a variety pack of trails of varying grades plus a café, facilities and bike hire. Just over a mile away by bike, off road, or 10 minutes by car (route details included in this pack). <a href="http://bikeparkwales.com">bikeparkwales.com</a></p>
	<p><b>Mountain View Bike Park, CF83 1NG (30 min)</b> All day trail passes, coaching and private hire. <a href="http://mountainviewbikepark.co.uk">mountainviewbikepark.co.uk</a></p>
	<p><b>Cwmcarn Forest, NP11 7FA (35 min)</b> Cwmcarn has two red graded 'difficult' trails and one 'extreme' trail. Trails are free to ride and open all year. <a href="http://cwmcarnforest.co.uk">cwmcarnforest.co.uk</a></p>
	<p><b>Dirt Farm, NP7 7PE (40 min)</b> Mountain biking in the breath taking Black Mountains. <a href="http://dirtfarm.wales">dirtfarm.wales</a></p>
	<p><b>Afan Forest Park, SA13 3HG (50 min)</b> Six world class trails and over 130km of single track trails. The Afan Bike Park allows riders to improve their riding skills and have 'hours of winding, swerving fun with berms and jumps'. Bike hire, café, showers etc. Also walking trails. <a href="http://afanforestpark.com/mountain-biking">afanforestpark.com/mountain-biking</a></p>
	<p><b>Sarn Helen and Fforest Fawr, CF44 9JF</b> A blue grade loop, approx. 13km. Roman roads, forests, waterfalls and big views. <a href="http://ridewithgps.com/routes/2137424">ridewithgps.com/routes/2137424</a></p>
	<p><b>The Gap</b> A classic. A red grade route taking in the Brecon Canal, Taff Trail, <a href="#">Brinmore Tramway</a> and the Gap Road. 35km. Hilly in parts with awesome scenery. Refreshments in Talybont on Usk. Can be cycled directly from The Roost. <a href="http://mbwales.com/listings/the-gap">mbwales.com/listings/the-gap</a></p>

For more information and ideas, visit [mbwales.com](http://mbwales.com)

## 32. WALKING + HIKING

You're spoilt for choice for walks and hikes in and around the Valleys and the Brecon Beacon National Park. There are some famous, well-trodden routes up **Pen-y-Fan** and the **Four Waterfalls walk** but there are lots more too. Whether you're looking to hike or for something more gentle, here are a few options.

- **Country Walking: Merthyr Vale, Merthyr Tydfil**  
This 15km circular walk can be picked up on the Taff Trail outside of The Roost.  
[explore.osmaps.com/route/18655497/country-walking-merthyr-vale-merthyr-tydfil](https://explore.osmaps.com/route/18655497/country-walking-merthyr-vale-merthyr-tydfil)
- **Mynydd Cilfach-yr-encil**  
A walk on the ridge opposite The Roost.  
[themanualphotographer.co.uk/index.php/2021/05/25/mynydd-cilfach-yr-encil/](https://themanualphotographer.co.uk/index.php/2021/05/25/mynydd-cilfach-yr-encil/)
- **Taf Fechan**  
An easy going circular walk from Cyfartha Park in Merthyr Tydfil. The route runs along the Cyfartha Leat, the old Gurnos Tramway and the Taf Fechan river. It's a stunning walk up to the Pontsarn Viaduct (detour to the Aberglais Inn for refreshments).  
Variations:
  - 5 miles - [beacons-npa.gov.uk/wp-content/uploads/3.-Taf-Fechan-FINAL.pdf](https://beacons-npa.gov.uk/wp-content/uploads/3.-Taf-Fechan-FINAL.pdf)
  - 7.5 miles - [downloads.bbc.co.uk/tv/weatherman-walking/walks/Merthyr.pdf](https://downloads.bbc.co.uk/tv/weatherman-walking/walks/Merthyr.pdf)
- **Blaen y Glyn walk**  
A stunning walk with a steep ascent and descent towards the end. It's got a bit of everything – forest, moorland, waterfalls and pools), sheep, ponies, wild flowers and stunning views. Approximately 5 miles. Start at Blaen y Glyn Uchaf forestry car park, can be busy.
  - LD3 7YT
  - [thefocus.wales/2012/03/blaen-y-glyn-walk/](https://thefocus.wales/2012/03/blaen-y-glyn-walk/)
- **Cribyn**  
Not quite as high as Pen y Fan but well worth doing.  
11.5 miles, approx. 6 hours. Moderate/challenging
  - [countryfile.com/go-outdoors/days-out/day-out-cribyn-powys](https://countryfile.com/go-outdoors/days-out/day-out-cribyn-powys)

**There are too many walks to document so here are some useful links:**

- The National Park Visitor Centre is a great place to start lots of walks. It's got an information centre, café, parking, EV charging, playground, shop:  
[breconbeacons.org/business/attraction-brecon-beacons-national-park-visitor-centre](https://breconbeacons.org/business/attraction-brecon-beacons-national-park-visitor-centre)
- [breconbeacons.org/things-to-do/walking/routes](https://breconbeacons.org/things-to-do/walking/routes)
- [countryfile.com/go-outdoors/walks/best-walks-in-the-brecon-beacons](https://countryfile.com/go-outdoors/walks/best-walks-in-the-brecon-beacons)
- BBC Wales' walking weatherman, Derek Brockway, has documented some lovely walks throughout Wales. To find them, search 'weatherman walking' or:  
[bbc.co.uk/programmes/articles/4rogdLJc3Hnm7tok2cD3ZP4/maps-and-route-information](https://bbc.co.uk/programmes/articles/4rogdLJc3Hnm7tok2cD3ZP4/maps-and-route-information)
- [visitmerthyr.co.uk/things-to-do/trails-walking-cycling](https://visitmerthyr.co.uk/things-to-do/trails-walking-cycling)

### The Taff Trail

[Read our blog post](#) about the Taff Trail. It includes links to walks, rides and food stops along this 55-mile long-distance cycling and walking route.

### 33. TOWNS + VILLAGES

#### **Abergavenny / Y Fenni**

This market town is famous for its food and cycling festivals. It's surrounded by stunning mountains - the Blorenge, the Sugar Loaf and the Skirrid, all of which are worth walking/cycling. There's a castle, canal walks and independent shops. The bar at the Angel Hotel is very cosy and does good food. Lots of other pubs and places to eat.

[visitabergavenny.co.uk](http://visitabergavenny.co.uk)

#### **Brecon / Aberhonddu**

An historic market town on the Monmouthshire and Brecon Canal, in the heart of the national park. Famous for its jazz festival. There's another castle, walks galore on the doorstep and it's at the end (beginning?) of the Taff Trail. Try the Brecon Tap for brilliant beer and pies.

[brecontowncouncil.org.uk](http://brecontowncouncil.org.uk)

#### **Cardiff / Caerdydd**

The Welsh capital. There's a lot to see and do and it is well worth a visit. You can get the train there from Troedryhiw in approximately 50 minutes. Alternatively you can drive there or cycle there on the Taff Trail (maybe get the train back).

[visitcardiff.com](http://visitcardiff.com)

#### **Crickhowell / Crughywel**

Picturesque Crickhowell has a castle, walks and cosy pubs. It's fiercely independent (no big chains here). There's an annual walking festival and the Green Man festival. Try the café in Book-ish for lunch and The Bear for cosy pub food.

[visitcrickhowell.wales](http://visitcrickhowell.wales)

#### **Hay on Wye**

A small town famous for its book festival and books – it has many second hand book shops, arts and craft and independent shops. Lots of cafes and restaurants too.

[hay-on-wye.co.uk](http://hay-on-wye.co.uk)

## 34. OTHER ATTRACTIONS + THINGS TO DO

- **[CAERPHILLY CASTLE](#)** (30 min), Wales' largest castle (and the second largest in the UK), is an impressive medieval fortress set in a 30 acre park with quite the history. A 'proper' castle with a moat etc. Kids will love exploring the ramparts and learning about its history.
- **[CANTREF ADVENTURE FARM](#)** (45 min) is a family friendly activity centre with farm animals to pet, pony rides, indoor and outdoor play areas, shows and a café.
- **[CASTELL COCH](#)** (30 min) near Cardiff looks like something out of a fairy-tale and is set in woodland that's lovely for a walk.
- **Coal mining experiences** - find out a little of what it might have been like to work in a mine at the **[BIG PIT NATIONAL COAL MUSEUM](#)** (30 min) or **[A WELSH COAL MINING EXPERIENCE](#)** (30 min) with its interactive 'dram' ride. All tours are led by former miners.
- **DAN-YR-OGOF, [THE NATIONAL SHOWCAVES CENTRE FOR WALES](#)** (45 min), offers attractions including Cathedral Cave, Dinosaur Park, playgrounds, a farm and lots more.
- **GOWER PENINSULA** - a stunning coast path and beautiful beaches - Langland, Caswell, Three Cliffs, Oxwich etc - [visitswanseabay.com/destinations/gower-peninsula](https://visitswanseabay.com/destinations/gower-peninsula)
- **HORSE RIDING/TREKKING** - There are a few riding centres in and around the Beacons including [ellesmereridingcentre.co.uk](https://ellesmereridingcentre.co.uk)
- **[LIDO PONTY](#)** is Wales' premier outdoor pool attraction. 3 heated pools, a café and an adventure play area. It retains many features of the original 1920s lido. 20 minutes by car or about 40 minutes by train from Troedyrhiw, our local train station.
- **[MERTHYR TYDFIL LEISURE CENTRE](#)** (10 min) has a 25m swimming pool, teaching pool and a leisure pool with interactive water play. Plus gym, classes etc.
- **Merthyr's CYFARTHA PARK** (15 min) - a 160 acre parkland with a [splash park and playground](#), woodland walks and nature rambles, a castle and museum, cafes and a miniature railway. Take a picnic and it's free aside from maybe the ice creams.
- **PARKWOOD OUTDOORS DOLYGAER** - An activity centre near Merthyr Tydfil with activities for all ages – sailing, rock climbing, hiking, kayaking and more - [parkwoodoutdoors.co.uk](https://parkwoodoutdoors.co.uk)
- **PENDERYN DISTILLERY** - One for the grown-ups! The only whiskey distillery in Wales. Take a tour and sample the whiskey and other spirits [penderyn.wales](https://penderyn.wales)
- **ROCK CLIMBING AT ROCK UK'S SUMMIT CENTRE** has some of the highest climbing walls in South Wales. Suitable for all ages and abilities. Also has a café and outdoor play centre. [rockuk.org/centres/summit-centre](https://rockuk.org/centres/summit-centre)
- **[ROYAL MINT EXPERIENCE](#)** (35 min) to see how money is actually made.
- **ST FAGAN'S NATIONAL MUSEUM OF HISTORY** - Explore the history of Wales. There's a living museum, castle and beautiful gardens, exhibitions, activities and more. It's free and well worth a visit. [museum.wales/stfagans](https://museum.wales/stfagans)
- **WATERSPORTS** - Sailing, canoeing, kayaking, windsurfing, canal boating - [breconbeacons.org/things-to-do/activities/watersports](https://breconbeacons.org/things-to-do/activities/watersports)
- **[ZIP WORLD TOWER COLLIERY](#)** (25min) home to Phoenix, the world's fastest seated zip line, with 4 parallel lines in 2 separate zip zones and the Tower Coaster, the only one of its kind in Europe, boasting a side-by-side kart, making it possible for two people to ride at once.

## 35. USING THE PIZZA OVEN



# Using the pizza oven

### Important safety information

- Have a fire extinguisher and/or a bucket of water nearby
- Don't use any chemical, fuel or liquid firelighters
- Do not move the oven or touch oven body/chimney when in use
- Keep the oven away from anything flammable
- Ensure children, pets and/or drunk people are safely out of the way when the oven is in use/hot
- Only use kiln dried hardwood
- Do not leave the pizza oven unattended when in use
- Leave oven to cool before cleaning/replacing cover.



Build a small 'raft' of kiln dried hardwood in the middle of the oven - small/medium bits of wood around the sides, kindling and natural firelighters in the centre.

**Do not use flammable liquids, fuel or chemical firelighters.**



Light the natural firelighters and allow to burn for about 10min with the chimney and door open. Once the wood is burning, put door on so it can heat up. Add more wood as required to get the temperature up to 350°C.

Once the oven reaches 350°C, use the ember rake to push the wood to one side, then brush off the ash with the brass brush. Add more wood to push the temperature to 400°C.

**Flour the pizza peel and make pizza directly on to it.**



You can now start to place pizzas on the opposite side to your fire. Again, use the door to maintain/recover heat to cooking temperature (370°C+) if necessary.

To ensure an even bake, use the pizza peel to rotate pizza throughout the cook.



**Keep an eye on it as it won't take long, just 2-3 minutes.**

Put the door back on between pizzas to maintain temperature.

**Ensure the oven is fully cooled before cleaning or covering, maybe wait until the next morning.**



**THE ROOST**  
MERTHYR TYDFIL

The Roost accepts no liability for injury incurred when using the pizza oven.



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