

CARDIFF MEETINGS & CONFERENCES GUIDE



www.meetincardiff.com



WELCOME TO CARDIFF

AN ATTRACTIVE CITY, A GREAT VENUE

That's Cardiff – a city on the move and rapidly becoming one of the UK's top destinations for conventions, conferences, business meetings. The city's success has been recognised by the British Meetings and Events Industry survey, which shows that Cardiff is now the seventh most popular UK conference destination.

We'll help you find the right venue and we'll take the hassle out of booking hotels – all free of charge. All you need to do is call or email us and one of our conference organisers will get things moving for you. Meanwhile, this guide will give you a flavour of what's on offer in Cardiff, the capital of Wales.

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ESSENTIAL INFORMATION

CARDIFF - THE CAPITAL OF WALES

Location: South East Wales	Currency: British Pound Sterling
Population: 348,500	Phone Code: Country code 44, Area code: 029
Language: English and Welsh	Time Zone: Greenwich Mean Time (GMT + 1 in summertime)

Twinned with:

Nantes - France, Stuttgart - Germany, Xiamen - China, Hordaland - Norway, Lugansk - Ukraine

Distance from London:

Approximately 2 hours by road or train.

Major Airports:

Flights to Cardiff Airport are available from numerous destinations with a large amount of flights available through Flybe.com including Faro, Geneva, Dusseldorf, Cork, Dublin, Munich and Verona to name but a few. Bristol, Birmingham and London Airports are within easy reach. Bristol Airport is within an hour's drive away with Brimingham and London Heathrow accessible within 2 hours drive.

Airport Transfers:

T9 Airport Express to Cardiff Central Station runs every 30 minutes during the day, 7 days a week.

Rideways Transport:

visitcardiff.com/seedo/rideways/

Flight Link Wales:

visitcardiff.com/seedo/flight-link-wales/

Coach Parking:

There are coach drop-off and pick-up points near most of the main attractions e.g. Cardiff Castle and the National Museum with longer-term parking available close to the city centre.

A dedicated off-street coach park with 24 hour CCTV is available close to the city centre at Sophia Gardens, off Cathedral Road, CF11 9HW. The Council-managed coach park also has toilet facilities and is long stay 7 days a week.

Other areas include North Road and 'The Flourish' near the Wales Millennium Centre in Cardiff Bay.

Getting Around:

Cardiff is a compact city and can easily be explored on foot with the majority of attractions, shops, restaurants and hotels all within the a few minutes of each other. For more information, go to: www.visitcardiff.com/gettinghereandaround/getting-around/



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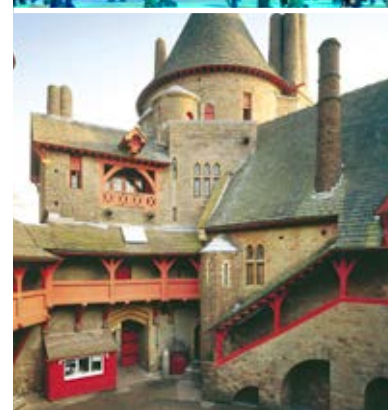
www.twitter.com/meetincardiff

Facebook:

www.facebook.com/visitcardiff



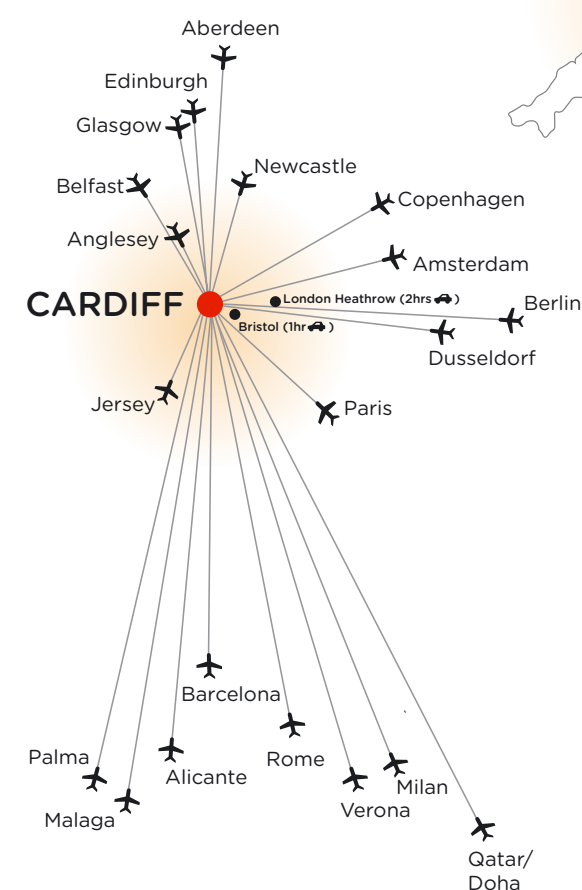
Social media icons - Freepik.com
Photography: Cardiff Council library and
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ROAD

RAIL

AIR



Cardiff - Closer than you think

Road - Cardiff is on the A48/M4, providing a direct route from London and the South East. The M50 and M5 link with the M4 from the Midlands and North of England and the South West of England.

Rail - Trains link most main cities with Cardiff. The journey between London Paddington and Cardiff is 2 hours and trains depart every 30 minutes.

Air - Cardiff Airport has direct flights from over 50 destinations and also connecting flights from over 800 destinations worldwide.

cardiff-airport.com
flybe.com

For more travel information,
please see page 36.

ACCOMMODATION

Cardiff offers a wide range of accommodation to cater for all needs including luxury hotels, cosy B&Bs and guest houses for smaller groups, serviced and self catering accommodation and hostels. Cardiff is also proud to have an Hoteliers Association which there are 30 hotel members.

Hotel	Star Rating
St David's Hotel & Spa	5 ★
Hilton Hotel	5 ★
The Vale Resort & Spa	4 ★
Mercure Holland House Hotel	4 ★
Cardiff Marriott Hotel	4 ★
Radisson Blu	4 ★
The Angel Hotel	4 ★
Copthorne Hotel Cardiff	4 ★
Jury's Inn	4 ★
Novotel Hotel	4 ★
Park Plaza	4 ★
Clayton Hotel Cardiff	4 ★
Holiday Inn North M4 J32	4 ★
Hotel Indigo	4 ★
The Exchange Hotel	4 ★
Park Inn by Radisson Cardiff City Centre	3 ★
The New House Country Hotel	3 ★
Village Urban Resort Cardiff	3 ★
Future Inn Cardiff	3 ★
Holiday Inn City Centre	3 ★
Jolyons at No.10	3 ★
Jolyons Boutique Hotel, Cardiff Bay	3 ★
Sleeperz	3 ★
Sandringham Hotel	2 ★
The Big Sleep	Budget
Express by Holiday Inn (Cardiff Bay)	Budget
Ibis Hotel Cardiff City	Budget
Holiday Inn Express Cardiff Airport	Budget
Ibis Budget	Budget
A Space in the City	Serviced Apartment

University Accommodation (available outside of term time only)	
Cardiff University	Campus
Cardiff Metropolitan	Campus
Cardiff Metropolitan (Private Halls)	Off Campus
University of South Wales (Cardiff)	Campus

Meet in Cardiff is a free one-stop shop to support event organisers, planners and PCO's with delegate accommodation and venue sourcing. If you'd like to speak to someone about organising a conference in Cardiff, give our dedicated team a call on **+44 (0)29 2087 1846** or email **hello@meetincardiff.com**.

Summary of Serviced Accommodation in Cardiff

Grading	Serviced Accommodation Establishments
5 🏠	2
4 🏠	10
3 🏠	8
2 🏠	1
B&Bs/Guest Houses	46
Listed	3
BUDGET	14
UNGRADED Hotels	11
Ungraded B&Bs	28
Hostel	6
TOTAL SERVICED	129
Campus	3
Campsites	1
TOTAL INC CAMPUS	133



Cardiff has a comprehensive selection of hotels and accommodation from luxury hotels to budget hostels.



In terms of the larger South East Wales region (Blaenau Gwent, Bridgend, Caerphilly, Merthyr Tydfil, Monmouthshire, Newport, RCT, Torfaen, VOG) a ballpark figure supplied by Visit Wales is approx 23,000 bed spaces in 580 Serviced Accommodation establishments (Source: Cardiff Council Tourism).

For more information and a full list of accommodation visit www.visitcardiff.com/wheretostay



WHY CHOOSE CARDIFF?

Cardiff is the closest European capital to London and is only 2 hours by train – less time than it takes from Earl's Court to ExCel.

CARDIFF – A TOP CONVENTION CITY

One of the UK's top cities for conferences, meetings and conventions.



Clockwise, from above:

Cardiff Castle, in the heart of the city. NoFit State circus at National Museum, Cardiff. Cardiff Central Library. Cardiff Castle viewed from Bute Park. Reardon Smith Theatre, National Museum, Cardiff.

The city has been adding new facilities every year for a decade and can now offer the very best shopping and a wide range of bars and restaurants. Cardiff just keeps getting better but still retains its roots. It's still the 15-minute city, where top hotels and conference venues are just a short stroll away from St David's, Cardiff's superb shopping centre, with the National Museum, Cardiff Castle and the Principality Stadium also right in the heart of the city centre. Cardiff Bay is just 10 minutes from the city centre by train, bus or taxi. Here,

the magnificent Wales Millennium Centre, the Senedd building of the National Assembly and the quirky Norwegian Church overlook one of Europe's most stylish waterfronts.

The sport and leisure offer in Cardiff Bay is vast and constantly improving. The International Sports Village offers a 50 metre swimming pool and ice rink plus Cardiff International White Water; an Olympic standard canoe and rafting centre. If you fancy getting in touch with your inner child there's Techniquest and for afternoon tea try the Norwegian Church.

“Meet in Cardiff were invaluable to us in organising our recent international Congress in Cardiff. We were personally shown round a range of suitable venues early in the planning process, advised about suitable social activities for our delegates and fully assisted in making all the necessary bookings; we were even provided with an online system for hotel bookings. Next year our Congress will be held in Bremen; if the German organisers have access to a service half as good as the Meet in Cardiff team, it will be another successful event.”

AUSTIN LOCKWOOD
Secretary of the Welsh
Correspondence Chess
Federation



We can guide you to the best venue for your event. Try a few of these:

Dinner for 1,000?

No problem. We'll close the roof of the Principality Stadium and set you up on the pitch, as we did in 2010 for The Ryder Cup Welcome to Wales dinner and celebrity concert.

Major exhibition?

We can turn to the Cardiff Motorpoint Arena with 4,070 square metres of flexible event space.

Academic conference?

We can offer facilities at three Universities, with 3,000+ campus beds.

Somewhere out of the ordinary?

St Donat's Castle, once owned by Randolph Hearst and now home to Atlantic College, a unique international residential school.

Drinks reception with a difference?

We'll call on the National Museum Cardiff where your guests can network in the company of great works of art including one of the finest Impressionist collections on display outside Paris.

Looking for a historic setting?

Cardiff Castle offers 21st century facilities in the sumptuous surroundings of the 3rd Marquess of Bute's Victorian staterooms.

Sporting theme?

Conference facilities at SWALEC, Cardiff City and the Principality Stadium totalling 123,096 seats! They're also home to first class and international cricket, Championship football and of course, Six Nations rugby. Cardiff Devils and Cardiff Blues also get in on the act with top-class ice hockey and regional and European rugby.

With 8,413 bed spaces

Within the city ranging from 5 star to budget, student accommodation to self catering, come and join us for a sleepover!

Born to shop?

The city's Edwardian High Street and Castle Arcades are available for evening hire for a drinks reception with a difference.

Visit the Cardiff Collection

Three breathtaking venues in the heart of one capital city - Cardiff Castle, City Hall and Mansion House. Unique and historical venues that offer the wow factor!

Need help with subvention?

Ask us. We may be able to assist your event financially and with contra deals with our partners. Certainly the resources of Meet in Cardiff are at your disposal to make your event a success.



Waterfront dining, Mermaid Quay.



Renoir's
La Parisienne,
National
Museum Cardiff.

MEET IN CARDIFF

We love Cardiff and want to share it with you. We'll help guide you to the venues most suited to your conference, meeting or event – and we won't charge you a penny.



For organisers, our experienced team will discuss your requirements and work with you to find the facilities you need. We can arrange site visits so you can choose the perfect venue, as well as preparing bid documents and presentations. We can also put you in touch with services such as event and exhibition organisers, hire companies, caterers, AV and technical support and entertainment.

For delegates, we can make life easier with our online accommodation booking service. The package we offer will help you organise your event more efficiently helping you and your delegates get the best out of your visit to Cardiff.

Cardiff Convention Bureau can offer the following free services to help your conference, meeting or event, run smoothly:

Venue selection

We will take your requirements and find venues to match, putting together a comprehensive proposal document.

Online conference accommodation booking service

For events over 100 delegates, we will set up a dedicated online booking system, powered by GroupMAX ME, branded with your logo. All delegates have to do is log on, choose from the range of hotels and prices on offer, and book online. It takes all the hard work out of finding accommodation.

Familiarisation visits

Cardiff Convention Bureau staff will be delighted to organise and accompany you on a familiarisation visit to potential venues.

Preparation of bid documents and presentations

We want you to come to Cardiff. In order to help you make your decision we will prepare individual bids or visit you to make a presentation.

Access and local transport

We can provide details of public transport to and from and in and around Cardiff and private hire companies. We can also broker delegate transport deals with our partners Great Western Rail and Arriva Trains Wales.

Tours/social programmes

To make your delegates' and partners' stay with us more enjoyable we have ideas for local tours highlighting various attractions in and around Cardiff.

Support services

If you need advice on specific services, such as entertainment, staging or lighting, we can provide a list of local suppliers.

Delegate information

To enable delegates to make the most of their stay in Cardiff, we can supply brochures highlighting things to see and do.

The Cardiff Commitment

Can be applied for some major events – whereby a % of the city's inventory is kept for the event organiser for their purposes at reasonable rates.

Subvention

For some events we may be able to assist in generating subvention to help your event by working with our venues and Cardiff Hoteliers' Association on enhanced commissions and contra deals.



Atlantic College, St Donat's Castle.



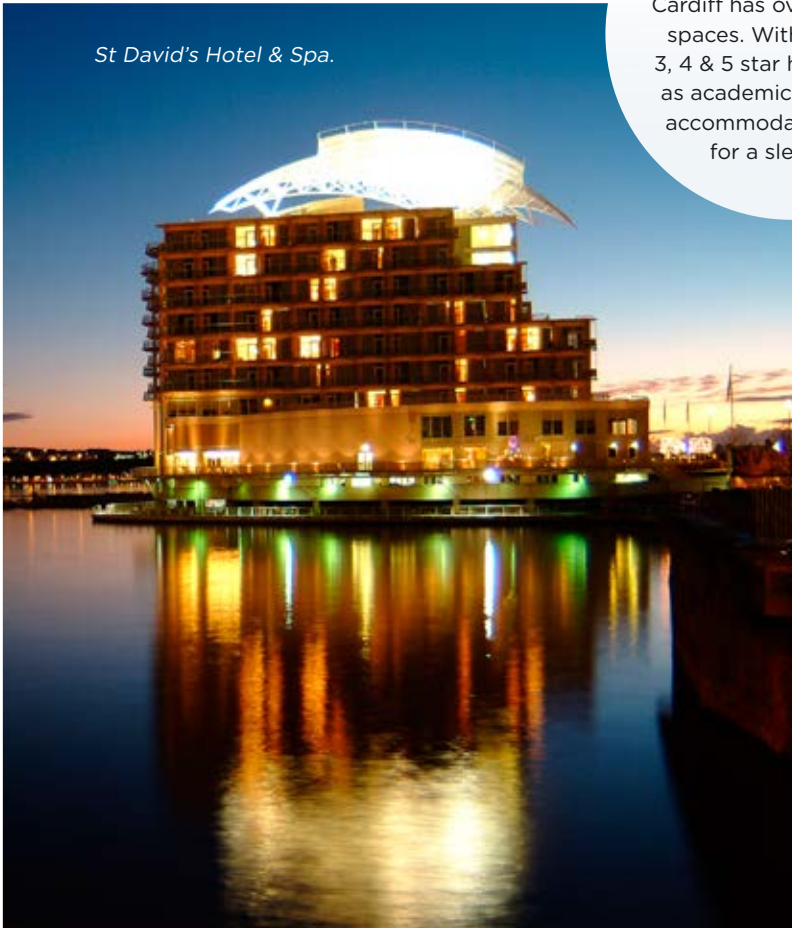
Only Boys Aloud performing at National Museum, Cardiff.



WOMEX: World Music Expo.

WHY CHOOSE CARDIFF?

Cardiff has over 8,453 bed spaces. With a range of 3, 4 & 5 star hotels as well as academic and budget accommodation, join us for a sleepover!



St David's Hotel & Spa.



Extreme Sailing Series.



Make your event different

Here are some ideas and suggestions on how to add value, excitement, history, skills, interaction, activity and of course some downtime for retail therapy to your event.



1. Welsh flavours

Welsh lamb, laverbread, coq au vin or cockles? Dine around the world at Mermaid Quay or the Café Quarter – from Welsh food to international fare, there's quality dining for every palate!

2. Get out of the boardroom

How about a breakout session at 30 kilometres an hour on the rapids? A great way to invigorate your delegates and clear away any cobwebs! And it's right here in Cardiff.

3. Let us entertain you

Need some entertainment for your event? Wales is the land of song and the musical talent in Cardiff is immense! Only Men Aloud and Only Boys Aloud can certainly put a note or two together!

4. Fancy a tipple?

Penderyn single malt whisky is Welsh Gold, so rare, we ration it outside Wales! Sample (and buy) at the distillery and combine the visit with hill walking in the Brecon Beacons.

5. Think quirky

Dinner in the tower? At Cardiff Castle you choose: formal fine dining in the banqueting hall, medieval banquets in the undercroft or intimate dinners in lavishly decorated tower suites.

6. Sporting achievements

Let the Welsh National Anthem swell your pride as you walk from the tunnel onto the sacred turf on a tour of the 74,000-seat Principality Stadium. Room for smaller groups, too!

7. Old meets new

Step back in time to hold your meeting at St Fagans National History Museum (voted best attraction in the UK by Which?) Don't worry, you still get all the mod cons.

8. Every penny counts

Need help with your event? Sometimes we can help make your event happen with subvention. Ask us for more detail.

9. Shoppers' paradise

Cardiff and shopping – synonymous. Boutique, vintage, high end or high street? Shop in a Victorian arcade or six or take to St David's Shopping centre – ranked 5th in the UK.

10. Dab hand in the kitchen?

Here's a challenge for a team building activity with a difference: bake and sample Welsh Cakes with Loving Welsh food tours and the Cardiff Food Safari.

“ The National Union of Teachers Conference 2017 was held in Cardiff – a destination we have visited many times and popular with delegates. The Meet in Cardiff team assisted delegates in booking accommodation which was greatly appreciated by delegates. We uploaded a link on our website to the Bureau's website which delegates found easy to use. The Meet in Cardiff team enabled delegates to find the right accommodation to suit their budget and requirements. Many thanks for the efficient and friendly service offered to our Conference! ”

KAREN HANDLEY
Principal Officer –
Business Services,
National Union of
Teachers.

THE CARDIFF COLLECTION – three breathtaking venues in the heart of one capital city

Whether it is the grandeur and flexibility of City Hall, the magnificent interiors of Cardiff Castle or the intimacy of the Mansion House, The Cardiff Collection offers a range of venues of historic, opulent and architectural splendour for your conference or business event. City Hall is the premier venue for hosting conferences, whilst Cardiff Castle and Mansion House offer opportunities to impress your delegates and guests in sumptuous surroundings.



Main pic:

Banqueting Hall, Cardiff Castle. **Left to right:** City Hall and lawns. Cardiff Castle at night. Mansion House.

“ The Meet in Cardiff team were very supportive during the organisation of our event. We had delegates travelling to Cardiff from all over the world, and it was extremely helpful to be able to direct them to one central booking database. Faye and the team were very helpful (including providing information in relation to specific post-booking delegate queries) throughout and the system worked really well. We would not hesitate in recommending the team to other event organisers. ”

REBECCA WELSH
Conference Administrator
– School of Social Sciences,
Cardiff University.

City Hall Cardiff

As the setting for prestigious international and national conferences, City Hall's elegant rooms can be found in all sizes to meet any conference, event or function requirement. The spacious Assembly Room can host a conference with state of the art communication facilities, whilst the elegant Marble Hall is perfect for presentations and receptions. Flexibility is key, with a range of smaller syndicate rooms available for break-out sessions and meetings. City Hall's Conference and Events Team are on hand to offer advice and support.

Cardiff Castle

As one of the UK's most important historic houses, Cardiff Castle's fairytale towers conceal elaborate interiors of magnificent décor. Many of these breath-taking rooms are available for exclusive hire, a prestigious venue for conference dinners, corporate hospitality, drinks receptions as well as private lunch or dinner parties. A dedicated team on-hand to help you plan every aspect of your event at this iconic venue.

Mansion House

With all the intimacy of a country house hotel, within a stone's throw of the bustling city centre, Mansion House, with its picturesque gardens and lavishly appointed rooms, is the perfect location to host a conference drinks reception, exclusive lunch, business meeting or as a place for guest speakers to stay.

www.cardiffcollection.com





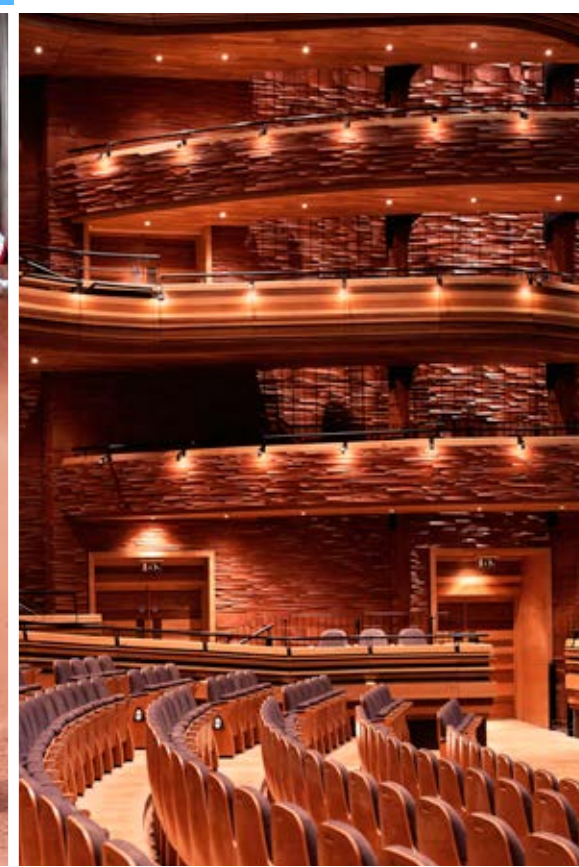
CARDIFF'S CAPITAL APPEAL

Forty-eight hours in a city normally means whistle-stop tours, rushed meals and a pocket full of expensive bus and train tickets. Thankfully, things are different in Cardiff, the capital of Wales. The city is so compact that nothing is more than 15 minutes away, which means delegates can spend a more leisurely time exploring the city.



Left to right:

The ornate clock tower of Cardiff Castle installed by the Marquess of Bute. World Speedway Championships at the Principality Stadium, the second largest stadium in the world with a fully retractable roof. Wales Millennium Centre is the nation's home for the performing arts situated at the heart of Cardiff Bay.



Within the one square mile of Cardiff's bustling city centre are the big three attractions: the Principality Stadium, the Wales Millennium Centre and Cardiff Castle. These attractions sit alongside luxury hotels, a network of shopping malls and arcades, and a wide range of restaurants, bars and cafés.

The Principality Stadium, built in 1999, helped place Cardiff firmly on the world sporting map and has played host to the Rugby World Cup, artists such as Madonna, Take That and Oasis, and the UEFA Champions League Final.

Cardiff Castle is just around the corner from the stadium, and has been there for around 2,000 years longer. A fort was first built in Cardiff by the Romans in AD55 and further fortifications were added by the Normans in the 11th century. Then, in the late 19th century, the 3rd Marquess of Bute transformed the castle interiors into a Gothic-Revival medieval fantasy palace; a Welsh Victorian Camelot.

The Wales Millennium Centre in Cardiff Bay was inspired by the Welsh landscape, language and culture; much of it was built with Welsh materials and it provides a suitably impressive stage for Welsh opera singers such as Bryn Terfel and Katherine Jenkins, as well as a wide variety of international musicals, ballet, theatre and modern dance.

Take a walk around the Bay and if you don't mind getting wet, Cardiff International White Water is waiting, with White Water Rafting, Indoor Wave, Stand Up Paddleboarding and other adventures.

Cardiff is one of the flattest cities in the UK, which makes a day out all the more easier. Hire a bike with Pedal Power and explore Pontcanna Fields and Sophia Gardens. Explore the spacious greenery, which comprises a broad mix of historic landscape and urban woodland. Its city centre location is ideal for a picnic or enjoy an afternoon of Arts and Crafts at Bute Park Education Centre.

Another short 15-minute drive from the Bay takes you out to the beautiful Vale of Glamorgan featuring championship standard golf courses, acres of vineyards producing award-winning Welsh wines, and one of the UK's most interesting and ambitious museums – St Fagans National Museum of History which features a range of historic buildings from across Wales, moved and re-built on this site.

After 48 hours in Cardiff there is still the rest of Wales to explore of course. Cardiff's main train station provides links north to the Brecon Beacons National Park, west to the Pembrokeshire Coast or east to the Wye Valley.

HOW DO YOU TAKE YOUR BUSINESS MEETINGS? SMALL, REGULAR OR LARGE?

Ranked 7th in the UK for business events, the secret of Cardiff's success is its versatility. We do small, regular or large MICE events with ease and panache!

SMALL

If it's quirky, contemporary or boutique you are looking for we have venues and hotels to match...

Case study

Book the Norwegian Church for your private meeting, but don't let the amazing view of the bay distract you. Overnight stay at The Exchange Hotel, the former Coal Exchange building where the worlds first £1 million deal was struck! Cardiff Bay is bustling with restaurants, bars and entertainment. Take a walk across the barrage or participate in some team-building activities.



REGULAR

For event planners looking for venues with capacities from 200-600 people, this is where Cardiff as a city excels. The challenge will be in drawing up a short list - there is so much choice. Academic venues such as the Royal Welsh College of Music are equipped with state of the art facilities whilst City Hall, the centrepiece of Cardiff's impressive civic centre, has great flexibility with large capacities and syndicate breakout spaces, it has to be at the top of any shortlist.

Case study

Host your event and stay at the city centre Mercure Cardiff Holland House Hotel which has a capacity of up to 700 theatre-style and 690m² exhibition space. The National Museum, Royal Welsh College of Music & Drama and City Hall are impressive venues for conference dinners and evening entertainment could include a Welsh Banquet at Cardiff Castle. Add-on social programmes are easy to organise including boat trips around Cardiff Bay, city-centre guided tours, Welsh food tours or even a Castle ghost tour!



LARGE

Cardiff can absorb a cast of thousands if that is what is required. From stadia to arena, we can deliver and with 8,413 bedrooms of your choice, accommodation is not an issue. Our prestigious arts venues and concert halls are attractive propositions as host venues for conferences or exhibitions adding style, sophistication and a certain glitz to any event.

Case study:

With a 74,000 seated 10,000m² bowl area in the Principality Stadium or capacity for 4,994 in the Motorpoint Arena, we can facilitate large-scale events, exhibitions or conferences. It's a 15 minute city, where top hotels and conference venues are just a short stroll away, whilst the city centre is buzzing with bars and restaurants. Downtime can be spent at the world-class museums, heritage in the shape of Cardiff Castle which dominates the city centre and for shopping the Victorian Arcades makes Cardiff stand out from the rest.



74,500 SEATS IN ONE VENUE



AT THE PRINCIPALITY STADIUM.
FOR A MORE INTIMATE MEETING
TRY THE CLOCK TOWER AT CARDIFF CASTLE.
A VENUE FOR EACH AND EVERY EVENT

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hello@meetincardiff.com

@meetincardiff
meetincardiff.com

CARDIFF AIRPORT

- More than 50 direct routes, including major European cities
- Over 900 connections
- 18 airlines
- 150 routes available
- Long Haul launches May 1st 2018 with daily Qatar flights



WHY CHOOSE CARDIFF FOR YOUR EVENTS?

There are many reasons why Cardiff could be the right fit for your events. The next few pages are examples of how industry and sectors effort can influence your choice to bring your business events to the Welsh capital.



Left to right:

Cardiff's international Airport.
The action packed Volvo Ocean Race. The new International Convention Centre Wales. The wild beauty of the Brecon Beacons.

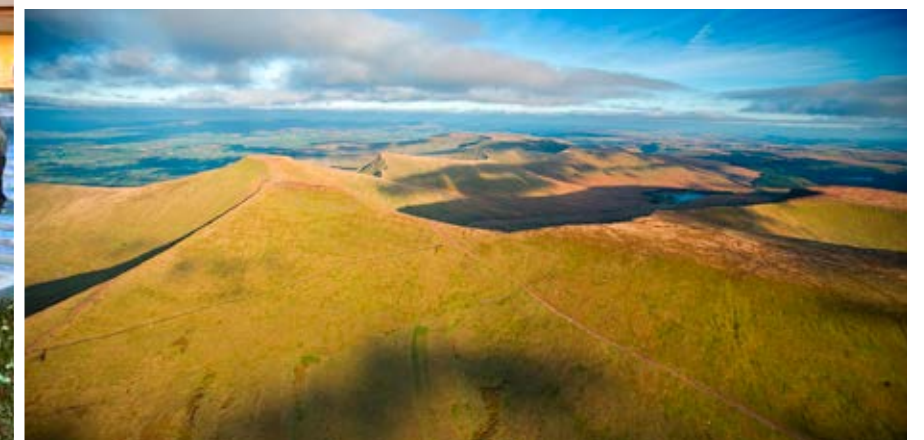
Choose Wales,
Choose Cardiff...

There are many reasons why doing business in Wales gives you a distinct advantage; from skills to strategic partnerships and a tailored approach to financial support. As part of the UK, but with our own devolved Government, we can make decisions quickly. Cardiff is no exception.

Wales is known for its workforce expertise and for building strong links between higher education and industry. The Cardiff Capital Region leads with Aston Martin one of the high profile companies to invest alongside established companies such as FTSE 100 Admiral and global players Airbus, GE Aviation and Deloitte.

Wales' pedigree as an events host is demonstrated by success in attracting global events to Cardiff such as the UEFA Champion's League Final '17, the Rugby World Cup 2015, IAAF World Half Marathon '16 and much anticipated Volvo Ocean Race transatlantic stopover in May 2018.

Wales boasts a truly unique natural landscape which can inspire creative thinking and innovation: three National Parks, three UNESCO World Heritage Sites and the only country in the world where visitors can walk the entire 1,400km coastline. All of this is easily accessible from major UK cities, while Cardiff Airport is the second fastest growing airport in Europe.



WORKING TOGETHER

With a long and proud history in inventing and manufacturing, Wales today is at the forefront of some of the most exciting new developments and innovations in advanced materials and manufacturing.



Benefitting from exceptionally strong links between business, industry and academia, Wales produces leading research projects in areas such as composite materials and low carbon technologies and a skilled, industryready workforce developed in response to the needs of industry. Productivity in the advanced manufacturing and automotive sector is higher than the equivalent sector at the UK level. Companies enjoy government and agency support, some of the UK's highest financial incentives and established enterprise zones. The aerospace and automotive industries between them turn over more than £8 billion per year and both offer networking and support for business through Aerospace and Automotive Forums.

Industry, Business and Academia

Partnerships between industry, business and academia is key. Cardiff University has strong record of partnerships between Airbus, Cardiff University and the Welsh Government. A great example is the Morgan-Botti Lightning Laboratory established in 2011, where wide ranging research is conducted into lightning and its interaction with materials and structures, with a particular focus on aerospace applications. This is really important because of the new composite materials used. Airbus can implement these findings in their manufacturing. A further collaboration with the Airbus Centre of Excellence in Cyber Security Analytics has recently been announced.

When both industry and the Welsh Government identified a gap in software and programming skills, Cardiff University responded by developing the National Software Academy (NSA) offering innovative degrees. At the NSA students are taught in a completely different way, with a moving and developing curriculum responding to the needs of a really fast growing industry. The students work in an office-based culture on projects that companies bring in, and they come against an academic skill they don't yet have, they are taken out into the classroom and taught. By the time they graduate, they are not only industry-ready but also equipped with additional skills, such as projects management.



CLUSTERS OF EXCELLENCE

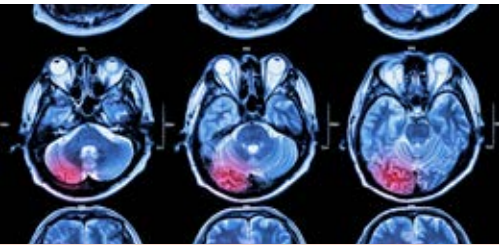
The Life Sciences sector in Wales is internationally recognised for research and development and is one of Wales' fastest growing and most innovative sectors.

With around 11,000 people working in more than 350 companies, the life sciences sector is attracting companies from small start-ups to global businesses with the funding, support and skilled workforce available. With a strong competitive advantage in regenerative medicine and cell therapy, including excellence in stem cell research led by Nobel Prize winner Professor Sir Martin Evans, Wales is the only nation with a £100m dedicated Life Sciences Fund and a central Life Sciences Hub, and is home to Europe's first centre for Nano-Health.

Home to some of the world's most progressive companies within the life sciences industry, including ReNeuron, Trakcel, Zimmer Biomet and PCI Pharma, Wales has developed established clusters of excellence in high-growth markets including In vitro diagnostic, medical devices, single

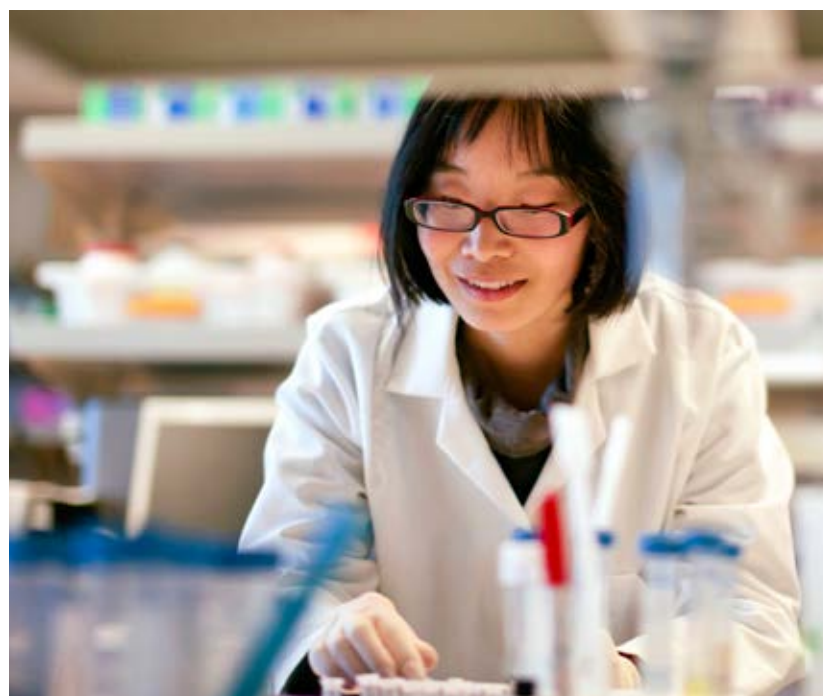
use technology and wound care. To help the commercialisation of research, a unique £3 million Bridging Fund aims to accelerate the application of Life Science Research while the SMARTCymru Research, Development and Innovation scheme offers up to £200,000 support for start-up businesses and SMEs. Excellent academic research facilities and incubators include the Institute of Life Sciences, Cardiff Medicentre and GE Innovation Village.

Already home to BioWales, one of the largest life sciences conferences in the UK, Wales is a fantastic choice for conferences and events in the life sciences sector, providing access to cutting edge research and innovative applications.



Cardiff University Brain Research Imaging Centre

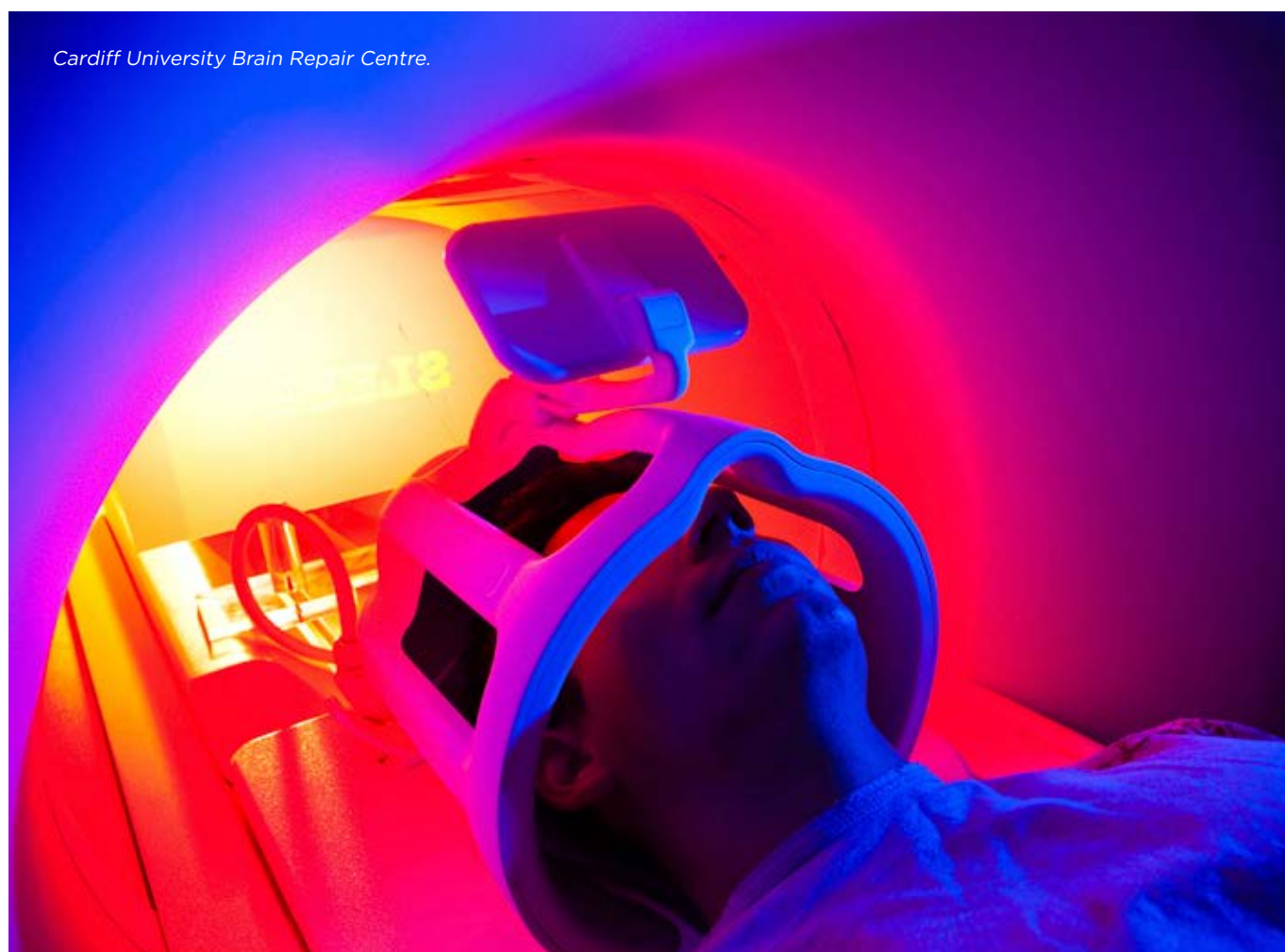
The new £44m CUBRIC opened in March 2016. Housing a combination of neuroimaging equipment unique within Europe, CUBRIC continues to further its world-leading research which has already established Cardiff University as one of the UK's top three universities for Psychology, Psychiatry and Neuroscience. With an open approach to research proposals, CUBRIC works with both academics and industry partners on brain stimulation technologies, including pharmaceutical companies investigating the effects of experimental medicines.



The Life Sciences Hub Wales in Cardiff is the 'nerve centre' for the life sciences eco-system in Wales – connecting, inspiring and accelerating businesses and organisations. Cardiff based, the building is a dedicated venue that connects academia, industry, the health service, government, professional services and funding organisations. With facilities including an auditorium, hot desks and meeting rooms, the Hub acts as a front door for the sector, providing co-ordinated support, networking opportunities and professional advice stimulating innovation, collaboration and investment.

They host most of their meetings in Cardiff as believe the city to work with the hotels and infrastructure to support their needs. They host one of the UK's largest annual Life Sciences conferences, Bio Wales, which attracts 800 delegates from around the world. It's a real success that has grown year on year and demonstrates how easy it is to bring international delegates to Cardiff.

Cardiff University Brain Repair Centre.



2000 YEARS OF WELSH HISTORY.



A CONFERENCE IN A
CASTLE,
EVENTS IN OUR EDWARDIAN
CIVIC BUILDINGS OR A MEETING IN
**AN OPEN-AIR
MUSEUM?**

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DEVELOPING A DIGITAL FUTURE

Ranging from a cutting-edge cyber security industry to world-leading innovation in compound semiconductors, Wales' growing expertise and dynamic outlook in the tech sector is attracting an increasing number of businesses.



Currently home to 3,000 tech businesses, from dynamic and innovative start-ups like Amplyfi, to some of the biggest, such as BT, Thales, Qinetiq, Airbus Defence & Space and General Dynamics, the tech sector in Wales also boasts 400 electronics businesses, more than 250 telecoms-related companies and a workforce of 40,000 contributing £8 billion a year to the Welsh economy. The close collaboration between industry and academia has attracted big name companies such as Alert Logic, Bipsync, HCI Group and IQE, choosing Wales for government support, entrepreneurial universities, competitive costs, connectivity and for the highly skilled graduate workforce.

Busy developing the future, Cardiff University's National Software Academy produces industry-ready software engineering graduates, the Alacrity Foundation produces the next generation of entrepreneurs, Innovation Point finds ideas and funds entrepreneurs and Cardiff Start, Wales's largest start up community, connects entrepreneurs. In 2020, Cardiff Metropolitan will open the new Cardiff School of Technologies, specialising in digital media, data science and design technologies. The £1.28 billion Cardiff Capital Region City Deal plans include a series of measures aiming to drive digital innovation across South East Wales. In Swansea, the Swansea Bay City Region's £500 million deal aims to transform the region into a digital super-hub building on the strengths of Swansea University and the Tidal Lagoon project.

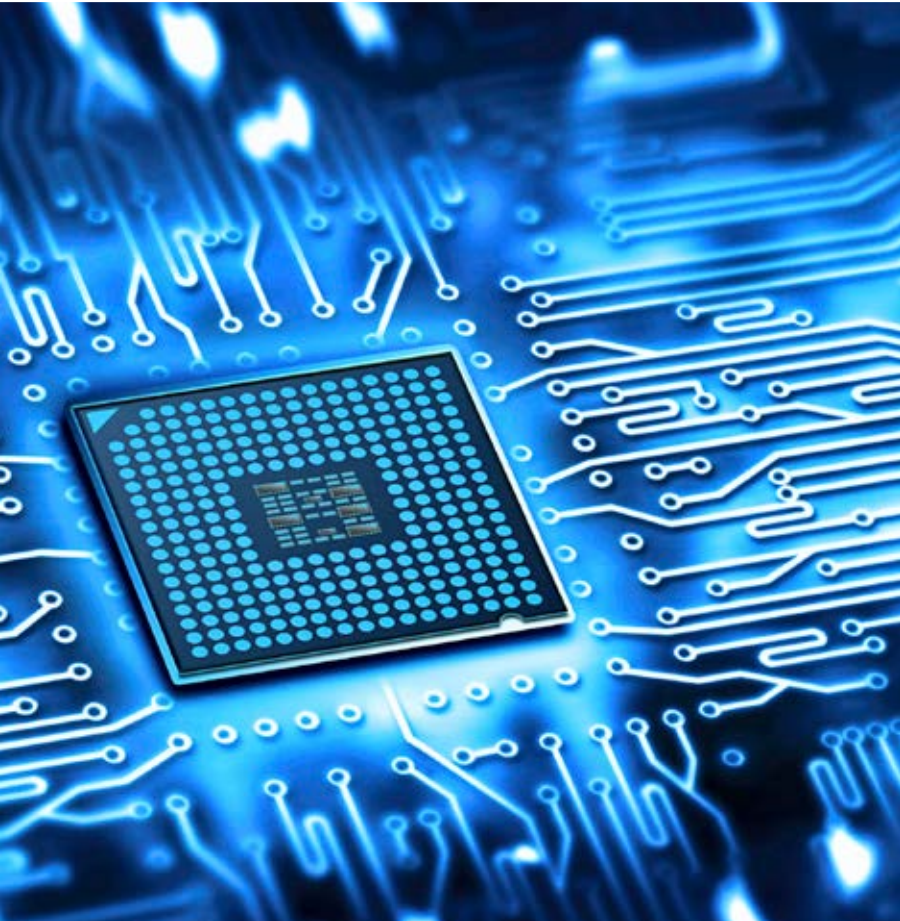
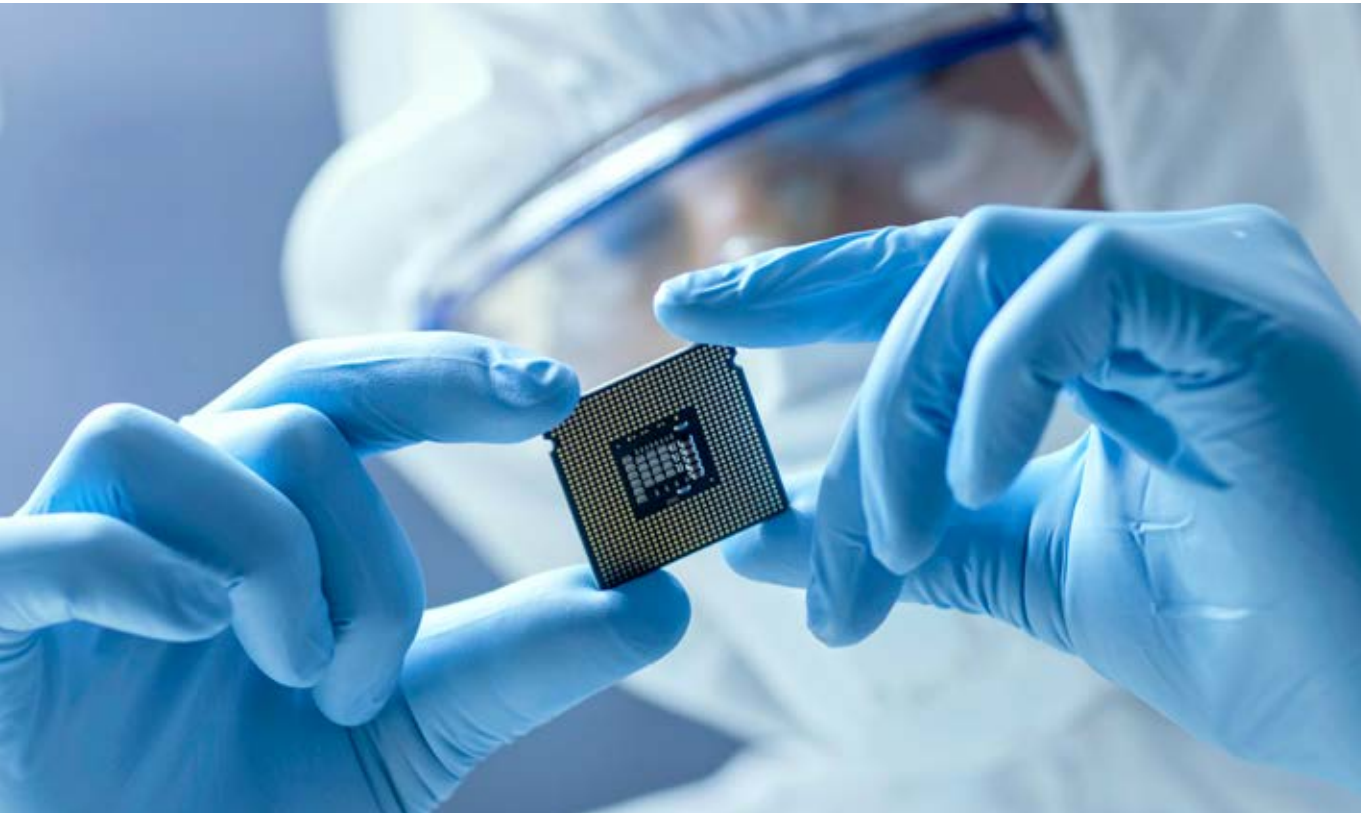
The concentration density of such a high calibre, innovative, fast-developing and exciting tech sector within a compact country makes Wales an ideal destination for meetings connected to the sector.

Cyber security

The UK centre for cyber, the South Wales region has the largest cluster of cyber companies and is acknowledged as the prime location for R&D and the onward commercialism of defence and security products and services. Centres of excellence include the Information Security Research Group at the University of South Wales, the Airbus Group Endeavr Wales, the National Cyber Security Academy, launched last year in collaboration with Innovation Point to educate highly-skilled cyber security graduates for the future, and opened this year: The Airbus Centre of Excellence in Cyber Security Analytics, the first of its kind in Europe.

COINNOVATE 2018

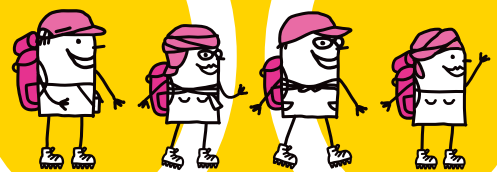
Returning to Cardiff in January 2018, CoInnovate is a unique event designed to bring the world's leading innovators together in the spirit of collaboration. It's focus is on advancing practices in industries such as Aerospace, Life Sciences and Power, Energy and Transport. Set across two action-packed days, members from academia, SME's and the industrial community work hand-in-hand with investors to share best practices, pitch technologies and explore market-led opportunities presented by world-leading organisations.



Compound semiconductors (CSC)

New compound semiconductors outperform silicon in many new and emerging application areas; CSC technology is at the heart of the next industrial revolution, integral to the development of smartphones, Wi-Fi, satellite communication systems, robotics and efficient LEDs among others. Companies at the cutting edge in Wales include Microsemi Corporation, SPTS Technologies and IQE, which has a 55 per cent global market share in CSC technology, and is leading the way in developing the global market and spearheading the development in Wales. Last year, the UK Government announced an annual £10 million of government support until 2020/21 for a new Compound Semiconductor Applications Catapult based in Cardiff, a world-class, open access R&D facility to help UK businesses exploit advances in compound semiconductor technologies across key application areas such as healthcare, the digital economy, energy, transport, defence and security, and space.

CARDIFF IS THE
15 MINUTE CITY
 WHERE YOU'RE NEVER
MORE THAN A REFRESHING
9000 SECOND WALK FROM
 KEY VENUES,
 STADIA &
 HOTELS.
 GET OUT THERE AND EXPLORE



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INCENTIVES GALORE

For something different and an experience like no other, Cardiff can offer some great incentive ideas for your delegates and clients.



INCENTIVE 1: SING & STAGE

Wales is the land of song and where better to try out your baritone, tenor or top soprano voices than with a private singing session with Welsh National Opera in the Wales Millennium Centre. Try out your new found vocals on the infamous stage and take a private behind the scenes tour of the building with the architect Jonathan Adams. A money can't buy experience.

INCENTIVE 2: WHISKY & WELL-BEING

Penderyn single malt whisky is Welsh Gold! Try your hand at the distilling process and see and taste the merit of your effort at the distillery. Combine this with some team building activity in the Brecon Beacons for an unforgettable whisky and well-being!

INCENTIVE 3: WHITE RAPIDS

Fancy life at 30mph? Look no further than the white rapids at Cardiff International White Water Centre – train like a rescue first responder and learn new skills whether in a raft or in the water. For calmer activity, try out the team high ropes, indoor surfing or bodyboarding! After physical and gruelling activity, treat yourselves to a dine around in Mermaid Quay – Japanese to Thai, Mexican to French, American to Welsh – something for every palate!

INCENTIVE 4: RUGBY FEVER & CASTLE QUEST!

Ever thought what it would be like to be a professional rugby player playing for your nation on home turf? Take a private tour of the Principality Stadium with a sporting legend, hear the roar of the crowds and the tone of the Welsh National Anthem play as you come through the tunnel onto the green grass of the stadium pitch. Combine with team building at Cardiff Castle to achieve the puzzle that is the Castle Quest.

INCENTIVE 5: BUILD THAT TEAM!

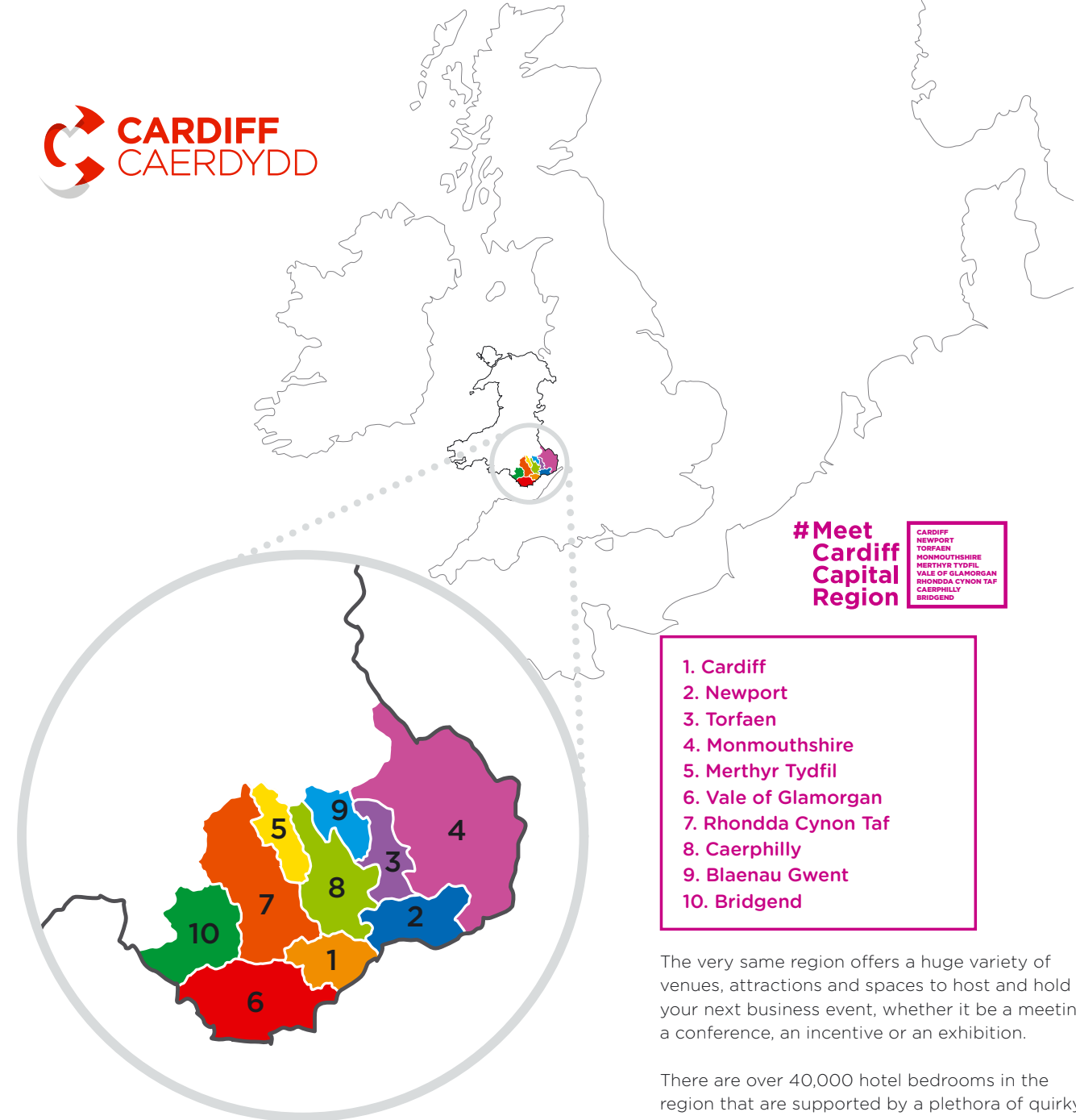
15 minutes away from the centre of Cardiff and set in 650 acres of majestic countryside, try out 4x4 driving, quad biking, archery, clay shooting, golf, spa pampering or good old fashioned cupcake and chocolate making – The Vale Resort is the perfect destination for some thought provoking team building! Combine with some cookery experiences at the Angela Grey school and wine tasting at Llanerch Vineyard.

INCENTIVE 6: CURATED WONDERS!

Ever considered yourself an art lover? How about exclusive access to a collection of international standard and not on public view of the 'The Art Collection – Works on Paper' at National Museum Cardiff? See original sketches and initial drawings that now forms 28,000 works on paper that comprise works from Rembrandt to Picasso, Cézanne and Turner to Augustus and Gwen John. Experience these fascinating works of art and combine with a curated visit to see Cardiff Castle, a Welsh Victorian Camelot, one of the finest examples of gothic revival architecture, a magnificent legacy from the collaboration from Burges and the Marquess of Bute. A real wow moment!

CARDIFF CAPITAL REGION

Cardiff Capital Region – a confident, collaborative and connected region primed for economic growth. A region that works harder, thinks bigger and adapts faster.



#Meet Cardiff Capital Region

CARDIFF
NEWPORT
TORFAEN
MONMOUTHSHIRE
MERTHYR TYDFIL
VALE OF GLAMORGAN
RHONDDA CYNON TAF
CAERPHILLY
BRIDGEND

1. Cardiff
2. Newport
3. Torfaen
4. Monmouthshire
5. Merthyr Tydfil
6. Vale of Glamorgan
7. Rhondda Cynon Taf
8. Caerphilly
9. Blaenau Gwent
10. Bridgend

The very same region offers a huge variety of venues, attractions and spaces to host and hold your next business event, whether it be a meeting, a conference, an incentive or an exhibition.

There are over 40,000 hotel bedrooms in the region that are supported by a plethora of quirky, historic, modern and purpose built venues that can cater for your business events.

Meet Cardiff Capital Region for your next event.

Why choose Cardiff Capital Region for your events?

- The closest capital city to London
- One of the UK's fastest growing inward investment locations for Financial & Professional Services businesses
- Forecasted to have the highest population growth rate of any UK city over the next 20 years
- The UK's number 1 city for workforce loyalty
- The UK's number 1 city for quality of life
- Cardiff University is in the UK's top 5 universities in terms of the quality and impact of its research
- Voted 7th by BMEIS (British Meetings and Events Industry survey, which shows that Cardiff is now the seventh most popular UK conference destination)

Compactness:

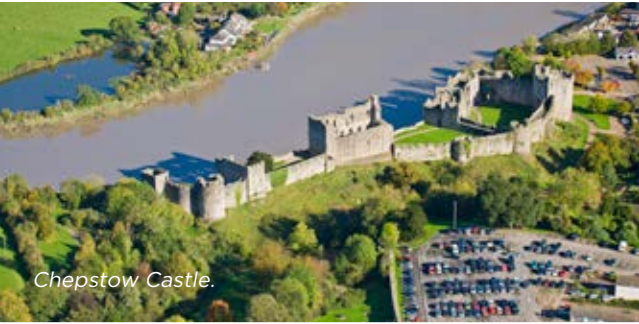
- Cardiff Capital Region's compactness is one of its key strengths and it offers a startling contrast – from a cosmopolitan city, to bustling market towns and stunning countryside
- In Cardiff, you'll find charming Edwardian and Victorian arcades within walking distance of ultra-modern shopping centres, internationally renowned sporting and cultural venues to green open spaces, waterfronts and a castle in the city centre. The city is our convention centre!
- A short journey away you'll discover the undulating beauty of the Brecon Beacons National Park, towns and villages packed full of traditional charm, and a range of award winning beautiful beaches – great out of conference space!



Vale of Glamorgan Heritage Coast.

WHY VISIT?

- Birthplace of Roald Dahl, Gareth Bale & Shirley Bassey
- World's oldest record store – Spillers
- Ranked #1 for safety
- Voted 5th in UK for retail – city of arcades
- Home of Doctor Who and Sherlock
- National Museum Cardiff – home to the largest impressionist collection outside Paris
- Home to Europe's biggest covered stadium, 74,500 capacity Principality Stadium
- Compact, accessible, friendly – well worth a visit!



Chepstow Castle.



Blaenavon Ironworks.



St David's Shopping Centre.



Hensol Castle.

WHY MEET?

- UK's fastest growing major city
- Host city UEFA Champions League Final 2017
- Host capital NATO Summit '14
- 40,000 bedspaces in city region
- Host city 1st Investec Ashes Test & Rugby World Cup '15, IAAF World Half Marathon '16, & Volvo Ocean Race '18
- Voted 6th most popular UK conference destination
- 138,256 stadia and 12,636 auditoria seats in Cardiff alone
- 1.6 million people in the city region
- 1.7 skilled capital – 40% of population hold degree qualification

START YOUR JOURNEY

Begin your discovery to find your own prime spot with this handy map of our simply spectacular region. Explore each area to uncover its famous sights, best places to eat and sleep and many photo opportunities.

Cardiff

Cardiff, Wales' capital city, is a thriving metropolis of fantastic shopping, dining and entertainment. Easy to explore on foot, any sightseeing itinerary should include a visit to the National Museum, spectacular Cardiff Castle and the impressive Principality Stadium, home of Welsh rugby. Top class entertainment is on offer at Wales Millennium Centre in the heart of Cardiff Bay, with its many restaurants and bars boasting stunning waterside views.

Newport

It may be a compact city but Newport packs an almighty punch. Venue for the 2010 Ryder Cup and 2014 NATO summit, Newport is also famous for its Grade I listed transporter bridge (of which you can climb to the top). There are 90 acres of gorgeous Tredegar House to explore, 100km of Wetlands RSPB Reserve (a must for twitchers and wildlife fans), and the very impressive National Roman Legion Museum at Caerleon, the furthest outpost of the mighty Roman Empire.

Torfaen

This small Welsh borough has a unique history, being at the forefront of the Industrial Revolution. Its industrial heritage has left a profound legacy on the landscape, which can be seen at Blaenavon Ironworks, one of Europe's best preserved 18th century ironworks. Or step back in time and travel 300 feet underground at Big Pit National Coal Museum while accompanied by a real miner to understand what life was like for the thousands of men who worked at the coal face. Impressive, right?

Monmouthshire

Aside from the Wye Valley, an area of outstanding natural beauty, the two main centres are Chepstow, with its massive castle, and the old-fashioned town of Monmouth, upstream of the meandering River Wye. Follow in the footsteps of poets and painters such as Wordsworth and Turner who came to enjoy the picturesque beauty of Tintern Abbey over two hundred years ago, now a site of exceptional atmospheric ruins.

Merthyr Tydfil

Delve into the heart and soul of the South Wales Valleys and journey through the great outdoors on a traditional steam train. Don't forget to pack your camera to capture the breath taking panoramas as you travel high up into the awe-inspiring Brecon Beacons.



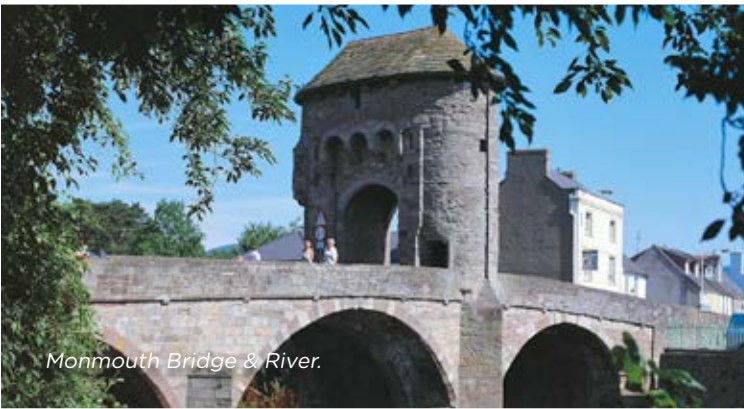
Cardiff Bay.



Tredegar House.



Footpath on the Blorengel looking to the Sugar Loaf, Blaenavon.



Monmouth Bridge & River.



Pontsticill Viaduct.



Dunraven Bay, Southerndown.



Penderyn Distillery.



Caerphilly Castle.



Bedwellty Pits Incline Engine.



Rest Bay, Porthcawl.

Vale of Glamorgan

Sitting on Cardiff's doorstep are a host of ancient castle vestiges, beautiful bays and sweeping beaches, dramatic coastal cliffs, stunning gardens, country parks and quaint market towns all waiting to be discovered in Glamorgan's renowned heritage coastline and countryside.

Rhondda Cynon Taff

A famous distillery in the rural village of the Rhondda Valley is the first Welsh whisky producer since the 19th century and has won innumerable awards for its less-is-more approach to producing quality single malts. The visitors centre has tours, tasting sessions and masterclasses, as well as an exhibition of whisky-making in Wales.

Caerphilly

Like its famous cheese, Caerphilly castle has long been synonymous with this town. It is the largest castle in Wales and one of the greatest surviving castles in the medieval Western world. This formidable fortress, surrounded by two huge lakes has over 30 acres to explore, including the famed leaning South Eastern Tower, dubbed 'the Welsh Tower of Pisa'.

Blaenau Gwent

The local landscape of this region has long been known for its varied natural beauty, from rolling hills, woodlands and lakes, all set in an immense area of outside space. Parc Bryn Bach is the ideal location to be at one with nature and throw yourself into some new activities from gorge walking, caving and learning basic bush craft skills.

Bridgend

Beaches are big business in Bridgend. Go surfing or take a siesta in the sun, picnic or paddle. There's an army of massive sand dunes at Merthyr Mawr - the second highest in Europe, no less, which provided the setting for parts of the classic film 'Lawrence of Arabia'. Step away from the coast and discover nature reserves, vast country parks, picturesque villages and cosy little pubs for a local ale.

#Meet
Cardiff
Capital
Region

CARDIFF
NEWPORT
TORFAEN
MONMOUTHSHIRE
MERTHYR TYDFIL
VALE OF GLAMORGAN
RHONDDA CYNON TAF
CAERPHILLY
BRIDGEND

Getting to Cardiff Capital Region is easy. It's easily connected by road, rail and air. It's only a couple of hours by motorway (M4) from London and by train it's even quicker. It's the same from Britain's other major gateways with speedy road and rail links.



BY ROAD

The M4 runs through the north of the city, making London a comfortable drive away. From the Midlands, the north of England and Scotland it is a straightforward drive via the M6, M5 and M50/ M4. From the south and south west of England the approach is by M5 and M4. Access from west Wales is by M4 and from north Wales by A470.

BY RAIL

Cardiff has direct rail links to many cities in the UK including London, Birmingham, Manchester, Liverpool, Nottingham, Bristol, Southampton, Exeter, Torbay and Portsmouth. The journey time from London Paddington to Cardiff is under two hours and trains depart every 30 minutes. Cardiff Central Station is conveniently located in the heart of the city centre just a short walk from most hotels, attractions, retail and conference venues. We also provide conference rates for delegates.

BY AIR

Cardiff Airport is located 12 miles west of Cardiff City centre and 10 miles from J33 on the M4. The Cardiff Airport bus T9 operates on a regular basis to and from the airport to the city centre.

Cardiff Airport has direct flights from over 50 destinations and also connecting flights from over 800 destinations worldwide.

www.cardiff-airport.com

- **Flybe** routes direct into Cardiff from Belfast City, Cork, Dublin, Düsseldorf, Edinburgh, Faro, Geneva, Glasgow, Jersey, Lyon, Milan Malpensa, Munich, Nuremberg, Paris CDG, Verona and Zurich.

- **Vueling** routes direct into Cardiff from Alicante, Barcelona, Malaga and Majorca

- **Aer Lingus** routes direct into Cardiff from Dublin

- **KLM** routes direct into Cardiff from Amsterdam Schiphol

- **Eastern Airways** routes direct into Cardiff from Aberdeen and Newcastle

- **Links Air** routes direct into Cardiff from Anglesey Ynys Môn

Bristol Airport is only one hour away with flights from 112 different countries. Direct flights operate from across the UK and Europe.

London Heathrow Airport is the main gateway airport to Britain and is just two hours away from Cardiff Capital Region along the M4 motorway.



BY SEA

For those travelling from mainland Europe there is a wide choice of entry points to the UK served by many ferry companies. Ferry ports link with the national motorway system to provide fast and east access to Cardiff Capital Region. For more information and maps go to www.visitcardiff.com

BY EUROSTAR

On arrival at London's St Pancras Station, it is a short transfer by London Underground or taxi to Paddington Station for onward direct links to Cardiff Capital Region.

547
BARS
CAFÉS &
RESTAURANTS
FROM FINE DINING TO OLD FAVOURITES,
CLARK'S PIES
TO CAWL,
YOU'LL BE SPOILT FOR CHOICE. GET A REAL
FLAVOUR
OF
CARDIFF'S CWTCH



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Why not explore Cardiff and the city region? Whatever you enjoy doing, there is a programme for you.

ICONIC CARDIFF

1



Come and explore the magnificent facets and features that make the **Principality Stadium** one of the most impressive icons of modern Wales. Join one of our experienced tour guides and visit the Press Conference Suite where the worlds of rugby and journalism meet. Experience the build up before the match in the Dragon's Lair, Wales's team dressing room. Hear the roar of 74,500 fans as you walk down the players' tunnel towards the hallowed turf. Learn about the only fully retractable roof in the UK, which allows the entire playing surface to be removed to create one of the world's largest indoor arenas. Take in the view of the pitch from a VIP hospitality suite, and finally lift the trophy to the skies like a sporting superstar in the President's Box, an area normally reserved for royalty.

From the Principality Stadium, take a short walk to **Cardiff Castle** where you can explore Cardiff and go back to its very roots. Spanning nearly 2,000 years of history and originally the site of a Roman fortress, the grounds are today dominated by the dramatic Norman Keep. The guided tour will unveil the lavish Gothic-Revival interiors of the Castle Apartments created for the Third Marquess of Bute by eccentric architect William Burges in the 19th century.

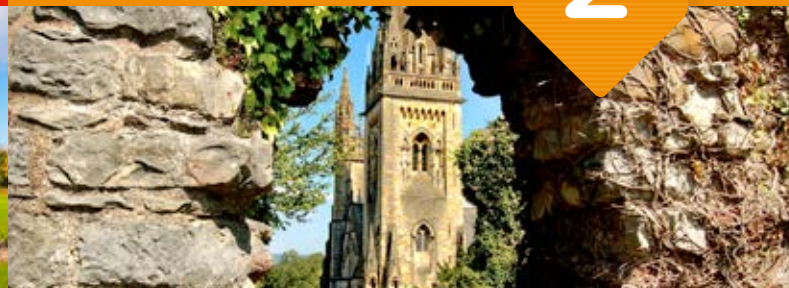
After a visit to Cardiff Castle, take the leisurely journey from **Bute Park** in the city centre to Cardiff Bay on the **Princess Katharine**, a fully equipped, purpose built, covered vessel with a capacity for 90 passengers and operated by highly qualified skippers.

Once docked in Mermaid Quay, make the short walk towards Cardiff Bay Barrage and take a break, enjoy a coffee, a bite to eat, or afternoon tea at the Norwegian Church, an iconic building at the waters' edge, former place of worship for Norwegian sailors and the church where Roald Dahl was christened.

Conclude your day with a visit to the **Wales Millennium Centre** where you can enjoy West End hit musicals, opera, ballet, contemporary dance, hip hop and stand up comedy shows.

HERITAGE

2



Begin your day with a visit and tour of the beautiful **Llandaff Cathedral** which is set apart from the bustle of the city of Cardiff, nestling in a hollow in a secluded site beside the River Taff. The Cathedral lies in the ancient "City of Llandaff" much of which is now a conservation area.

From Llandaff Cathedral travel a short distance to your next destination **St Fagans National Museum of History**. Within one hundred acres of attractive countryside, a magical place has been created. Authentic dwellings from different periods in Wales' history have converged to form the enchanting St Fagans National Museum of History. Situated 4 miles west of Cardiff (free coach parking) visitors are welcome to explore all the buildings from the 2,000 year-old Celtic village to an impressive Elizabethan mansion house. Seize the opportunity to see a potter, weaver, wood-turner, baker, tanner and many more authentic craftspeople at work.

Then to finish off the day, visit the **Royal Mint** which is just 20 minutes from Cardiff. Here you can gain unprecedented access to The Royal Mint to discover the people and events behind the coins in your pocket, and hear some surprising stories from their history.

www.royalmint.com/en/the-royal-mint-experience

MUSEUMS, ARCADES AND WELSH BANQUETS

3



Visit the **National Museum Cardiff**, built of elegant Portland stone in the heart of Cardiff's Civic Centre, and meander through some stunning exhibitions, including the Evolution of Wales, a dazzling journey through the last 4,600 million years, using robotics and audio-visual effects and especially the priceless collection of Impressionists and post-Impressionist paintings – the largest outside Paris.

A stay in Cardiff is never complete without experiencing its shopping delights. From modern, glossy shopping malls to **Victorian or Edwardian Arcades** as well as all the high street and top brand names, situated within 20 minutes walking distance or 5 minutes drive, the visitor will definitely be tempted to go home with a lighter purse.

After a spot of shopping visit the tea room within **St John the Baptist City Parish Church** where you can enjoy a selection of refreshments including home made cakes and sandwiches. The church is the second oldest city centre building in use, located next to the city's covered market.

Situated next to the church is the beautiful and historic Old Library building which is home to the museum for Cardiff, **The Cardiff Story**. The Cardiff Story is a fun, free, family day out and a fantastic learning and community resource. It is a great point for any visit to Cardiff, providing an introduction to the city's history and pointing visitors to places where they can find out more. It tells the tale of how Cardiff was transformed from the small market town of the 1300s, to one of the world's biggest ports in the 1900s, to the cool, cosmopolitan capital we know today.

Bring your 3 day visit of Cardiff to a close with an evening of good food and entertainment at the **Welsh Banquets at Cardiff Castle**. The banquet is a relaxed and entertaining evening in the historic surroundings of Cardiff Castle. Dating from the 15th Century, the Undercroft is one of the oldest parts of the Castle and here you can enjoy the best of Welsh food, entertainment and the warmest of welcomes from your hosts, the Bute-iful Nights.

Dressed in traditional Welsh costume, your hosts will serve Welsh mead and your three course dinner whilst entertaining you with a selection of English and Welsh songs. It is the perfect setting for a memorable night out.

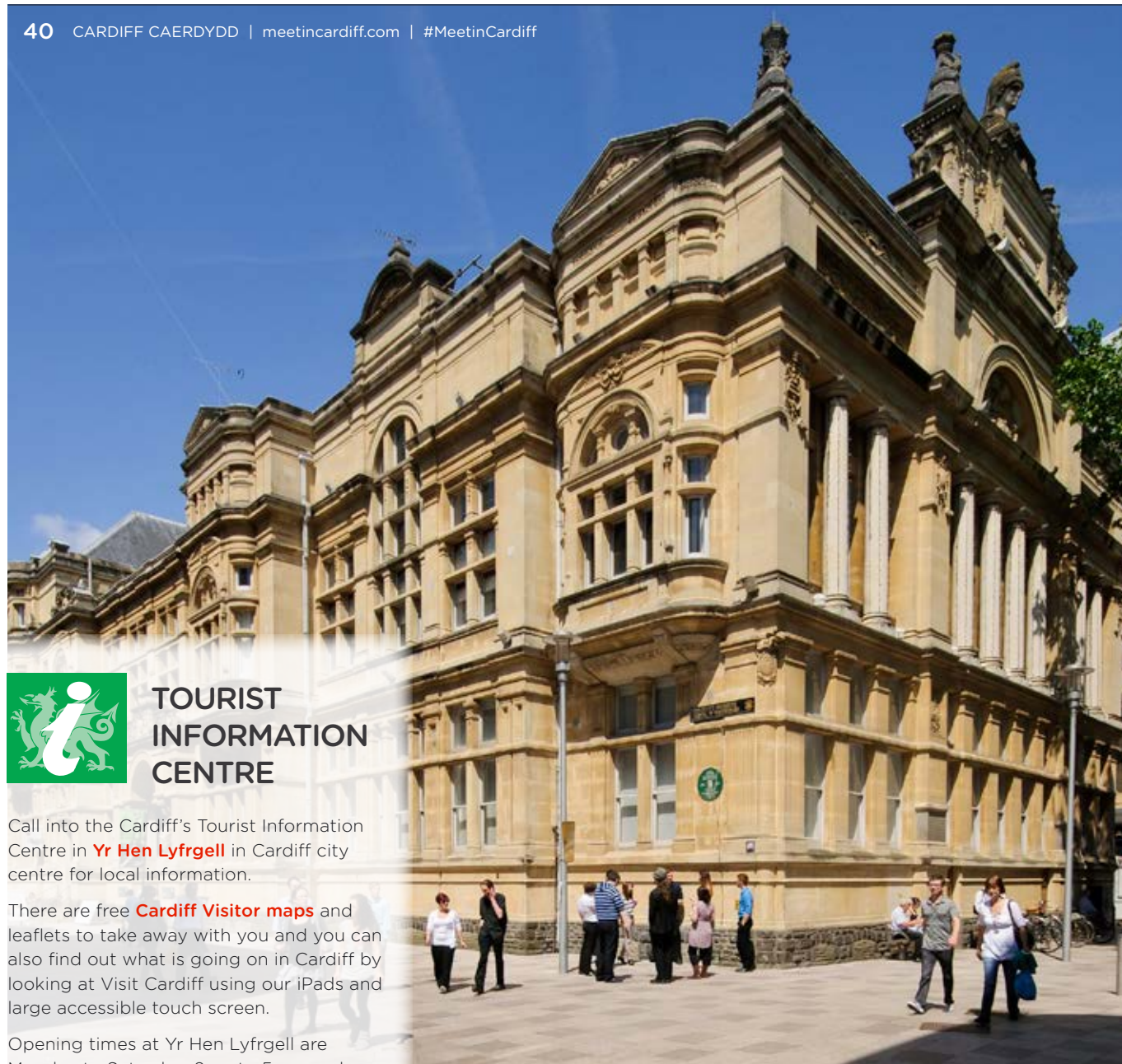
CARDIFF CAPITAL REGION

4



Cardiff's Capital Region is a confident, collaborative and connected region that offers a huge variety of venues, attractions and spaces to host and hold your next business event, whether it be a meeting, a conference, an incentive or an exhibition. Check out Celtic Manor Resort for some spa, golf, high wires or team-building.

Finally, travel up to the historic mining town of **Blaenavon** where you can explore the World Heritage Site, packed full of attractions, activities, history, heritage, arts and a spectacular landscape. Located at the gateway to the South Wales Valleys, the attractions in the World Heritage Site tell the story of an area which was the birthplace of the Industrial Revolution. Start your journey at the **Blaenavon World Heritage Centre** to find out why the area was the perfect location for the Iron industry to thrive. Within the town you can also visit the **Big Pit National Coal Museum**, the Blaenavon Ironworks and the **Blaenavon Heritage Railway**.



TOURIST INFORMATION CENTRE

Call into the Cardiff's Tourist Information Centre in **Yr Hen Lyfrgell** in Cardiff city centre for local information.

There are free **Cardiff Visitor maps** and leaflets to take away with you and you can also find out what is going on in Cardiff by looking at Visit Cardiff using our iPads and large accessible touch screen.

Opening times at Yr Hen Lyfrgell are Monday to Saturday, 9am to 5pm, and Sunday, 10am to 4pm.

Our friendly, multilingual and knowledgeable team will provide you with personal information and insider tips about the city to help you make the most of your time in Cardiff.

NOTES

Visit Cardiff is the Tourism and Destination Management Organisation representing tourism product in Cardiff and the surrounding area, promoting the city.



IDEAS & SUGGESTIONS

TEAM BUILDING AT CARDIFF CASTLE

Why not help your company motivate and build relationships with their teams within a wonderful historic environment of Cardiff Castle?

Castle Quest is a series of team building activities specifically designed to encourage participants to explore the Castle and learn more about its history whilst completing set tasks. Teams will be required to work together to take a number of challenges including solving clues relating to the Castle's history, finding the answers to a range of questions and using treasure maps. The answers to each set of activities will enable teams to open the lock on a series of boxes that will lead to the next task, encouraging communication, teamwork and logical thinking skills. At the end of the activity, teams will come together to solve one final clue and the winning team will be revealed.

Clients booking the Castle's Team Building package will have the opportunity to add-on a range of additional activities, including learning to sword fights, learning to use a medieval longbow, and frontline infantry "Brill Drill". These will be delivered by members of the Dressed to Kill company who will be dressed in medieval costumes.

Why not finish your event by celebrating in a **Welsh Banquet** in Cardiff Castle's Undercroft?

For more details contact the Functions Team on:
+44 (0)29 2087 8105 / cardiffcastle@cardiff.gov.uk
www.cardiffcastle.com

WELSH BANQUETS – THE PERFECT SOCIAL PROGRAMME!

If you are looking for a signature events as part of your social programme, the perfect ice-breaker of wrap-up party, look no further than a Welsh Banquet at Cardiff Castle.

For a fun, relaxed and informal evening where you can enjoy the best of Welsh entertainment, Welsh food and the warmest of welcomes from your host who will entertain you with a selection of traditional and contemporary songs in both English and Welsh. Held in the 15th Century Undercroft, the night begins with mead-tasting on arrival, followed by a 3 course meal, wine and entertainment throughout the night. Your hosts will be dressed in full Welsh national costume and in no time at you will be joining in all the fun as audience participation is a must in this unforgettable night!

With a total capacity of 100 guests, bespoke packages are available. Prices start from £45 per person with extras added on such as pre-guided tours of the Castle.

For more details contact the Functions Team on:
+44 (0)29 2087 8105 / cardiffcastle@cardiff.gov.uk
www.cardiffcastle.com



IDEAS & SUGGESTIONS

GET ACTIVE AT CARDIFF INTERNATIONAL WHITE WATER

An exciting, on demand white water facility, Cardiff International White Water(CIWW) centre is situated only a few miles from the vibrant city centre. Since opening a few short years ago, the venue has hosted ICF Canoe Slalom World Cup events and been hailed as 'Best Visitor Experience' and 'Best Attraction' at the annual Visit Wales National and Regional Tourism Awards. For the majority of visitors though, its main draw is the range of exhilarating activities that is offers for adventure seekers of all ages and abilities.

With up to six people in a raft, one of the most sociable sports is White Water Rafting (from £40-£55 pp). Suitable for complete beginners, as well as seasoned white water enthusiasts, the two hour coached sessions provide adrenaline-fuelled fun from start to finish. Each raft holds up to six people, making hitting the rapids perfect for groups.

Another must for watersport fans is Indoor Wave using the world renowned Flowrider* machine. This invigorating activity offers the thrills and spills of bodyboarding with the convenience of being indoors in a city location. Prices start from £22.50pp

If water doesn't float your bots, the aerial attraction Air Trail, which costs £10 a session pp, is bound to appeal. Get harnessed up, then cross the high ropes steel and timber terrain above the white water course, tackling zip wires and obstacles along the way.

You can also pop into the café bar to unwind and enjoy a drink and a bite to eat on the balcony while you watch others take on the challenge of the white water.

The centre is open all year round, and all kit and training is provided. Age restrictions and terms and conditions apply.



To find out more visit www.ciww.com



CARDIFF'S A TO Z...



- A** Arcades - Victorian, Edwardian & modern shopping arcades
- B** Brains Beer and Bale (Gareth) & Bassey (Shirley) - Cardiff natives!
- C** Cardiff Castle & Cardiff Bay
- D** Devils! Cardiff Devils Ice Hockey Team
- E** Extreme Sailing Series
- F** Film location for Doctor Who & Casualty
- G** Goat - Siencyn of the Royal Regiment of Wales
- H** High growth capital - Cardiff is the UK's fastest growing core city
- I** International Sports Village

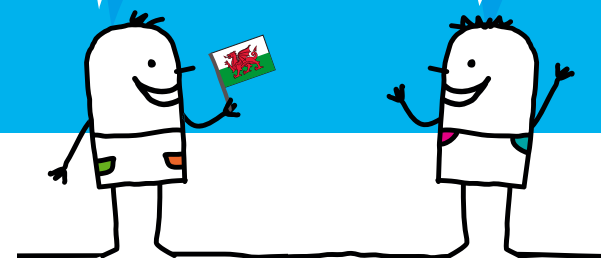
- J** Jacobs Market - a Cardiff gem!
- K** King James I granted a Royal Charter to Cardiff in 1608
- L** Llandaff Cathedral - dating back to 1107
- M** Museums: National Museum Cardiff, St Fagans National History Museum, The Cardiff Story Museum
- N** Norwegian Church
- O** Opera - Welsh National Opera that is!
- P** Parks - Cardiff has more green open spaces than any other UK core city
- Q** Quirky Quarters - we have Café, Brewery and Fashion quarters

- R** Roald Dahl was born on 13 September 1916, in Llandaff, Cardiff
- S** Spillers Records - the oldest record store in the world
- T** Techniquet Science Discovery Centre
- U** Universities - Cardiff is home to 75,000 students!
- V** Volvo Ocean Race - Cardiff will host a stopover in the 13th edition of this race in 2018
- W** Warm Welsh Welcome
- X** Xiamen in China has been twinned with Cardiff since 1983, Cardiff being the first UK city to undertake such a partnership
- Y** Young at Heart - Cardiff has been entitled 'UK: Best City to be Young'!
- Z** The Zoological collection at The National Museum Wales ranges from tiny insects to the skeleton of a Humpback whale!

Talkin' Tidy!

As you travel around Cardiff, you will often hear Welsh spoken and see Welsh signs everywhere. Here are some basic Welsh words that you may like to use. Don't be scared, it'll be fun to test out on the locals!

Welsh.....	Pronunciation.....	English
Croeso.....	Kroyso.....	Welcome
Diolch.....	Deeolk.....	Thank You
Iechyd Da!.....	Yekeed dah.....	Cheers!
Hwyl Fawr.....	Hoil Vaawr.....	Good Bye
Bore Da.....	Borer-Dah.....	Good Morning
Prynhawn Da....	Prin-hown Dah.....	Good Afternoon
Nos Da.....	Noss Dah.....	Good Night
Caerdydd.....	Kair-deethe.....	Cardiff



TOP10

Attractions you can't miss out on in the city!

1. Cardiff Castle
2. National Museum Cardiff
3. Principality Stadium
4. Wales Millennium Centre (locals call it WMC)
5. Techniquet Science Discovery Centre
6. Cardiff Story Museum
7. Cardiff International White Water Centre & Indoor Surfing
8. St Fagans National History Museum
9. Shopping in Cardiff's many Arcades & Centres
10. Cardiff Bay and Cardiff Bay Barrage

www.visitcardiff.com/seedo



