

INFORMATION PACK: CARDIFF, UK

TRAVEL: Getting to Cardiff

Cardiff Airport <https://www.cardiff-airport.com/>

You can fly direct to Cardiff airport from many **European airports** and **via Paris, Amsterdam or Doha** for international long-haul flights.

Travel to and from Cardiff Airport <https://www.cardiff-airport.com/to-and-from/>

There are a number of options for travel from Cardiff Airport. When you arrive at Cardiff airport, the easiest way to reach the city centre is via taxi (approximately 45 minutes).

To reserve your taxi, contact **Dragon Taxi's** (<http://dragontaxis.com/>) +44 (0) 2920 33 33 33 or **Capital Cabs** +44(0) 2902 777 777

London International Airports

For increased choice of flights, it is best to fly direct to a London airport and arrange ongoing travel to Cardiff.

London Heathrow provides the easiest option for ongoing travel to Cardiff.

London Heathrow <http://www.heathrow.com/>

Train Travel: Heathrow airport offers an airport express train service to London Paddington (approximately 15 minutes) <https://www.heathrowexpress.com/>

To view train times and prices for travel from London Paddington to Cardiff Central visit:

<https://www.thetrainline.com/> or <https://www.gwr.com/>

(Train times to Cardiff are approximately 2 hours and 40 minutes)

Car Hire: <https://www.heathrow.com/transport-and-directions/car-rental>

(Driving times to Cardiff city centre approximately 2 hours and 30 minutes)

London Gatwick: <http://www.gatwickairport.com/>

London City Airport: www.londoncityairport.com/destinations

Alternative Airports

Other airports include:

Bristol airport <https://www.bristolairport.co.uk/>

More information call us: [020 3818 8245](tel:02038188245)

Birmingham airport <https://www.birminghamairport.co.uk/>

Manchester airport <http://www.manchesterairport.co.uk/>

TRAVEL: Getting to Tec Marina [Course Venue]

Tec Marina:

Terra Nova Way

Penarth

CF64 1SA

Map : <http://bit.ly/1U94Vgm>



<http://tecmarina.com/>



Train: If staying in Cardiff City Centre, you can get a train from Cardiff Queen Street Station or Cardiff Central to **Cogan** which is the nearest station to the course venue.

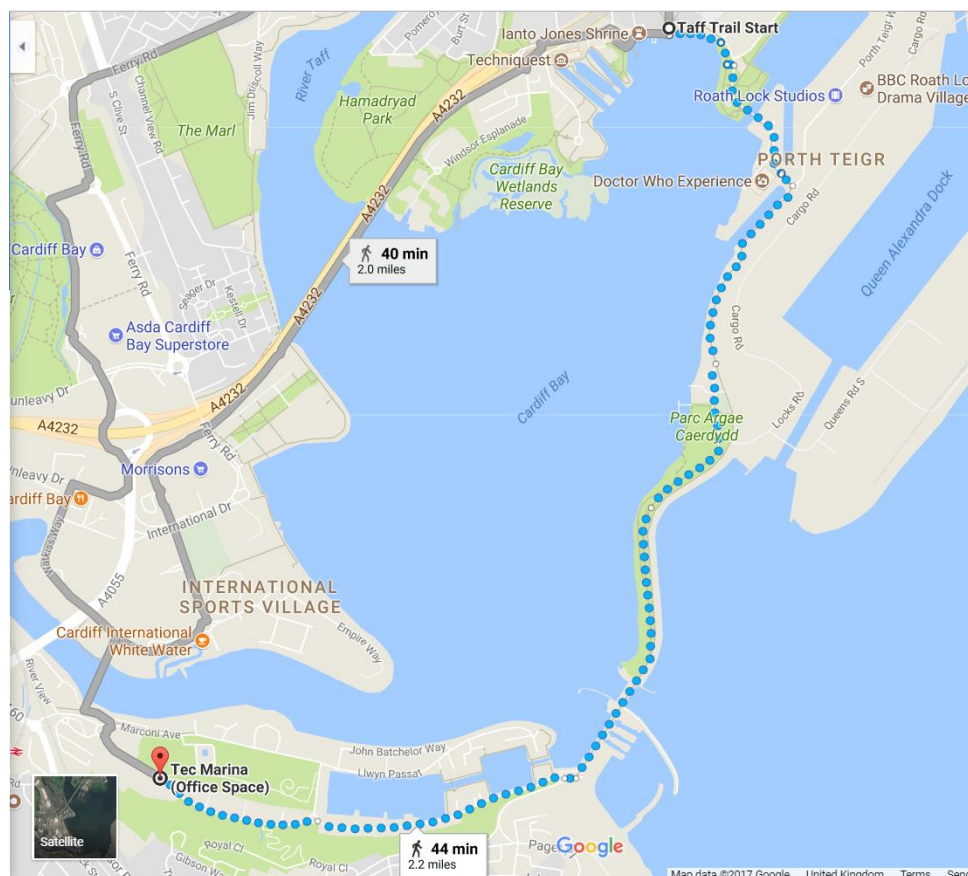
(Approximately 8 minutes train journey and a 5 minute walk to Tec Marina)

Taxi: If staying in Cardiff City Centre or Cardiff Bay, contact **Dragon Taxi's** (<http://dragontaxis.com/>) **+44 (0) 2920 33 33 33** (Allow a 20 minute journey time in rush hour).

If staying in Penarth, contact **Cabs64** <http://cabs64.co.uk/> **+44 (0) 2920 706464** (Allow a 10 minute journey time in rush hour).

Uber: Download the app on your phone and fill in the details. Someone can pick you up from your location and take you to Tec Marina, just enter in the postcode as your destination: **CF64 1SA**

Walk: If staying in Cardiff Bay, there is also a beautiful walk along the Cardiff Barrage if the weather allows for this, taking approximately 40 - 50 minutes (this is the long way around). <http://www.visitwales.com/things-to-do/activities/walking-hiking/south-wales/cardiff-to-penarth>



Water Taxi: And finally if you're looking for something a little different, there is also a water taxi which runs from Cardiff City Centre and Cardiff Bay to Penarth which costs approximately £2 each way.

<http://cardiffwaterbus.com/timetable/>
 More information call us: **020 3818 8245**

Bus Options: There are a number of regular buses from Cardiff to Penarth, we recommend checking the bus times on the day however, please find a link here for a rough estimate on times.

<https://bustimes.org.uk/stops/5720AWA11958>

HOTEL OPTIONS

VOCO ST DAVID'S HOTEL & SPA , CARDIFF BAY | 5*

Havannah Street

Cardiff

CF10 5SD

Tel: +44 (0) 2920 454045

Website: <http://bit.ly/33Q1gM5>

Rooms from **£90 per night**

Available in hotel: Gym, Pool, Spa, Restaurant

Around 35-45 minute walk to the OpenGenius offices – beautiful if the weather is good!

6 minutes' drive to venue

THE EXCHANGE HOTEL , CARDIFF BAY | 3*

4-5 Mount Square

Cardiff

CF10 5FQ

Tel: +44 (0) 09 2010 7050

Website: <https://exchangehotelcardiff.co.uk/>

Rooms from **£90 per night**

Available in hotel: Restaurant + Bar

40 walk to the OpenGenius offices or 10 minutes' drive.

TRAVELODGE CARDIFF , ATLANTIC WHARF | 3*

Atlantic Wharf Leisure Park

Cardiff Bay

Cardiff

CF10 4JY

More information call us: [020 3818 8245](tel:02038188245)

Tel: 0871 984 6424

Website: <https://www.travelodge.co.uk/hotels/380/Cardiff-Atlantic-Wharf-hotel>

Rooms from **£40 per night**

Available in hotel: Restaurant

44 minute walk to the venue

8 minute drive to the venue

FUTURE INN, CARDIFF BAY | 3*

Hemingway Road

Cardiff

CF10 4AU

Tel: +44 (0) 2920 487 111

Website: <https://www.futureinns.co.uk/cardiff/>

E-mail: reservations.cardiff@futureinns.co.uk

Rooms from **£65 per night**

Available in hotel: Restaurant

49 minute walk to venue

8 minutes' drive to venue

HILTON HOTEL, CARDIFF CITY CENTRE | 4*

Kingsway

Cardiff

CF10 3HH

Tel +44 (0) 2920 646300

Website: <http://www3.hilton.com/en/hotels/united-kingdom/hilton-cardiff-CWLHITW/index.html>

Rooms from **£85 per night**

Available in hotel: Restaurant, Gym

15 minute drive to venue

MERCURE, HOLLAND HOUSE, CARDIFF CITY CENTRE | 4*

24-26 Newport Road

Cardiff

CF24 0DD

Tel: +44 (0) 2920 435000

Website: <http://www.mercure.com/gb/hotel-6622-mercure-cardiff-holland-house-hotel-and-spa/index.shtml>

More information call us: [020 3818 8245](tel:02038188245)

Rooms from **£65 per night**

Available in hotel: Restaurant, Gym, Spa

10 Minute drive to venue

NOVOTEL, CARDIFF | 4*

Schooner Way

Cardiff

CF10 4RT

Tel: +44 (0) 2921 132800

Website: <http://www.novotel.com/gb/hotel-5982-novotel-cardiff-centre/index.shtml>

Rooms from **£79 per night**

Available in hotel: Restaurant, Spa, Gym

8 minute drive to venue

CLAYTON HOTEL, CARDIFF CITY CENTRE | 3*

Saint Mary Street

Cardiff

CF10 1GD

Tel: +44 (0) 2920 668 866

Website: <https://www.claytonhotelcardiff.com/>

Rooms from **£60 per night**

Available in hotel: Restaurant, Gym

12 minute drive to venue

*Please note that these hotels are suggestions and not our recommendations. We have not vetted or visited each establishment, so we hold no responsibility if these do not meet your expectations or standards.

** You may also find it useful to search for alternative deals with websites such as www.hotels.com and www.booking.com

***Please note that all drive times are estimates and can vary depending on the time of day you are travelling.

SHOPPING IN CARDIFF:

More information call us: [020 3818 8245](tel:02038188245)

Cardiff's biggest shopping centre is **St Davids Shopping Centre** <https://stdavidscardiff.com/>

Queen Street Arcade is located directly next to Cardiff Castle in the city centre <http://www.queensarcadecardiff.co.uk/>

There are a number of independent old Victorian arcades to explore directly off St Marys Street.

Please note general shopping times in Cardiff are:

MONDAY	09.30AM – 8PM
TUESDAY	09:30AM – 8PM
WEDNESDAY	09:30AM – 8PM
THURSDAY	09:30AM – 8PM
FRIDAY	09:30AM – 8PM
SATURDAY	09:30AM – 7PM
SUNDAY	11AM – 5PM

THINGS TO SEE AND DO

General

Things to see and do in Cardiff

<http://www.visitwales.com/explore/south-wales/cardiff>

Things to do and see in Wales

<http://www.visitwales.com/>

Events Calendar

<http://www.visitwales.com/things-to-do/whats-on>

Restaurants

Cardiff Restaurants ideas

https://www.tripadvisor.co.uk/Restaurants-g186460-Cardiff_South_Wales_Wales.html

Penarth restaurants ideas

https://www.tripadvisor.co.uk/Restaurants-g609086-Penarth_Vale_of_Glamorgan_South_Wales_Wales.html

Sport

For major international sporting events

<http://www.principalitystadium.wales/>

For international cricket events

<http://www.glamorgancricket.com/>

For football events

<https://www.cardiffcityfc.co.uk/club/visit-us/>

Cardiff international White Water Centre

<https://www.ciww.com/>

Theatre

There are numerous Cardiff venues for plays and shows. You can find out which shows are available here

<http://www.whatsonstage.com/cardiff-theatre/>

Wales Millennium Centre for West End Productions: <http://www.wmc.org.uk/WhatsOn/>

St David's Hall: <http://www.stdavidshallcardiff.co.uk/>

The New Theatre: <http://www.newtheatrecardiff.co.uk/>

Live Acts

<https://motorpointarenacardiff.co.uk/>

<http://www.principalitystadium.wales/>

More information call us: [020 3818 8245](tel:02038188245)

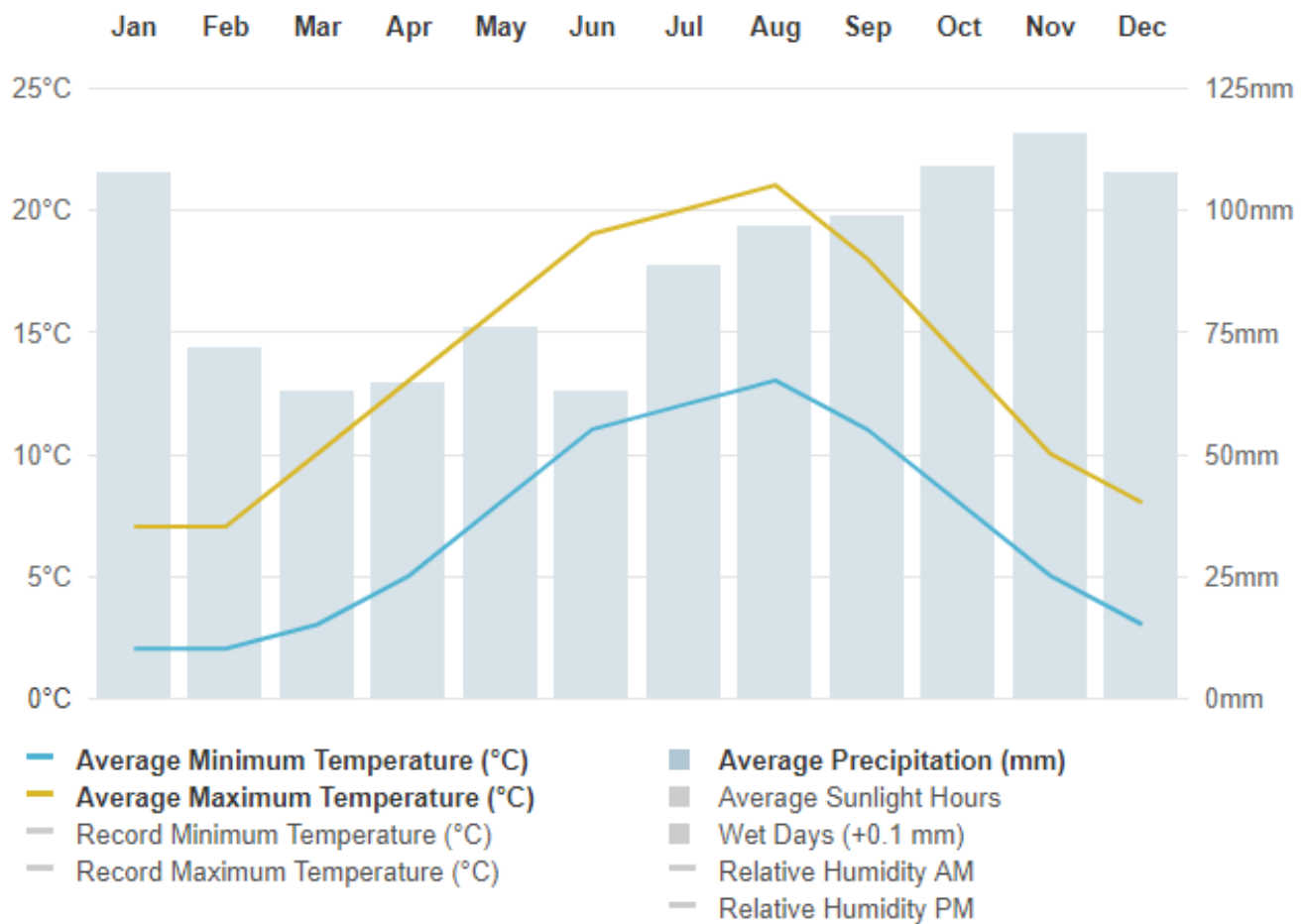
USEFUL INFORMATION

The Weather

We recommend bringing a waterproof coat or an umbrella and maybe a few jumpers with you, particularly those of you coming from hotter climates!



Average Conditions



Health

No vaccinations whilst visiting the UK are required.

Hospitals

Nearest Hospital: University Hospital Llandough

Penlan Rd
Llandough
Penarth
CF64 2XX

Phone: [029 2071 1711](tel:02920711711)

A&E also available from here, if you are in Cardiff Centre the nearest hospital will be the following:

University Hospital of Wales

Heath Park Way
Cardiff
CF14 4XW

Phone: [029 2074 7747](tel:02920747747)

GP Surgery

Nearest GP Surgery: Albert Road Surgery

Albert Road
Penarth
Vale of Glamorgan
CF64 1BX

Phone: [029 2071 1966](tel:02920711966)

This is the nearest GP to Tec Marina, to find the nearest GP to your hotel or your location you can check here:

<http://www.wales.nhs.uk/ourservices/directory>

Pharmacy

The nearest Pharmacy is located in the Tesco store positioned on the roundabout 2 minutes walk from Tec Marina

If you are looking for a pharmacy in the centre of Cardiff. It is recommended to go to a popular cosmetics chain Boots. There are many located around the centre of Cardiff as it is one of the most popular cosmetic and pharmaceutical chains. The green cross is the sign of a pharmacy in the UK.



Emergency services

If you are looking to call the emergency services the following numbers are recommended:

999 – The main emergency number

This is the emergency number for police, ambulance, fire brigade, coastguard, cliff rescue, mountain rescue, cave rescue, etc. Note the important word 'EMERGENCY'. This number should be used only when urgent attendance by the emergency services is required – for example someone is seriously ill or injured, or a crime is in progress.

Calls are free, and 999 can be dialled from a locked mobile phone.

More information call us: [020 3818 8245](tel:02038188245)

101 – The non-emergency number for the police

Use 101 when you want to contact the police, but it's not an emergency – i.e. an immediate response is not necessary and/or will not be serve any purpose.

For example, your car has been stolen, your property has been damaged, your home has been broken into.

A general rule is "if the crime is not currently in progress, use 101." Yes, we would love an immediate response, but the police have to concentrate their emergency resources on where the criminals are now, not where they were two hours ago.

101 can also be used to give information about a crime committed, or to contact the police with a general enquiry.

You should always call 999 when it is an emergency, such as when a crime is in progress, someone suspected of a crime is nearby, when there is danger to life or when violence is being used or threatened

111 – The non-emergency medical number

This is available nationwide and replaced and expanded on the former NHS Direct service. Use this for illnesses and minor injuries where life isn't threatened, but you would like some advice on what to do next.

Other Information



The local supermarket, Tesco is located on the roundabout near Tec Marina. This is a 2 Minute walk and should contain local produce and other household products you may need during your stay. Tesco is also your nearest Pharmacy and Cashpoint there is also a post box located at Tesco if you were looking to send any mail during your stay.

The Post Office is a local postal service here in the UK, from here you will be able to post any letters you have, purchase stamps or in some select offices, exchange money.

The local one (address below) is available to exchange money. You will be able to exchange your local currency into GBP here. I recommend calling or ordering before you arrive. Other locations such as travel agents should also be available to exchange money. If you are in the centre of Cardiff during your stay, I recommend looking online for your local Post office or travel agent to exchange your money.

