

railfuture

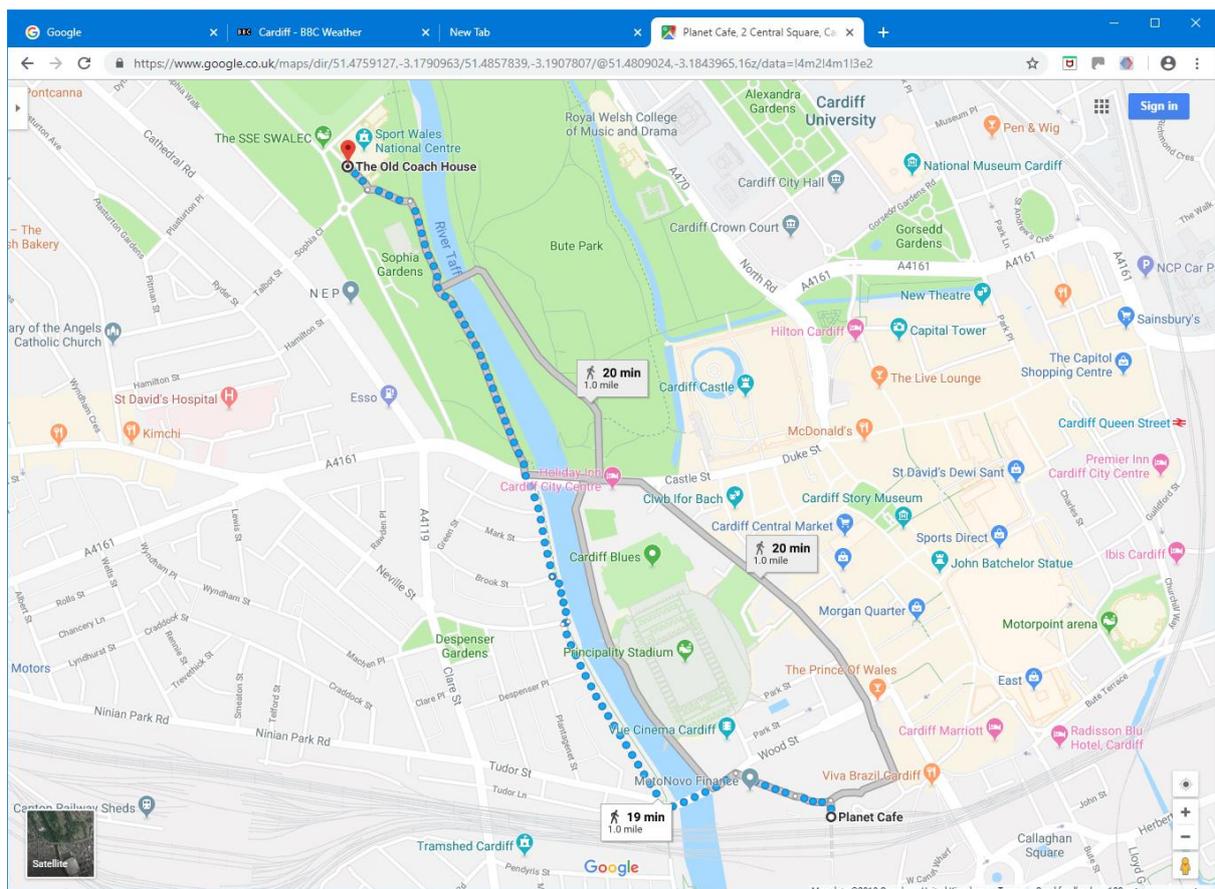
This document has been produced by Railfuture Wales to assist attendees of the Railfuture Ltd AGM in Cardiff on Saturday 18 May 2019.

Directions to Sports Wales from Cardiff Central Station

Street names are given, mostly for the benefit of those using satnav as there aren't many signs.

On foot or by taxi from the station rank

The dotted route on the map below shows the simplest walking route between Cardiff Central Station and Sport Wales (ignore references to Planet Café and The Old Coach House). It is one mile long and takes about twenty minutes. Detailed instructions follow below.



- Most trains from England arrive at platforms 3 and 4. Take the steps to the central subway or lifts from nearer the London end of the platforms. Then follow signs for the low numbered platforms (0 and 1) and city centre. Once through the barriers, go straight across the station hall into Central Square if walking, or turn right along the station hall for the taxi rank.

Occasionally, trains from England arrive on platform 0, in which case, enter the building at the London end of the platform, go down the stairs (or lift), turn left and exit the station hall through the nearest door, or go straight ahead for the taxi rank.

- If you're walking, when you leave the station, you should see a 'Pret' across the square. Turn left and walk between buildings marked 'One Central Square' on the left and 'Cardiff University' on the right.
- When you arrive at Wood Street (not signed here) turn left and cross the River Taff.
- Immediately turn right, crossing Wood Street at the signalled crossing onto the path between the river and Fitzhamon Embankment (not signed here). There is a brown sign before the crossing showing 'Taff Tail (8)'. Please note that the rest of the route is also a cycle path.
- Follow this path with the river on your right (the Millennium Stadium can be seen across the river). When the road turns away left at the Nos Da hostel, continue following the path alongside the river.
- At Brook Street (signed), continue to follow the river on the footway with a wall on your right. Do NOT take the path on the other side of the wall – this can be extremely muddy further on. Coldstream Terrace (not signed at this point) is the road on your left.
- At the end of Coldstream Terrace, cross the dual Carriageway – Cowbridge Road East (signed) at the signalled crossing and follow the path into the park, still staying alongside the river. There is a sign, among other things pointing to the Institute of Sport, your destination.
- Pass a cream and red bridge (n.b. there is a café just over this bridge) staying on the path, with the river to the right. After about 170 yards take the path down a slope to the left. This is signed to Victoria Park and Fairwater but is partly obscured by paint.
- At the end of the path go straight on with the building to your right. This is Sport Wales, your destination. The entrance is in about 50 yards.

By pre-ordered taxi

If you want to be sure of a taxi, especially if it's raining, pre-order from one of many companies in Cardiff. Here are a few:

- Capital Cabs on 029 207 7777
- Dragon Taxis on 029 2033 3333
- Premier Taxis on 029 2055 5555
- Uber – by app only.

If you pre-book, check which side of the station the taxi will be: the north side for the city centre (signed in the subway for city centre and the low numbered platforms) or the south side for Cardiff Bay (signed in the subway for Penarth Road and the high numbered platforms).

By bus

From Cardiff Central Station bus numbers 25 (24 return) and 63 go to Talbot Street on Cathedral Road, a two-minute walk from Sport Wales. Each run a 20-minute service on Saturdays; 25s leave at xx:01, xx21, xx41, and 63s leave at xx:14, xx:34: xx:54.

In the city centre, these buses go from Stop KP on Westgate Street, about a five-minute walk from Cardiff Central Station. A Cardiff Bus information sheet of the city centre is attached to help you find Stop KP. There is a similar map in the station hall close to where you leave the station. Walking instructions from the Cardiff Central Station are:

- Leave the station using the same exit as if you were walking.
- Ahead there is a 'Pret' restaurant. Walk to the right of this, along a pedestrianised lane (with the station behind you) with Tesco Express, Greggs and Boots on the left and a hording for a building site on the right.
- At the end, cross the dual carriageway (Wood Street - unsigned) at the signalled crossing.
- Go almost straight ahead along the right-hand side of Havelock Street (unsigned).
- At the end, turn right into Park Street (unsigned) and cross to the left-hand side at the signal-controlled crossing shortly after the turn. Continue along Park Street.
- At the end of Park Street (signed here) turn left into Westgate Street (unsigned). Stop KP (shown on the metal flag by the bus stop) is the fourth of four a few hundred yards along Westgate Street. Each stop shows the bus services using it.

For the cheapest fare, ask for a 'Short hop' ticket, which costs £1.20 each way. Note: Talbot Street is the limit of this fare. If you're travelling further, you'll need a 'Single' (£2.00) or 'Day to Go' (£4.00). The 'Day to Go' ticket gives unlimited travel on Cardiff Bus for the day. Note: if you're paying with cash, you'll need the exact fare; no change is given. However, you can pay by contactless, Apple Pay, or Google Pay.

Ask for Talbot Street. From there, walk back a short distance towards the city centre, turn left to cross Cathedral Road at the first traffic lights and then continue at right-angles to Cathedral Road along Sophia Close. When you come to the mini-roundabout, Sport Wales is the building ahead and to the left.

On your return, walk back to the traffic lights at Cathedral Road, turn left and take the bus from the stop a few yards along. Alight at the first stop on Westgate Street and retrace your steps to the station.

Directions from the coach station in Sophia Gardens

Turn right onto the access road. At the mini-roundabout, Sport Wales is the building ahead and to your right. The main entrance is half way along. This is only a two-minute walk.

Directions by car from outside Cardiff

These are best found from the Sport Wales website at

http://sport.wales/media/1698445/sport_wales_national_centre_map_2016.pdf

There is limited free parking on site, including six disabled person parking spaces. There is also a public car park in Sophia Gardens, but on Saturday morning, this will fill up quickly. See <https://www.cardiff.gov.uk/ENG/resident/Parking-roads-and-travel/parking/Car-parks/Pages/Car-Parks.aspx>, click on 'Sophia Gardens Car Park' (fourth on the list on the right) for details of this.

Accommodation

Basic B&B accommodation is available at Sport Wales. A discount is available for people coming to the Railfuture AGM, and the cost is currently £36 per night (this may go up after 1/4/19). To book or for more information, please contact Denise Nicholas at Sport Wales at denise.nicholas@sport.wales or ring 029 2033 8231, quoting the Railfuture AGM. You can also see more information at <http://sport.wales/about-us/sport-wales-national-centre/accommodation-and-catering.aspx>

Full details of other accommodation can be found at the Visit Cardiff website: <https://www.visitcardiff.com/wheretostay/>

Additional hotels and guest houses that may be convenient are listed below. These are NOT recommendations.

- **Anchorage Guest House:** 45-47 Fitzhamon Embankment, Cardiff CF11 6AN, 029 2240 1888. This is along the walking route, about five minutes' walk from the station and fifteen minutes from Sport Wales.
- **Holiday Inn:** Castle Street, Cardiff CF10 1XD, 0871 9429240. About ten minutes' walk from both the station and Sport Wales, this is on the edge of the city centre and might suit people wanting to explore Cardiff.
- **The Pontcanna Inn:** 36 Cathedral Rd, Cardiff CF11 9LL, 029 2023 2917. This is a pub doing B&B, only two minutes' walk from Sport Wales.
- **Elgano Italian Restaurant and Hotel:** 58 Cathedral Rd, Cardiff CF11 9LL, 029 2025 5853. This restaurant and B&B is only three minutes' walk from Sport Wales.
- **The Beverley Hotel:** 75-77 Cathedral Road, Cardiff, South Glamorgan, CF11 9PG, 029 2034 3443 is four minutes' walk from Sport Wales.
- **Courtfield Hotel:** 101 Cathedral Rd, Cardiff CF11 9PH, 029 2022 7701 is five minutes' walk from Sport Wales.
- **Lincoln House Hotel:** 118-120 Cathedral Rd, Cardiff CF11 9LQ, 029 2039 5558 is six minutes' walk from Sport Wales.

The hotels on Cathedral Road are all very close to Sport Wales. Just follow Cathedral Road towards the city centre, turn left at the traffic lights into Sophia Close, and at the mini-roundabout Sport Wales is the building ahead and to the left.

This information has been compiled by Railfuture from various sources, but it is the responsibility of attendees to double-check the details in case they have changed. Railfuture cannot be held responsible for problems as a result of inaccurate or out-of-date information in this document.

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