

## Accommodation Options in Cardiff.

Our main aim for this years Summer seminar, is making it easy and cheap to stay in Cardiff. We are well aware, KUK students and Aikidoka in general will be travelling from across the country. Finding cheap affordable accommodation is vital to enjoy the seminar, without having to make long distant trips, just for one day. We would like all students to enjoy the whole seminar, without breaking the bank.

We will list many different types of accommodation to suit all pockets and peoples life styles. All information will be up to date, at the point of publication. It will be up to the individual to check, the accommodation is still available at the prices stated. All accommodation stated, will only be listed if it is near to the National Sport Centre.

### Bed & Breakfast.

National Sport Centre. (Seminar Venue)

There are various options offered by the Centre. A majority of the rooms are double or triple occupancy. There are a few single rooms. The centre also offers full board deals. It is not possible to book any rooms until after **April, 2013**.

The telephone number is 0845 045 0902  
email: [nationalcentre@sportwales.org.uk](mailto:nationalcentre@sportwales.org.uk)  
Website page: [Sport Wales](#)

Church Guest House  
Website: [www.churchguesthouse.co.uk/](http://www.churchguesthouse.co.uk/)

Riverside Bed & Breakfast  
Website: [www.riversidebandb.co.uk/](http://www.riversidebandb.co.uk/)

Courtfield Hotel  
Website: [www.courtfieldhotel.com/](http://www.courtfieldhotel.com/)

Penrhys Hotel  
Website: [www.penrhyshotel.com/](http://www.penrhyshotel.com/)

Austins Guest House  
Website: [www.hotelcardiff.com/](http://www.hotelcardiff.com/)

The Avenue Guest House  
Website: [www.theavenueguesthouse.com/](http://www.theavenueguesthouse.com/)

## Self Catering option. (Recommended)

Cardiff University Student Accommodation.

The two nearest blocks to the venue are Talybont Court & Colum Hall.

All single rooms are en-suite. Some double rooms are available.

Single rooms £20.53 pppn. Double rooms £40.59

Single rooms semi en-suite £18.60pppn

Single rooms shared bathroom £17.03pppn

To book for either site

Tel: 029 2087 4616

Email: [HumphriesE@cardiff.ac.uk](mailto:HumphriesE@cardiff.ac.uk)

Emma Humphries.

Weather permitting; you can walk from either site to the National Sport centre. It's not clear on the map, but there are paths across the park area which leads to the foot bridge next to the Venue. Breakfasts are available at the National Sport Centres, Sporting Cafe. 8am -8pm (Saturday & Sunday) 10am - 8pm (Friday)

## Cardiff Travel Information

### Travelling by Air to Cardiff Airport.

There are good links from Cardiff Airport to the centre of Cardiff. The main website for travel from Cardiff Airport to Cardiff, please see [www.tbicardiffairport.com/en/](http://www.tbicardiffairport.com/en/)

This site gives comprehensive details of Rail, Bus, Taxi connections & hire car details.

### Travelling by Car.

Travelling west on the M4. Leave on junction 29, taking the A48(M). This road ends and becomes the A48. Stay on this road all the way in to Cardiff. You will pass the Heath Hospital on your right. Slowing down for the speed cameras! You will go under a fly over, and see a large Tesco Extra on your left. Stay in

the middle lane and go through the traffic lights. Approx 500 metres further on, you will see your first sign for the National Sport centre, and turn left. At the end of this road, you will turn left on to the A4119 Cardiff Road. Stay on this road, with open park land on your left. At the next main junction stay left, with the park land still on your left. This road takes you on to Cathedral Road. Stay on this road, until you see the brown sign to turn left in to the National Sport Centre.

## Travelling by Coach to Cardiff.

There are two Coach stops in Cardiff. National Express coaches stop at Cardiff Bus Station. The Bus Station is situated in front of Cardiff Central Train Station. If you are using the Megabus, they do NOT stop at the Bus Station. The stop is situated at the junction of Kingsway & Boulevard de Nantes, near to the Hilton Hotel. Please check the Megabus website before travel.

[www.nationalexpress.com](http://www.nationalexpress.com)

[www.megabus.com](http://www.megabus.com)

## Travelling by Train.

All trains from London and the M4 corridor stop at Cardiff Central Station. Travelling from other parts of the country, you will either change at Bristol Parkway, Bristol Templemeads, or Newport. Please check the National Rail Enquiry website for more details, and connections.

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

## Travelling within Cardiff by Bus.

Bus Numbers 24 & 25 will take you from the Bus Station to within a 2 minute walk to the National Sport Centre. You need to ask for Cathedral Road.

[www.cardiffbus.com/english/](http://www.cardiffbus.com/english/)

## Travelling on Foot.

From personal experience, it takes approx 15 minutes to walk from Cardiff Central Train Station, to the National Sport Centre. It is very easy to move around Cardiff on foot. Provided you allow for the extra time, all venues over the course weekend can be attended without having to drive. (Weather permitting!)

