



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

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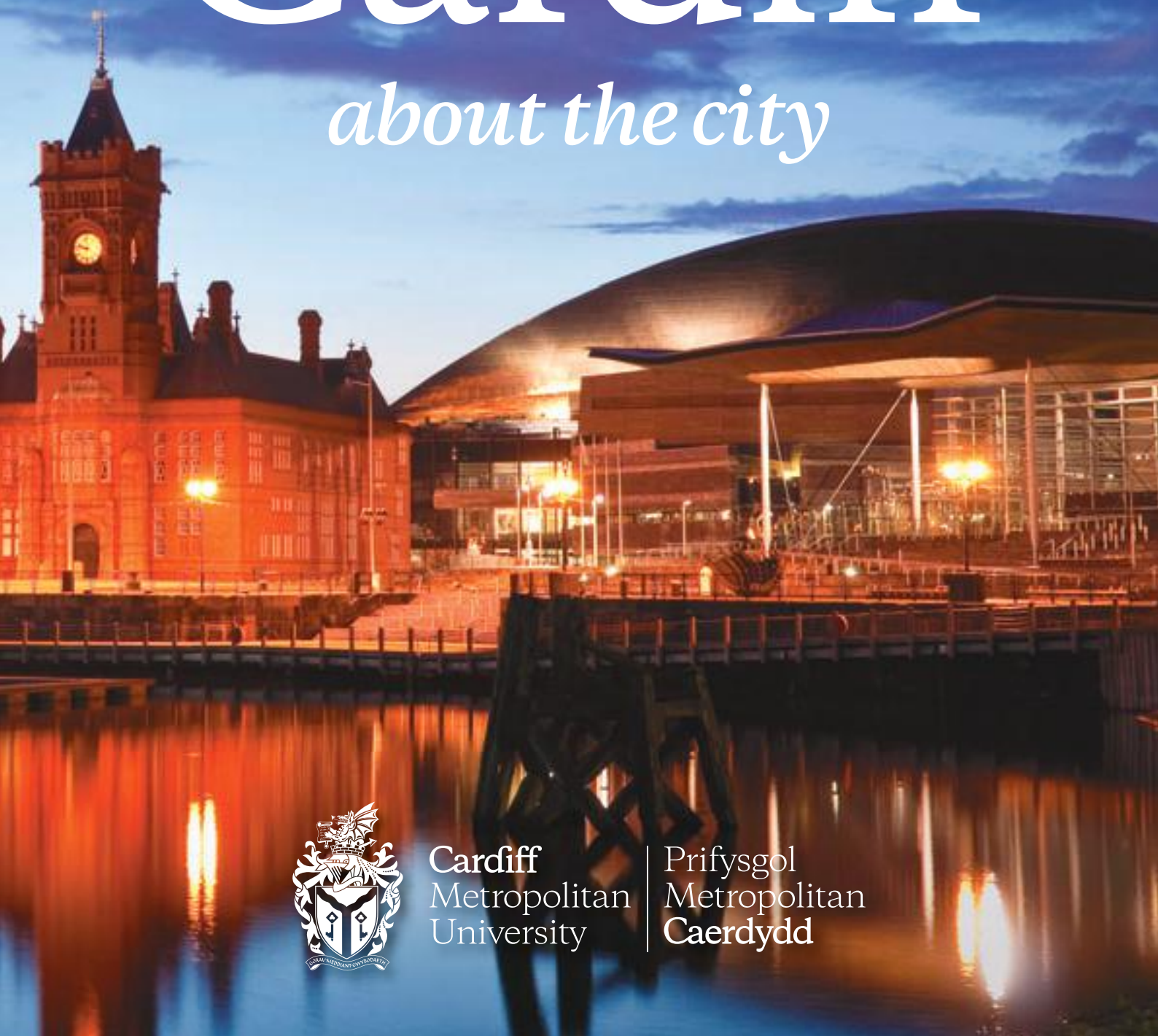
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Cardiff

about the city



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World famous Millennium Centre, Cardiff Bay





Welcome to Cardiff

Croeso I Gaerdydd

The capital city of Wales has altered beyond recognition over the past decade or so. Massive investment in the city, the regeneration of its docks into a superb waterfront and a general interest in all things Welsh, from its music scene to its independent government, makes Cardiff an exciting European destination.

Cardiff has the good fortune to house such gems as the National Museum of Wales, the Museum of Welsh Life, the Wales Millennium Centre and stunning civic buildings surrounded by acres and acres of parkland.

The city boasts a year-round calendar of events. For the very latest on all the city's events, theatre and show listings and concerts, contact Cardiff Visitor Centre or pick up Buzz magazine and keep an eye on the students' union notice board - but a night out in Cardiff is usually an event in itself! Despite all the recent changes, Cardiff remains a famously friendly city.



Cardiff's a young, prosperous and vibrant city full of character and atmosphere with a range of first-class facilities for sport, nightlife, shopping and sightseeing. If you are looking for a place where you will be made to feel welcome; somewhere that's lively, inexpensive and easy to get around - Cardiff is your answer!

Waterfront City

Barcelona may be a famous city by the sea, but it is Cardiff that boasts Europe's largest waterfront development, Cardiff Bay.

The harbour area has always been important to the city and in the late 19th century Cardiff was the world's busiest coal port. In 1999, the Cardiff Bay barrage created a huge freshwater lake which is now surrounded by chic waterfront bars, restaurants and cafes.

The Roald Dahl Plass, named after the famous Cardiff-born author, is a stunning public plaza next to the modern Welsh Government Building and the Wales Millennium Centre. The bowl-shaped area, with amphitheatre style seating, acts as a venue for open-air concerts and festivals throughout the summer.

Lazy Sundays can easily be spent in Cardiff Bay, with a tapas lunch on the balcony at Terra Nova, followed by ice-cream at Cadwalader's and then a boat trip over to the seaside town of Penarth, or back to the city centre.



Cardiff Bay



Out and About

Few capital cities are better placed than Cardiff for blowing away the cobwebs when city life becomes too hectic.

The remote wilderness of the Brecon Beacons National Park is under an hour away from Cardiff and home to some of Wales' most spectacular landscapes. The opportunities for activity are endless, from hiking to the summit of Wales' highest peak, to mountain biking, or kayaking, fishing and caving, alongside amazing rivers and waterfalls.

If surfing is your thing, Britain's first area of outstanding natural beauty, The Gower Peninsular, is also within an hours drive. Famous for its clean, award-winning beaches, the area has some of the world's best surf spots, but is equally attractive for sun worshippers and walkers alike, with golden sands and a breathtaking, rugged coastline.

The Taff Trail runs through the centre of Cardiff, following the route of the river from the Brecon Beacons in the north, through the valleys, before ending in Cardiff Bay, with plenty of sights en route for cyclists and walkers.



View from the Brecon Beacons



Wales Millennium Stadium, Cardiff



Sporting City

Cardiff is without doubt a sporting capital. The Millennium Stadium dominates the skyline and has seen sporting history played out under its retractable roof, since 1999.

Watching:

A legendary destination for rugby fans - Cardiff on an international match day is often awash with people from across the world.

Many say there isn't anywhere better to watch a major sporting event than in a world class stadium, unusually situated at the heart of a city centre.

It's not all about rugby though - the Millennium Stadium is also home to the British Speedway Grand Prix and has hosted international boxing clashes.

Cardiff City FC also has its brand new stadium at Leckwith for the fans to enjoy the games.

Cricket enthusiasts will enjoy an afternoon at Sophia Gardens, home to Glamorgan County Cricket Club, whilst ice hockey fans can see the Cardiff Devils team in action at the city's ice-rink.

Playing:

Cardiff Met itself has some of the best sporting facilities in Wales, but outside of the university, there is plenty of opportunity for recreational sport. If rowing is your thing, the River Taff runs right through the city centre and there is also a chance to row in the beautiful surroundings of Roath Park Lake in Cardiff.



Bustling Cardiff street on match day.



National Indoor Athletics Centre, Cyncoed

The Welsh Institute of Sport at Sophia Gardens has world class facilities including badminton, tennis and netball courts.

Winter sports are also catered for - Cardiff has its own dry ski slope in Fairwater and a temporary ice-rink until Cardiff's new multi-million pound sports village is completed.



St Davids-Dewi Sant, Cardiff's new shopping complex



Travelling to Cardiff

Cardiff is easy to reach whether you're travelling by car, coach, train or plane.

By Car

The M4 motorway lies just a mile or so to the north of the city centre giving easy access to London and the South East or, via the M5, to the Midlands, the South West and the North.

Rail travel is just as easy. A good rail network links Cardiff to all parts of Wales and there are fast, daily services to other major cities. London is only two hours away by Inter-City.

Twelve miles from the city is Wales' premier regional airport. There are regular services to many British cities as well as to European capitals.

By Train

The main station for Inter-City services is Cardiff Central in the city centre. It is approximately three miles from the campuses at Llandaff and Cyncoed.

Taxis and buses to all the centres and the Halls of Residence are available from the station. Local train services operate from both the Central and the Queen Street stations.

By Coach

National coach services operate from the city centre bus station, adjacent to the central railway station. Coach services connect the city to destinations nationwide.

By Bus

The central bus station is adjacent to the central railway station. Local services connect to both campuses.

