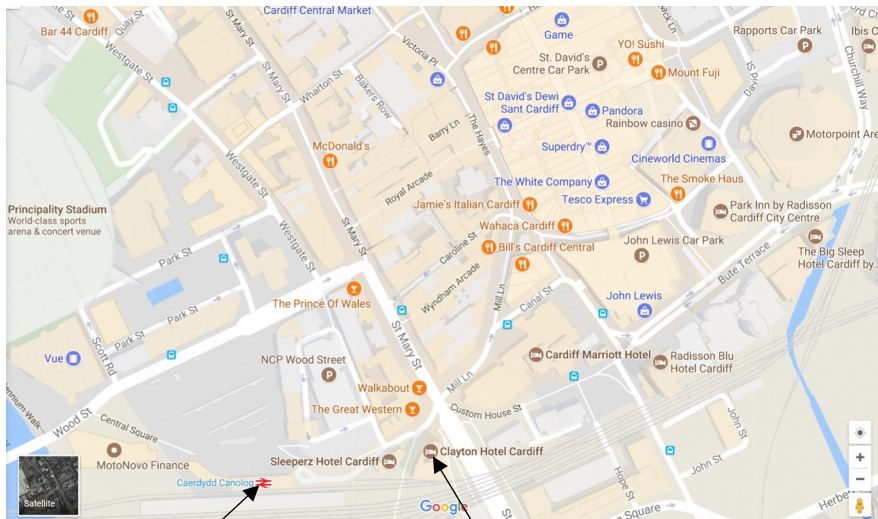


A Brief History of Cardiff

- The first known settlement in Cardiff was by the Romans in around 55AD at the site where Cardiff Castle now stands and in the 11th century the first castle was built there.
- Cardiff was awarded city status by King Edward VII in 1905 and was recognised as the capital city of Wales in 1955.
- During the 19th and early 20th centuries the Cardiff docks became the busiest in the world, owing largely to coal and iron exports, and a population explosion ensued.
- Today Cardiff is a vibrant city with bustling streets and a world-class university. The city centre boasts fine restaurants and shopping centres, with elegant regeneration in areas such as Cardiff Bay, home of the Senedd (the National Assembly for Wales).
- A brief but very informative recent history of Cardiff and its regeneration can be found at: <https://cardiffharbour.com/history/> and is definitely worth a read.
- For information on what you can find or do in and around Cardiff visit: <http://www.visitcardiff.com/>.

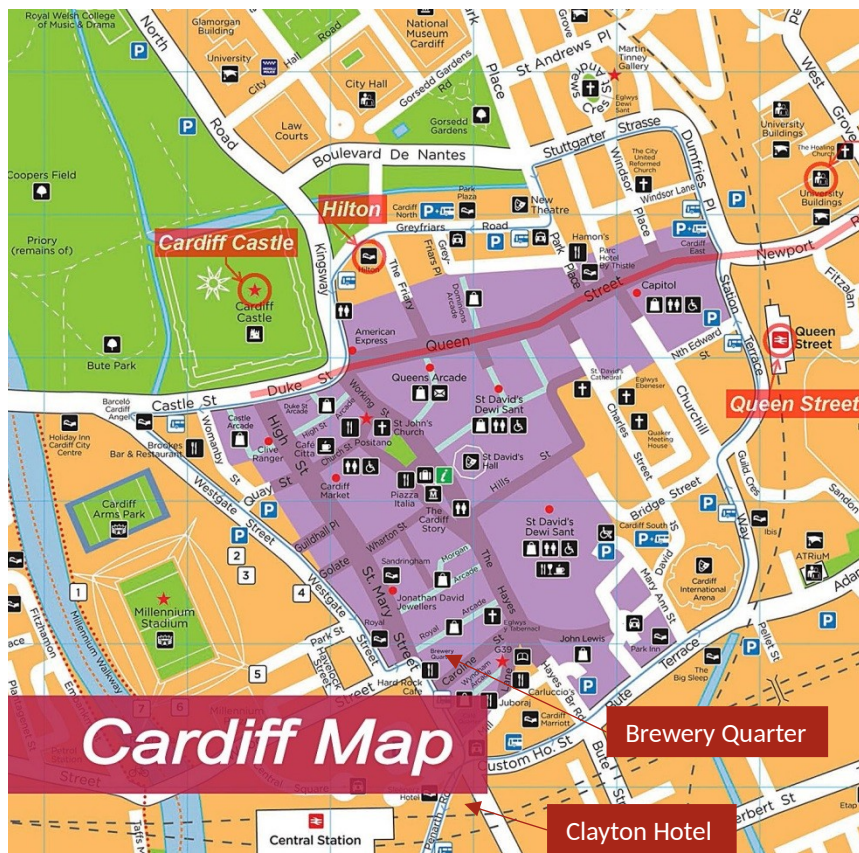
Map showing location of Clayton Hotel Cardiff (workshop venue), and Cardiff Central Railway Station



Cardiff Central
Railway Station

Clayton Hotel Cardiff

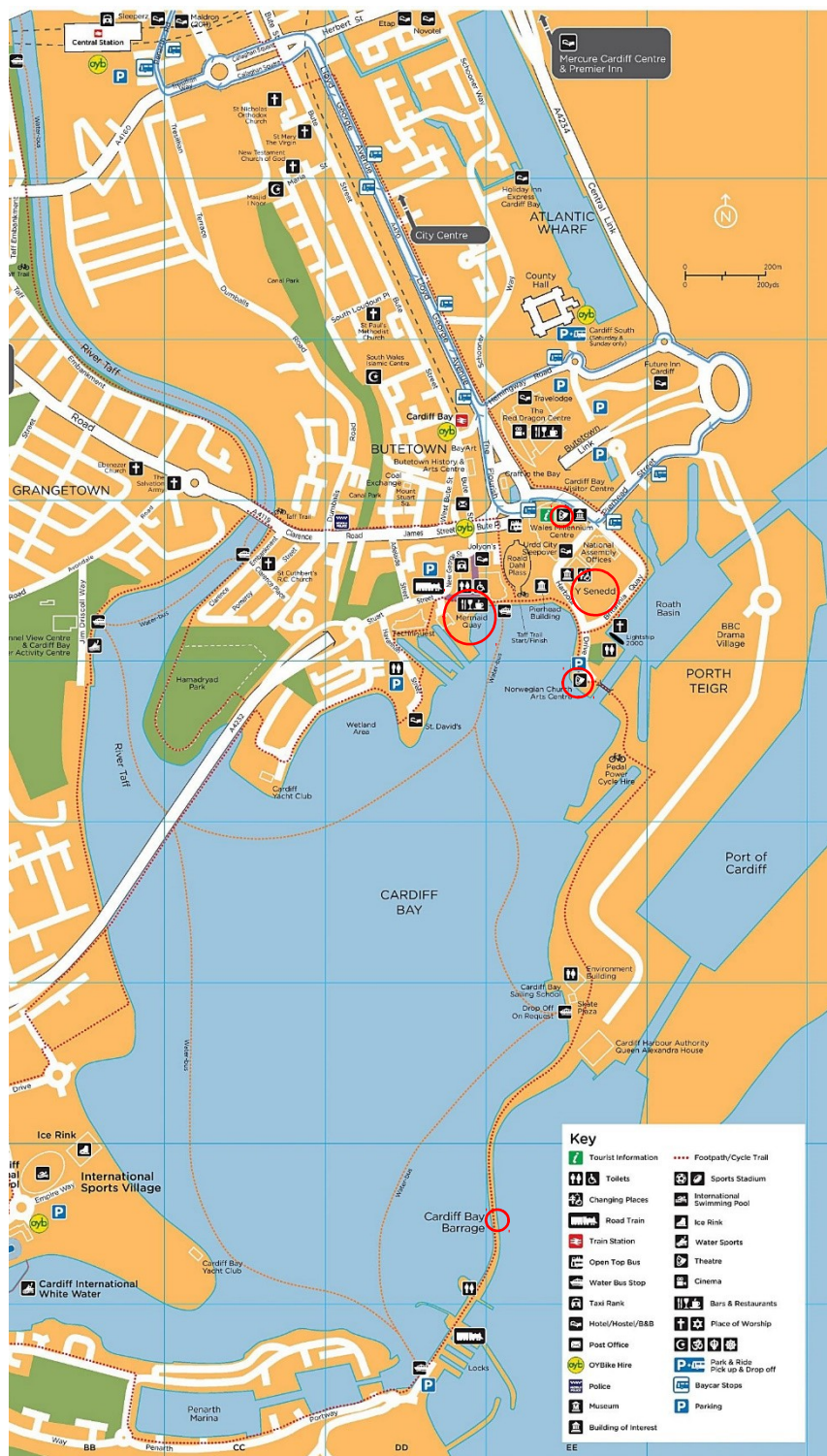
Map of Cardiff City Centre



Points of Interest

- City Centre shopping areas (highlighted in purple), including:
 - St David's and Queen's Arcade indoor shopping centres;
 - Queen Street (the main outdoor pedestrianised shopping street);
 - The Hayes, St Mary Street and High Street outdoors, non-pedestrianised shops/cafes.
- Cardiff Castle (Castle will be open at 9am, first tour 10am, last admission 4pm)
<http://www.cardiffcastle.com/>
- Principality Stadium (shown on this map with its previous name of Millennium Stadium) - tours are available, be sure to book in advance:
<http://www.principalitystadium.wales/>
- Cafes, restaurants and pubs can be found throughout the city centre.
 - The newly regenerated Brewery Quarter can be seen on the map and hosts a selection of restaurants and pubs <http://www.breweryquarter.co.uk/>

Map of Cardiff Bay



Points of Interest (circled in red on map)

- Cardiff Bay Barrage (a great walk if you get the opportunity - 1.1km across the barrage) - <https://cardiffharbour.com/barrage-story/> gives an overview of the building and running of this
- The Senedd (the National Assembly for Wales)
- Mermaid Quay (restaurants and bars)
- Norwegian Church Arts Centre - <https://www.norwegianchurchcardiff.com/>

Places to eat

The city has a huge and varied range of places to eat. For those with particular dietary requirements some suggestions follow.

Vegetarian with vegan and gluten free choices:

- Vegetarian Food Studio (115-117 Penarth Rd, Cardiff CF11 6JU)
<http://www.vegetarianfoodstudio.com/>
- Cosy Club (St David's Dewi Sant, 1 Hills Street, Cardiff, CF10 2LE)
<https://cosyclub.co.uk/clubs/cardiff/>

Vegetarian, vegan and gluten free choices (also serves meat):

- The Plan Café (28-29 Morgan Arcade, Cardiff, CF10 1AF)
<http://theplancafecardiff.co.uk/>

Vegetarian and vegan:

- Crumbs Kitchen (33 Morgan Arcade, Cardiff CF10 1AF)
<http://www.crumbskitchencardiff.co.uk/>

Outside of the city centre:

- Signor Valentino (Unit Upper 15, Mermaid Quay, Cardiff Bay, CF10 5BZ - (Gluten free options available, ask in the restaurant for details) - <http://www.signorvalentino-mermaidquay.com/home>
- Caban Cardiff (40 Clifton Street, Cardiff, CF24 1LR) (Caban is a vegetarian restaurant with vegan and gluten-free options but always has one meat dish available on their menu) <http://cabancardiff.com/#/home/4525246155>