

Eating, Shopping & Entertainment

There are a range of restaurants, shops and entertainment venues in Cardiff Bay. So if you would like to make a dinner reservation, find out the opening times or book a bowling lane then just give them a call.

Mermaid Quay

Bars, Restaurants, Coffee Shops and Takeaways

Bellinis T: 029 2048 7070
Bosphorus T: 029 2048 7477
Cadwaladers Ice Cream Café
T: 029 2049 3264
Café Rouge T: 029 2049 7638
Coffee Mania T: 029 2046 4546
Cosmo T: 029 2046 1333
Costa T: 029 2044 0521
Côte Brasserie T: 029 2045 3780
Demiro's T: 029 2049 1882
Domino's Pizza T: 029 2045 1851
Eddie's Diner T: 029 2048 4020
Garçon T: 029 2049 0990
Gourmet Burger Kitchen
T: 029 2045 4078
Herb & Ellie's Bakery & Deli
T: 029 2045 5955
Las Iguanas
T: 029 2045 9165
Mimosa Kitchen & Bar
T: 029 2049 1990
Nandos T: 029 2045 0324
Pearl of the Orient & Ba Orient
T: 029 2049 8080
Pizza Express T: 029 2047 2006
Salt T: 029 2049 4375
Signor Valentino T: 029 2048 2007
Starbucks T: 029 2045 1961
Strada T: 029 2048 2112
Subway T: 029 2048 0700
Terra Nova Bar & Kitchen
T: 029 2045 0947
The Bayside Brasserie
T: 029 2035 8444
The Glee Club T: 0871 472 0400
VIP Lounge T: 029 2048 9077
Wagamama T: 029 2048 5195

Shops & Services

Barclays Bank T: 029 2042 6330
Blink Optometrists
T: 029 2049 2121
Castle Galleries T: 029 2049 5240
Divine T: 029 2046 4331
Fabulous Welshcakes
T: 029 2045 6593
James Hull Associates
T: 029 2048 1212
Ken Picton Salon
T: 029 2066 2080
Ladbroke's T: 0800 731 4171
NatWest Bank T: 0845 301 7532

Polka Dot T: 029 2046 3877
Taylors Countrywide
T: 029 2049 8425
Tesco Express T: 029 2047 1910
Zebra 2 T: 029 2046 5659

Craft in the Bay

Kemi's Café T: 029 2045 3335

Goleulong 2000 Lightship

Coffee Lounge T: 029 2048 7609

The Red Dragon Centre

ODEON T: 0871 22 44 007
Hollywood Bowl T: 0844 826 1456
Grosvenor Casino
T: 029 2046 8350
Bella Italia T: 029 2047 2099
Chiquito T: 029 2044 0080
West Coast Grill & Bar
T: 029 2049 3939
Oriental Garden T: 029 2047 3888
Spice Route T: 029 2048 8820
Cadwaladers Café
T: 029 2049 3264
Capital FM T: 029 2066 2716

Norwegian Church Arts Centre

Norsk Café T: 029 2087 7959

The St. David's Hotel & Spa

Tempus at Tides T: 029 2045 4045

Wales Millennium Centre

Ffresh T: 029 2063 6465
Crema T: 029 2048 4884
Hufen T: 029 2063 6426
One Café / Bar T: 029 2047 0254
Portmeirion T: 029 2047 0460

International Sports Village

CIWW Café T: 029 2082 9985
Cardiff International Pool Café:
T: 029 2072 9090

Visitor Attractions

20 Techniquet

The UK's longest established Science Centre with 120 hands-on science exhibits. Launch a hot air balloon, watch a colony of ants, see the stars in the Planetarium or experience a science theatre show. Open 9.30am - 4.30pm Tuesday to Friday in term time. 10.00am - 5.00pm weekends and bank holidays. Open 7 days a week during local school holidays. T: 029 2047 5475 www.techniquet.org

21 Goleulong 2000 Lightship

A vessel offering refreshments, tours, exhibitions, meetings and a base for the Cardiff Bay Chaplaincy. The on board chapel offers a peaceful oasis for all and holds an informal Holy Communion at 1.15pm on Wednesdays. Opening hours 10.00am - 5.00pm Mon to Sat and 2.00pm - 5.00pm Sun. FREE admission. T: 029 2048 7609 www.lightship2000.co.uk

22 The Cardiff Bay Barrage

Extending 1.1km long from Cardiff docks in the north to Penarth in the south, the Cardiff Bay Barrage is the perfect location for a leisurely walk or picnic. Enjoy views of the city and waterways, and visit the children's play area and skate park. Open 7am - 10pm all year round. T: 029 2070 0234 www.cardiffharbour.com

23 Y Senedd

This is the home of the National Assembly for Wales. Open 7 days a week, this unique landmark building offers a range of facilities for visitors. Come in and find out more about the work of the Assembly. Contact us now to book a free guided tour. T: 0845 010 5500 (Textphone: 0845 010 5678) www.assemblywales.org

24 Coal Exchange

Once a commercial hub for the high powered businessmen of the Welsh coal industry, this historic building is now available for corporate functions, weddings, conferences, live music, dinners, filming, special events and more! Visit our website for an events listing. Office space also available to let. T: 029 2049 4917 www.coalexchange.co.uk

25 Pierhead

The Pierhead is a unique visitor, events and conference venue for the people of Wales; a space to express opinions and give voice to issues that matter to you as individuals, communities or organisations. Visitors can enjoy visual displays that document the shifting landscape in Cardiff Bay over the past century, through which Pierhead has remained a constant feature. T: 0845 010 5500 www.pierhead.org

Flat Holm Island

Experience this unique attraction just 5 miles from Cardiff. Tour the historic buildings, see an array of wildlife or just relax and enjoy the atmosphere. Extend your stay with our courses, from survival techniques to photography, or spend the night in the island accommodation. Scheduled day trips from March to October, tickets available at the Cardiff Bay Visitor Centre. Departs Barrage North Water Bus Stop. T: 029 2087 7927 www.flatholmisland.com

Visit Cardiff Bay



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Arts & Heritage

1 Norwegian Church Arts Centre

Formally a Norwegian Seaman's Church, this is one of Cardiff's most distinctive buildings offering a varied programme of events, exhibitions and a stylish Norsk Café with outside terrace. Open Sun to Thurs 9am-6pm/Sat & Sun 9am-8pm. (Please note times will vary on event days/private hire). T: 029 2087 7959 www.norwegianchurchcardiff.com

2 Butetown History & Arts Centre

Exhibitions, photographs and educational materials on the history of Cardiff docklands and multicultural Wales. Local history books and gifts also available for purchase. Open: Tues - Fri 10am - 5pm. Weekends and Bank Holidays 11am - 4.30pm. 4 Dock Chambers, Bute Street. T: 029 2025 6757 www.bhac.org

3 Wales Millennium Centre

Theatres, galleries, restaurants, bars, shops, free entertainment and behind the scenes tours - all this and more at the award-winning Wales Millennium Centre, Europe's most exciting performing arts and cultural venue. Open all year, excl. Christmas Day. T: 029 2063 6464 www.wmc.org.uk

4 Makers Guild in Wales - Craft in the Bay

Displaying and selling high quality craft and art by members of the Makers Guild in Wales and invited national and international artists. Practical craft workshops, art parties, conference facilities, workshop room hire, café. Open 10.30am - 5.30pm daily. T: 029 2048 4611 www.makersguildinwales.org.uk



Shopping, Eating & Entertainment

5 Mermaid Quay

Restaurants, bars and cafés from around the world, boutique shopping and luxury pampering, Cardiff's top comedy club plus all the basics like banks, estate agents and groceries, all set right on the waterfront. T: 029 2048 0077 www.mermaidquay.co.uk

6 The Red Dragon Centre

A state-of-the-art entertainment complex boasting a 12-screen ODEON cinema home to Wales' only digital IMAX screen, a 26-lane hollywood bowl, 24-hour Grosvenor Casino, South Wales' hit music station Capital FM, plus restaurants, bars and cafés. Open all year round with free parking for customers. T: 029 2025 6261 www.thereddragoncentre.co.uk

7 Sayers Amusements

The world's only Welsh themed Carousel, complete with horses, dragon chariots and organ music. Traditional family fun for all ages. www.sayersamusements.co.uk



Cardiff International Sports Village

8 Cardiff International White Water (CIWW)

Voted 'Best Visitor Experience' at the Visit Wales awards, the white water rafting facility has variable river flows so that adventurers at all levels can enjoy the action packed course. Try the flat water area with a range of paddle sports in a fun-filled environment. Or enjoy a bite to eat in the café bar while watching the rafters take on the challenge. All specialist equipment provided. Prices and session times vary. T: 029 2082 9970 www.ciww.com

9 Cardiff Ice Arena

Planet Ice Public Skating

Enjoy an ice skating session at the indoor arena. Open 7 days a week, public skate times and prices vary. T: 029 2038 2001 www.planet-ice.co.uk

Cardiff Devils Ice Hockey Team

Join them on game night and experience this exhilarating and fast moving sport up close (Season - August to March). T: 029 2038 2001 www.cardiffdevils.com

10 Cardiff International Pool

The pool has a range of exciting facilities that everyone can enjoy, including a 50m Olympic pool, flumes and lazy river. Also home to a gym, health suite and café bar. Pool and water feature session times vary. T: 029 2072 9090 www.leisurecentre.com

11 Pont y Werin

A 140 metre bridge offering a link for pedestrians and cyclists to cross between Penarth and the International Sports Village. The design incorporates a 20 metre opening section to allow river traffic to pass, and it provides the final link completing the Bay Trail. Bay Trail maps available at Cardiff Bay Visitor Centre.

Cardiff Bay Water Activity Centre (CBWAC)

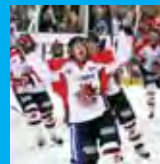
CBWAC offers a range of fun filled activities including sailing, windsurfing and rowing. Or with more than 16 land or water based activities that can be tailored to your needs, why not book a party package? Great to celebrate birthdays (age 10+) and stag and hen parties. Half and full day courses. Book now! T: 029 2035 3912 www.cbwac.com

Cardiff Bay has also developed into a healthy course fishery, day, week and annual licences are available, visit www.cardiffharbour.com for details.

Tourist Information Centre

12 Cardiff Bay Visitor Centre

Ideally located in Wales Millennium Centre they provide a wealth of information on attractions and events, and are on hand to make bed bookings in a range of accommodation. Visit the Cinema and Exhibition room and enjoy a DVD showcasing the development of the Bay. A variety of souvenirs are also available in the gift shop. T: 029 2087 7927 www.cardiffharbour.com



Accommodation

13 Holiday Inn Express

Situated on the Waterfront of the old East Dock it's conveniently located between Cardiff city centre and Cardiff Bay. Whether visiting family and friends, exploring the local attractions or here for business, our range of quality accommodations and conference facilities will suit your needs and budget. T: 029 2044 9000 www.exhicardiff.co.uk

14 The Urdd City Sleepover, Wales Millennium Centre

Is a 4 star hostel and conference centre run by Urdd Gobaith Cymru - Wales' largest youth organisation. Groups of up to 150 can stay in one of Europe's premiere arts venues. T: 029 2063 5678 www.urdd.org/cardiff

15 The St David's Hotel & Spa

A stylish five star hotel set on Cardiff Bay's stunning waterfront. The hotel offers 132 bedrooms, 8 conference rooms and meeting suites and an award winning restaurant and spa. T: 029 2045 4045 www.thestdavidshotel.com

16 Acityabode

Luxury serviced accommodation in the most desirable locations in Cardiff. All accommodation is professionally designed and furnished to the highest standards with more space, more flexibility and more privacy than the four walls of a hotel. T: 0870 919 4790 www.acityabode.com

Businesses in the Bay

17 Cardiff Waterside

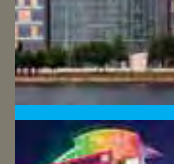
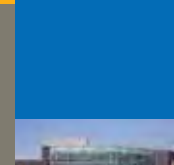
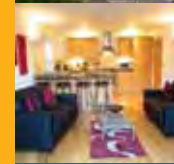
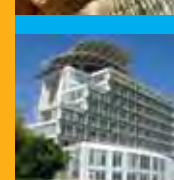
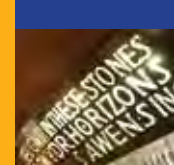
One of the most high profile waterfront business locations in the UK which, when completed will consist of 960,000 sqft of grade A office accommodation and also includes the 1238 space multi-storey car park. T: 029 2045 3691 www.cardiffwaterside.co.uk

18 Clever Lighting

LED Lighting - Design, Supply, Install. Want to light up your business or event? As one of the leading specialists in Led lighting products and systems our range of high impact LED lighting solutions will make you stand out. Energy efficient, with a low carbon footprint, Clever Lighting products can also help you to do your bit for the environment. T: 029 2048 6160 www.cleverlighting.co.uk

19 City Publications

The Magazine People ... Athomeinwales.com - Your ultimate guide to living. Kidzlifeuk.com - The family magazine with kids in mind. Diamantebridal.co.uk - The bridal magazine with a twist. T: 029 2045 0532 E: info@citypublications.org



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Visit Cardiff Bay

Cardiff Bay is a diverse waterfront built around a 200 hectare freshwater lake. Find a great mix of attractions, entertainment and events, coupled with vibrant bars and shops that create a truly unique atmosphere worthy of any capital city!

How to get to Cardiff Bay

Just one mile from the city centre why not take a leisurely stroll, cycle, catch a train, use a water taxi or jump on a bus. It's easy to get to Cardiff Bay!

By Bus

The number 6 Baycar operates from the city centre to Cardiff Bay. It runs 7 days a week, from early until late, every 10 minutes during the day and 15 minutes during evenings and weekends.

Bus stops include Queen Street Station, Greyfriars Road, St Mary's Street and Penarth Road/Central Train Station, Lloyd George Avenue and Wales Millennium Centre.

For information about all other Cardiff Bus services to Cardiff Bay, and the rest of the city, visit www.cardiffbus.com or call 0871 200 22 33.

By Car

Follow the signs for Cardiff Bay. From outside of Cardiff, on the M4 leave at Junction 33 and follow the A4232. From the East leave at Junction 29, take the 3rd exit off the A48.

26 Cardiff Waterside Car Park

The car park offers secure parking for 1238 cars and has been awarded the Park Mark award for safety and is open 24 hours a day. Prices start from £2 for an hour, £4 after 6pm and only £4 all day on the weekends! For more information call 029 2047 2691.



How to get to Cardiff International Sports Village (ISV)

Many attractions, retailers and restaurants are located in the newly developed International Sports Village.

By Bus

The number 7 runs from Cardiff City Centre to Cardiff Bay and ISV, with a reduced service during evenings and Saturdays. (No service on a Sunday).

Bus stops include Canal Street (near John Lewis), Wales Millennium Centre, Mermaid Quay, and Olympic Drive/ISV. Other services to ISV include the 9 and 9a. They run from the city centre 7 days a week, bus stops include Canal Street and Westgate Street. The 9a also goes via Cardiff Bay Water Activity Centre.

By Car

Follow signs for Cardiff Bay, then the International Sports Village. It is connected to the national road network via the Cogan Spur on the A4055 and the Barry junction off the A4232 and then onto the M4 J33.

Tours & Travel

27 City Sightseeing Bus Tour

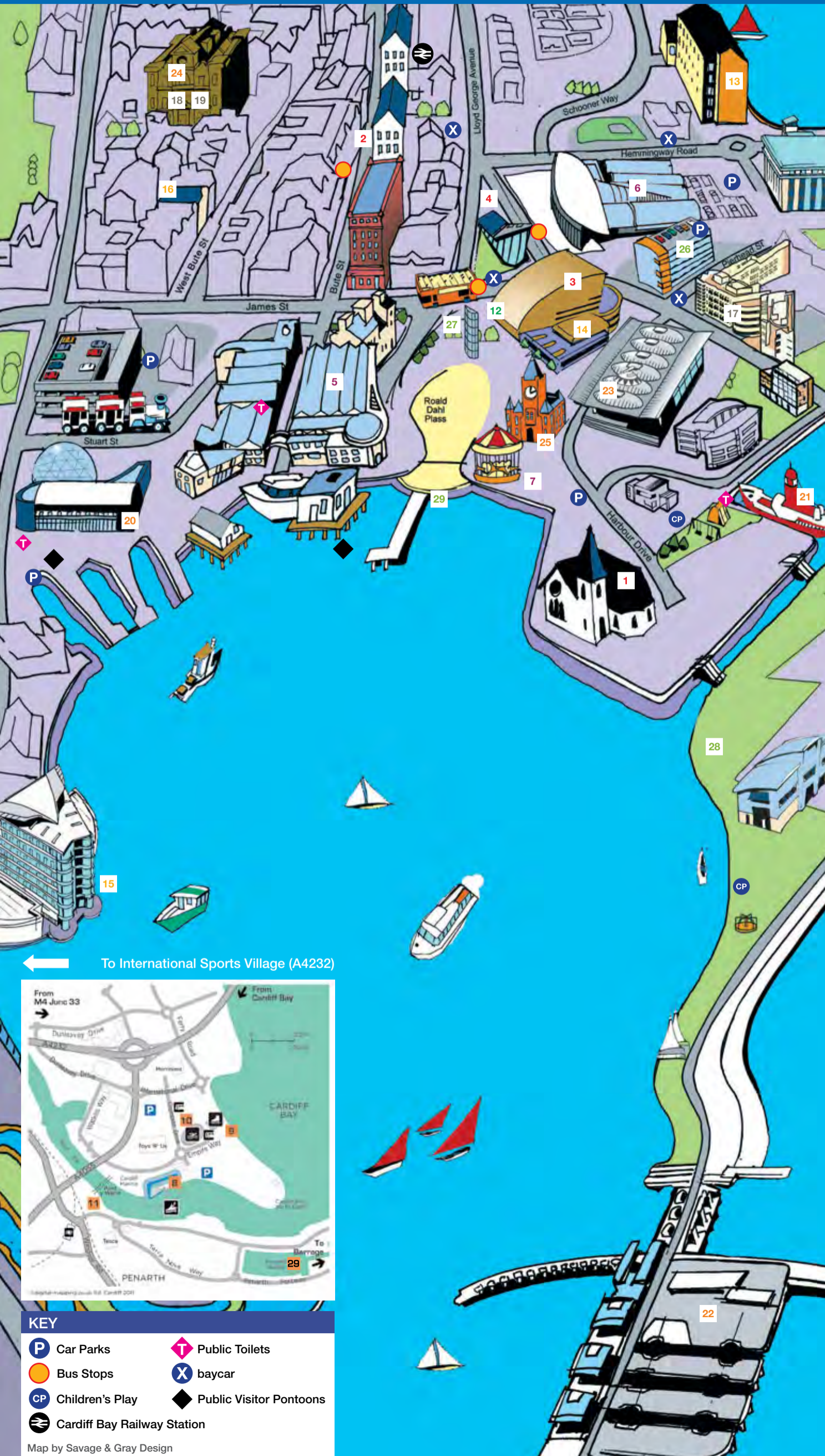
Open top, hop on - hop off bus tour of the City Centre and Bay departs from Cardiff Castle. Departs Cardiff Bay - Wales Millennium Centre 25/55 minutes past the hour - depending on frequency - see brochure. Tickets valid for 24 hours - full tour takes 50-55 minutes. T: 029 2047 3432 or 07808 713928 www.city-sightseeing.com

28 Pedal Power

Cycle centre and bike hire offering a great selection of bikes, go carts and pedal cars. Explore all those cycling nooks and crannies, in the Bay and beyond that you never even knew existed. A great activity for all ages. Cycle tours available. T: 07775 616411 E: shop@cardiffpedalpower.org www.cardiffpedalpower.org

29 Challenge Wales

Set sail from Cardiff Bay on the 72-foot round-the-world yacht. Take the helm, hoist the sails and be part of the crew! It's ideal for school groups, individuals, team development, corporate activity and parties. With no sailing experience necessary join us for a day sail, longer voyages to Lundy Island or an accredited sailing course. T: 029 2125 1040 E: reservations@challengewales.org www.challengewales.org



← To International Sports Village (A4232)



KEY

- Car Parks
- Bus Stops
- Children's Play
- Cardiff Bay Railway Station
- Public Toilets
- baycar
- Public Visitor Pontoons

Map by Savage & Gray Design
All details correct at time of going to press.