



DOCTORS ACADEMY

Disseminating Medical Knowledge
and Skills Globally

FRCS Course

Practice course for Clinical and Viva Examination in FRCS (Gen Surg)

Venue: Department of Surgery/Outpatient department, Royal Glamorgan Hospital,
Llantrisant, Wales, United Kingdom



Welcome to Cardiff, Capital of Wales!

Croeso i Gaerdydd, Prifddinas Cymru!

Cardiff is the gateway to South East Wales which offers everything you could want: spectacular scenery in the nearby Vale of Glamorgan, the highest peaks in Southern Britain in the Brecon Beacons National park, and magnificent castles in the South Wales valleys. Being the fastest growing capital city in Europe, Cardiff is young, vibrant and cosmopolitan, with plenty to keep you entertained.

In Cardiff, you can choose from a wide variety of hotel accommodation, just within the city-centre. There's luxurious spa hotels, individual boutique

hotels and grand hotels full of history. In Cardiff bay you can relax in five-star accommodation, or stretch your funds a little further with budget hotels. As little as 5 miles from the city-centre you can be among some of the UK's best countryside and have access to championship golf-courses, Wales' largest spa and fabulous views of the city.

B&B's & Guest Houses can also provide a home-from-home. Take your pick from Victorian town houses, a seventeenth century farmhouse, or even a former Norwegian vicarage.

You're sure to find something that suits your requirements.

If you are looking to stay in Cardiff without spending a fortune, then check out the range of budget accommodation available. We have an array of backpackers and hostels, which prove that you can afford award-winning, stylish city accommodation, even on a budget.

This brochure contains a small selection of hotels, B&B's and hostels conveniently located within the city centre.



For further information...

www.visitwales.com
www.visitcardiff.com
www.lonelyplanet.com
www.tripadvisor.co.uk



The River House Backpackers

“Award winning boutique hostel”

A smaller, independent, boutique-style backpackers hostel nestled on the banks of the River Taff in the centre of Cardiff with views of the Millennium Stadium.

Enjoying a prime and yet quiet location in the centre, we are within just a few minutes walk from the Central Train and Bus stations, Cardiff University and many of Cardiff's attractions.

Our eco-friendly hostel has won several awards including The Best Hostel In The UK and Ireland 2008.

Often described as more of a bed and breakfast by many of our guests, we make sure your stay is restful in one of Cardiff's best budget hotels so you can savor the delights of our city.

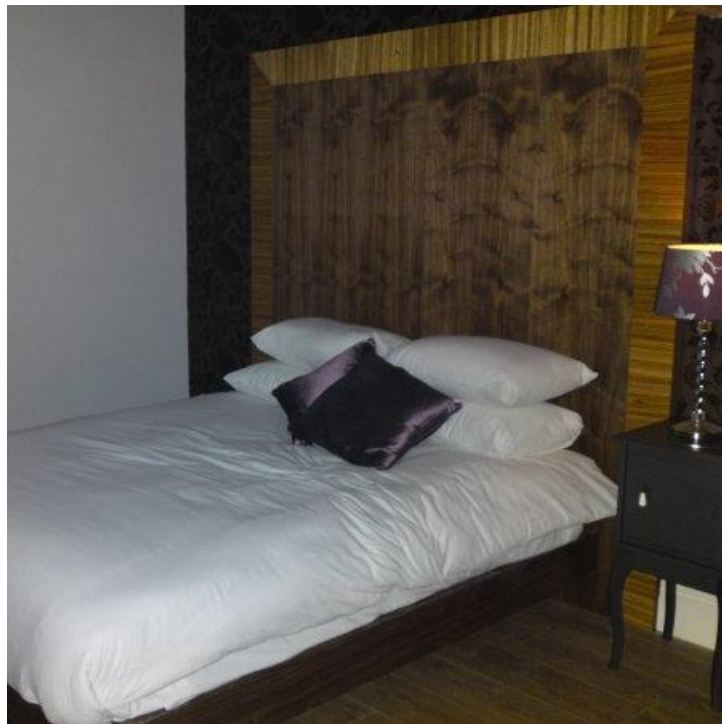
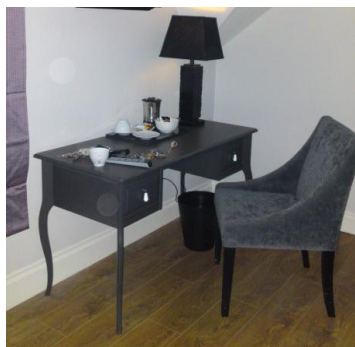


Hostel / B&B
(from £17.50pp)

The River House Backpackers
59 Fitzhamon Embankment
Riverside
Cardiff
Wales
CF11 6AN

+44 (0) 2920 399 810

www.riverhousebackpackers.com



Hotel One Hundred

“Exquisite boutique hotel”

We are a small family-run bed and breakfast hotel offering luxury accommodation in Cardiff city centre for affordable prices.

Small is beautiful. Over 2009 we have lovingly restored our 1890's Victorian Townhouse into a 7 bedroomed fully ensuite hotel that is perfect for an intimate, special couple of days in Cardiff.

Your needs have been anticipated with sumptuous bedrooms and stunning bathrooms. As well as plenty of personality, each bedroom has an LCD TV with built-in DVD player, bespoke, locally made beds with crisp white linen and fluffy towels.

The accommodation does not end with the rooms as our light and airy lounge and dining room is equipped with a large Flatscreen TV and DVD player, music, and a small pre-dinner bar. Our decked terrace is perfect for an evening get-together.

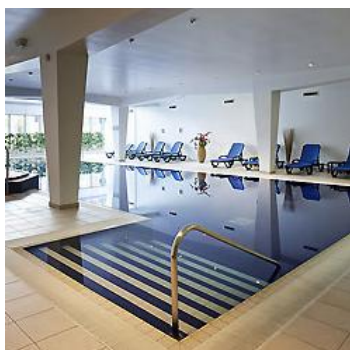
A plentiful continental breakfast is included in your stay and we also have a cooked option for £5 per person. The hotel is 100% smoke free.



Hotel / B&B
(from £49pp)

Hotel One Hundred
100 Newport Road
Cardiff
Wales
CF24 1DG

+44 (0) 7916 888 423
info@hotelonehundred.com
www.hotelonehundred.com



Mercure Holland House Hotel

“Comfortable rooms with a great location”

A four star hotel in the centre of Cardiff, the Capital City of Wales, Only a 5 min walk to the main shopping & cultural districts of this unique inspirational city.

Many of the hotel bedrooms have panoramic views across the city. The hotel contains 14 “SpaNaturel” treatment rooms. The hotel also boasts the single largest hotel meeting space in the city. WiFi/Wired internet is available throughout the hotel.

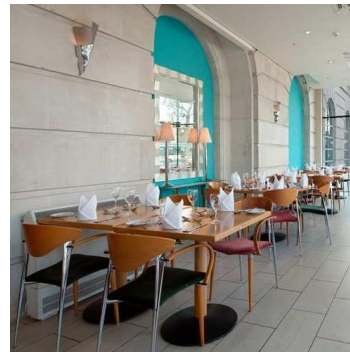
Underground parking available at the hotel at £12 per 24 hours



Hotel
(from £70pp)

Mercure Holland House Hotel
24-26 Newport Road
Cardiff
Wales
CF24 0DD

+44 (0) 2920 435 000
H6622@accor.com
www.mercure.com



Hilton Cardiff Hotel

“Great hotel, great location”

Relax in the spa or 20-metre heated pool, work out in the gym, or explore Cardiff attractions like Cardiff Castle, opposite the Hilton Cardiff hotel.

The Hilton Cardiff hotel has a city-center location, just 5 minutes' drive from the rail station and 30 minutes' from the airport, and offers wireless internet access in public spaces.

Sample modern Welsh cuisine at the Hilton Cardiff hotel's Razzi restaurant or graze on tapas accompanied by a speciality cocktail at STEAM° bar. Go shopping or visit Cardiff attractions like the striking Millennium Center or nearby Millennium Stadium. The Gower Peninsula and Brecon National Park are less than an hour's drive away.

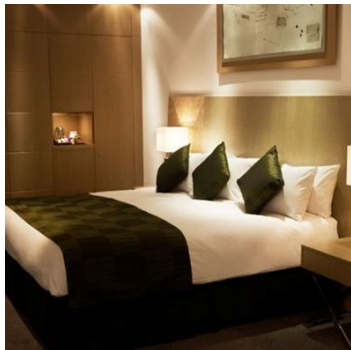
From Hilton Guest Rooms to Junior Suites, all Hilton Cardiff hotel rooms have high-speed internet access. Executive Rooms offer Executive Lounge access.



Hotel
(from £94pp)

Hilton Cardiff Hotel
Kingsway
Cardiff
Wales
CF10 3HH

+44 (0) 2920 646 300
www.hilton.co.uk



Park Plaza Cardiff

“A relaxing and comfortable stay”

A previous AA Hotel of the Year for Wales, this luxury, contemporary-style hotel is in the heart of Cardiff, within easy reach of the main entertainment and business districts.

Situated on Greyfriars Road, the 4-star Park Plaza Cardiff provides the ideal base from which to explore Wales's capital city. Just a short distance away from the hotel you will find Cardiff Castle, the Millennium Stadium, New Theatre Cardiff and several museums. Cardiff's main shopping street, with 2 shopping centres, is just around the corner.

After a long day of meetings or sightseeing you can relax with the use of the Park Plaza's extensive leisure facilities. The Laguna Health & Spa features a 20-metre indoor heated pool, comprehensive gym equipment, spa-bath, steam room and 8 massage and treatment rooms.



Hotel
(from £89pp)

Park Plaza Cardiff
Greyfriars Rd
Cardiff
Wales
CF10 3AL

+44 (0) 2920 111 111
www.parkplazacardiff.com



Lincoln House Hotel

“Traditional guesthouse”

Carefully restored and developed to provide you with all the comforts of modern living, this Victorian town house is ideally situated within easy walking distance of Cardiff city centre.

Located in a select area of Cardiff, often referred to as "The Chelsea of Cardiff", Lincoln House is set directly on Cathedral Road, within easy reach of all of the city's main attractions. Just a short stroll will bring you to the stunning Millennium Stadium, Cardiff Castle, Universities, Museum, Civic Centre, Glamorgan Cricket Ground and Cardiff Bay.

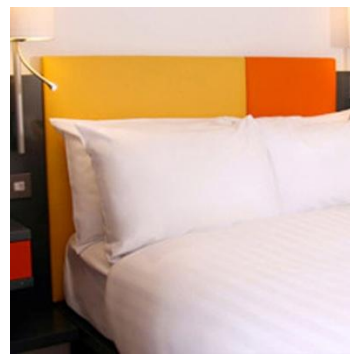
After a long day, you can return to the comfort of the hotel and relax in the tranquility of the residents lounge, or unwind with a drink in the bar. If you are feeling peckish, you can head into the centre to sample the various restaurants, or have a take-away delivered to the hotel.



Hotel
(from £70pp)

Lincoln House Hotel
118-120 Cathedral Road
Cardiff
Wales
CF11 9LQ

+44 (0) 2920 395 558
www.lincolnhotel.co.uk



Sleeperz Hotel Cardiff

“Convenient location with great city views”

This modern hotel gives great views across the city and offers free Wi-Fi and national UK calls. Cardiff Central Railway Station is a short walk away.

Sleeperz Hotel Cardiff has contemporary rooms featuring flat-screen LCD TVs, with Freeview. The tiled wet rooms have power showers.

A restaurant area overlooks the central square and the lounge bar has a wood-burning fire and beautiful leather sofas.

Millennium Stadium and shopping districts are within easy walking distance of Sleeperz Hotel.



Hotel
(from £55pp)

Sleeperz Hotel Cardiff
Saunders Road
Cardiff
Wales
CF10 1RH

+44 (0) 2920 478 747
www.sleeperz.com



Hotel Novotel Cardiff Centre

“Stylish and modern”

400 metres from the Cardiff International Arena, the Novotel Cardiff Centre has an indoor swimming pool, a gym and restaurant, and is ideal for shops, nightlife and train links.

The hotel is well placed for the Millennium Stadium and Cardiff Bay.

The 4-star Novotel Cardiff Centre is a stylish and modern and has 24-hour room service. It has a sauna, steam bath, whirlpool and solarium. The bar is open all night on Fridays and Saturdays.

Up to 2 children (under 16 years) can stay free (with breakfast) when sharing a room with adults. This includes access to video games, baby equipment and a healthy children's menu. Families also get late check-out on Sundays (until 17:00).



Hotel
(from £64pp)

Hotel Novotel Cardiff Centre
Atlantic Wharf
Cardiff
Wales
CF10 4RT

+44 (0) 2920 475 000
www.novotel.com



Cardiff Marriott Hotel

“Superb city centre location”

This 4-star luxury hotel is in the city centre, 300 metres from Cardiff Central Rail Station. It has air-conditioned rooms, an award-winning restaurant and a fitness club with indoor pool.

The Cardiff Marriott Hotel was refurbished in 2008 and is close to Cardiff's shops, cafes and major businesses. Cardiff Castle and the Millennium Stadium are both less than 700 metres away.

The large rooms are stylish and have luxury bedding, work desks, minibars and high-speed wireless internet (at an additional cost).

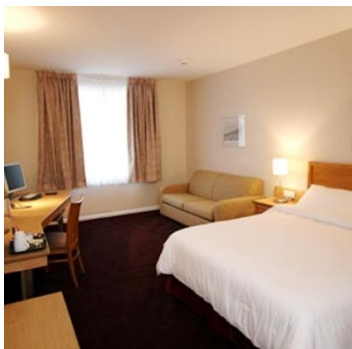
Brasserie Centrale has won an AA Rosette award for its French cuisine, made with fresh, local ingredients and a British influence. Chat's Cafe Bar has an outside terrace and is a more casual option. The hotel also offers 24-hour room service.



Hotel
(from £125pp)

Cardiff Marriott Hotel
Mill Lane
Cardiff
Wales
CF10 1EZ

+44 (0) 800 221 222
www.marriott.co.uk



Future Inn Cardiff Bay

“A short walk from the Bay”

Future Inn Cardiff Bay Hotel has an ideal location, situated near the city centre, steps from the vibrant dining and entertainment mecca that is Cardiff Bay's waterfront.

It is also conveniently located adjacent to the Wales Millennium Centre, the Welsh National Assembly, Cardiff County Hall and the main businesscommunity.

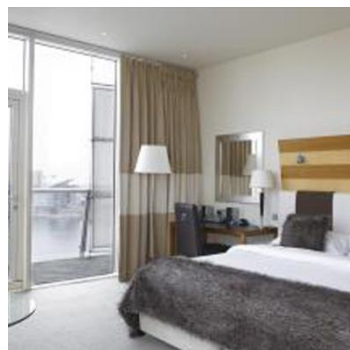
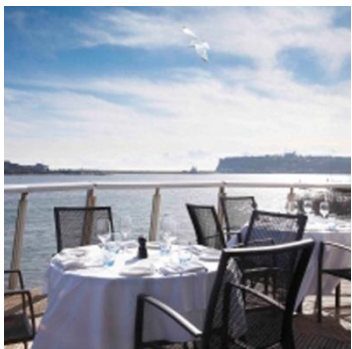
Their commitment is to offer comfortable, spacious, accommodation to an exceptionally high standard, offering amenities such as high-speed Internet access in every room, free local calls with reasonably priced national calls, meeting facilities, full service on-site restaurant and bar, free car parking and much much more.



Hotel
(from £103pp)

Future Inn Cardiff Bay
Hemingway Road
Cardiff
Wales
CF10 4JY

+44 (0) 8450 945 487
www.futureinns.co.uk



St Davids Hotel and Spa

“Five star waterfront hotel”

Overlooking Cardiff Bay, this 5-star waterfront hotel has a spa and stylish rooms with balconies and bay views. It is very close to the restaurant and bars at Mermaid Quay.

Cardiff city centre is a short walk from St Davids Hotel and Spa. The National Museum and Wales Millennium Centre are close by.

The Marine Spa has 2 hydrotherapy pools, a 15-metre exercise pool, sauna, fitness studio and a relaxation room with massage chairs.

St David's' award-winning Tides Bar, Terrace and Restaurant serve afternoon tea, evening meals and cocktails.



Hotel
(from £89pp)

St Davids Hotel and Spa
Havannah Street
Cardiff
Wales
CF10 5SD

+44 (0) 2920 454 045
www.thestdavidshotel.com



Jolyon's Boutique Hotel

“Unique Bay accommodation”

A warm welcome awaits you at this unique hideaway situated in the heart of Cardiff's famous docklands area.

With a prime location by the Millennium Centre, the luxury accommodation of the Jolyon's Hotel has become an integral part of this vibrant, up and coming area. For the comfort of guests, Jolyon's is a non-smoking hotel.

Come evening, enjoy a glass of fine wine or one of the many speciality beers as you sink into a leather couch.

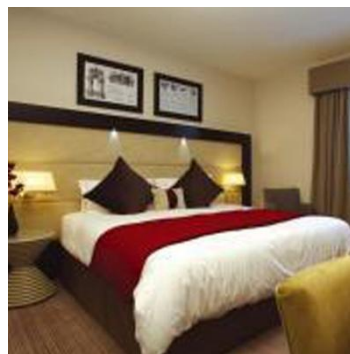
"One of the five best UK Town House Hotels...Jolyons set to Blossom" – The Independent.



Hotel
(from £90pp)

Jolyon's Boutique Hotel
Bute Crescent
Cardiff
Wales
CF10 5AN

+44 (0) 2920 488 775
www.jolyons.co.uk



The Parc Hotel

“Have a relaxing and memorable stay”

The Parc Hotel offers state of the art accommodation in 140 spacious and comfortable guest rooms. These rooms have been design with your every comfort in mind but are also equipped with the essential facilities to make sure guests have a relaxed and memorable stay in the Parc Hotel.

The rooms have been completely refurbished to the highest specifications and are a joy to stay in. The Parc Hotel also provides three special access rooms, which can cater for guests with special needs.

Wireless broadband is available throughout the hotel and allows guests to stay connected with work, home and the rest of the world.



Hotel
(from £69pp)

The Parc Hotel
Park Place
Cardiff
Wales
CF10 3UD

+44 (0) 8453 058 311
www.thistle.com



Radisson Blu Hotel Cardiff

“A stylish new hotel”

Enviably located in the city centre, the new Radisson Blu Hotel, Cardiff is a beautiful glass and metal skyscraper that has a stylish twist. Situated in the heart of the city, the hotel is close to several exciting attractions such as Millennium Stadium, Cardiff Castle and Cardiff International Arena, the Wales Millennium centre, home of the Welsh National Opera, and the superbly regenerated Cardiff Bay, are also easily accessible.

The hotel is just a short walk away from excellent shopping, theatres, bars, restaurants and cafes.

All 215 guest rooms come with high-class amenities such as free high-speed Internet access and individual climate control.

The restaurant and the bar serves up a tempting menu of innovative Italian dishes and with the distinctive Felini bar, is a great place to relax.

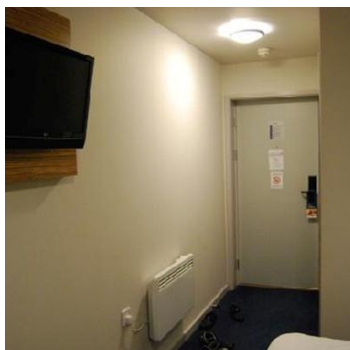
Some onsite car parking is available.



Hotel
(from £120pp)

Radisson Blu Hotel Cardiff
Meridian Gate
Cardiff
Wales
CF10 2FL

+44 (0) 2920 454 777
www.radissonblu.co.uk



Travelodge Cardiff Atlantic Wharf “Exquisite boutique hotel”

This brand new Travelodge opened for business in December 2008 and is located in the Atlantic Wharf Leisure Park, Cardiff Bay. The hotel's close proximity to the bay means that you are only a few minutes walk away from the major attractions, including; the Wales Millennium Centre, the Welsh Assembly Building, the Norwegian Church, plus the various pubs and restaurants that Cardiff Bay has to offer.



Hotel
(from £89pp)

Travelodge Cardiff Atlantic Wharf
Leisure Park
Cardiff
Wales
CF10 4JY

+44 (0) 8719 846 424
www.travelodge.co.uk



Holiday Inn Cardiff City

“Overlooking Cardiff Castle”

Whether you're traveling for business or pleasure, you'll find the location of the Holiday Inn Cardiff ideal between the Millennium Stadium and Cardiff Castle. The hotel accommodation is easy to reach from the M4 and offers chargeable parking for up to 85 cars on site. Cardiff Central Station is just a 5 minute walk from the hotel, and the airport is only a 30 minute drive.

The Holiday Inn Cardiff City centre has 157 fully air-conditioned bedrooms with high speed Internet access and all the facilities you'd expect. Family rooms are also available and we offer 4 accessible rooms, one with a ceiling hoist track. The Academy Conference venue in Cardiff city centre offers 11 purpose built conference rooms, all with natural daylight and air conditioning. The largest accommodates up to 150 delegates in theatre style.

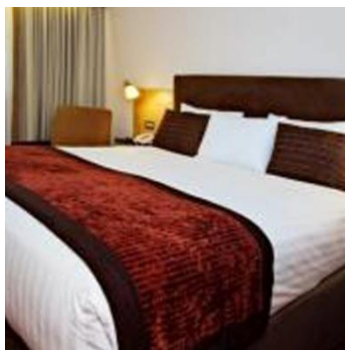
At the end of the day, come and relax in the hotel bar and enjoy refreshments and light snacks. There's also a traditional Irish bar, Callaghan's, where you can also watch live sports action on our large TVs. The restaurant serves a full a La Carte menu.



Hotel
(from £125pp)

Holiday Inn Cardiff City
Castle Street
Cardiff
Wales
CF10 1XD

+44 (0) 8719 429 240
www.holidayinn.com



Park Inn Cardiff City Centre

“Contemporary accommodation”

Adjacent to Cardiff International Arena, this modern hotel has a superb city centre location. Bus and train stations are a 5-minute walk away.

Park Inn Cardiff City Centre is adjacent to the John Lewis store and St. David's 2 shopping centre. Millennium Stadium and Cardiff Bay are nearby.

All of the contemporary rooms at Park Inn have flat-screen TVs. There is 24-hour room service.

RBG bar and restaurant serves a delicious grill menu.



Hotel
(from £63.75pp)

Park Inn Cardiff City Centre
Mary Ann Street
Cardiff
Wales
CF10 2JH

+44 (0) 2920 341 441
www.cardiff-city.parkinn.co.uk



Barcelo Cardiff Angel Hotel

“Elegant hotel overlooking castle grounds”

Next to Cardiff Castle and the Millennium Stadium, this historic yet modern hotel has air-conditioned bedrooms and an elegant restaurant overlooking the castle's grounds.

Barceló Cardiff Angel Hotel is a 5-minute walk from the central train station. Shops and attractions are within walking distance.

Many rooms at Barceló Cardiff Angel have views of Cardiff Castle and grounds. All comfortable rooms feature Freeview TV and wireless internet.



Hotel
(from £61pp)

Barcelo Cardiff Angel Hotel
Castle Street
Cardiff
Wales
CF10 1SZ

+44 (0) 800 4227 2356
www.barcelo.com



The Big Sleep Hotel

“Cool budget accommodation”

A designer budget hotel voted '1 of 25 coolest hotels in the world' by Conde Nast Traveller.

The hotel is superbly located in the heart of Cardiff opposite Cardiff International Arena and only minutes away from other major venues.

All 81 en suite bedrooms have great views, are modern and retro in design not to mention light and comfortable. A variety of rooms are available from suites to budget.

The hotel offers a bar and function room. A small number of car parking spaces are available on site.

The hotel was described as 'super cheap but sexy-chic' by Elle magazine.



Hotel
(from £45pp)

The Big Sleep Hotel
Bute Terrace, Glamorgan
Cardiff
Wales
CF10 2FE

+44 (0) 2920 636 363
www.thebigsleephotel.com



Ibis Cardiff

“Clean and modern rooms”

With a superb location, right in the heart of the city centre, the hotel offers modern air-cooled en suite rooms at great-value rates, just metres from Cardiff Queen Street Railway Station.

The Ibis Cardiff Centre is within easy reach of all that the Welsh capital has to offer. Cardiff International Arena (CIA) is just 300 metres away and the Millennium Stadium is only 0.5 miles (0.8 km) from the hotel. Cardiff Castle and St Mary's Street are also nearby. Cardiff Central Railway Station is just 10 minutes away and Cardiff Airport is just 12 miles (20 km) from the hotel.

All of the clean, modern air-cooled rooms have wired broadband internet access available at an additional cost. There is a bar, a restaurant and a 24-hour snack service. Wi-Fi is available in the hotel's public areas at an additional cost.

Public pay parking is available nearby, with discounted rates for hotel guests.



Hotel
(from £55pp)

Ibis Cardiff
Churchill Way
Cardiff
Wales
CF10 2HA

+44 (0) 2920 649 250
www.ibishotel.com



Premier Inn Llantrisant

“Clean and modern rooms”

Beside Llantrisant and Pontyclun Golf Club, an easy drive from the M4, this Premier Inn hotel has free parking, family-friendly rooms and an on-site Beefeater restaurant.

Some rooms at the Premier Inn Llantrisant can take 2 adults and up to 2 children (under 16 years). The 2 children also get a free full breakfast when accompanied by an adult eating a full breakfast.

The full all-you-can-eat breakfast has the expected cooked items, including vegetarian sausages, as well as a wide continental selection.



Hotel
(from £52pp)

Premier Inn
Gwaun Elai
Cardiff
Wales
CF72 8LL

0870 242 8000
www.premierinn.com



Vale Resort

Accessible rooms and hotel facilities

A truly world-class resort, the Vale Resort is situated in over 650 acres of stunning Welsh countryside and comprises of a luxurious 143 bedroom 4 star hotel, 2 championship golf courses, Wales' largest spa plus unrivalled sporting and leisure facilities.

The Vale Resort is one of the UK's leading destinations for family breaks, spa breaks, golf breaks in Wales. For business matters the Vale offers one of the largest conference centres in Wales with conference facilities able to accommodate up to 700 delegates.

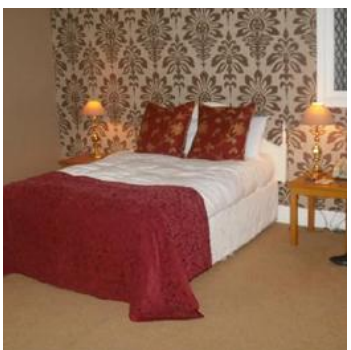
The Vale is only 3 minutes drive from J34 of the M4 and only 20 minutes from Cardiff, one of Europe's most vibrant and cosmopolitan capital cities.



Hotel
(from £137pp)

Vale Hotel
Hensol Park
Cardiff
Wales
CF72 8JY

+44 (0) 1443 667 800
www.vale-hotel.com



Miskin Manor

“Hotel, Health & Fitness”

Miskin Manor is a hidden jewel in the crown of the Principality. Nestled in the heart of the Welsh countryside, yet just a few miles from the coast the Manor is less than a mile from the M4.

This stunning house, set in 22 glorious acres and blessed with a timeless ambience makes a delightful rural retreat in which to while away a peaceful and relaxing few days.



Hotel
(from £110pp)

Miskin Manor
Miskin
Cardiff
Wales
CF72 8ND

01443 224 204
www.miskin-manor.co.uk

Contact us...

DoctorsAcademy

PO Box 4283
Cardiff
Wales
UK
CF14 8GN

Skype: DoctorsAcademy
E-mail: info@doctorsacademy.org.uk
Web: www.doctorsacademy.org.uk