Please note that this outing is on a Tuesday because of Easter.

Cardiff grew on coal. In its heyday it handled over 6 million tons a year. The Romans built a fort beside the River Taff in AD75 to control the Welsh tribesmen. Then in AD300 they extended it as a defence against pirates raiding across the Irish Sea. Legend says that Sir Lancelot sailed from Cardiff after King Arthur banished him, but it is unlikely he stayed at the fort. It was almost certainly deserted from the times the Romans left until after the Norman invasion, when William the Conqueror offered his knights whatever land they could win in Wales if they would subdue the local tribesmen. Robert Fitzhamon led an expedition to conquer Glamorgan. In 1093 he built a fort on a moated hillock which can now be seen in a corner of Cardiff Castle's ground.

Itinerary

SM

- 1. Central Bar, 39, Windsor Place, CF24 5NY (Weatherspoons) an easy walk from Central Station but much nearer to Queen Street. until 1115.
- 2. Goat Major (Brains), 33 High Street, CF10 1PU. A fill in as 3 doesn't open until 1200. Leave about 1150.
- 3. Cayo Arms, 36 Cathedral Road CF11 9LL. A reasonable way down Cathedral Street and the pub lays back from the road so you don't see it until you more or less arrive. Tomas Watkins, Seasonal Beers, Guest Beers, Eating Place. Leave about 1315.
- 4. Glamorgan Council's Staff Club, 17 Westgate Street, CF10 1DD. Guest Beers. Bring your CAMRA cards although I have never been asked to produce it. Last time I went was advertised as open at 0900, presumably to compete with Weatherspoons, 1330 -?
- 5. The Gatekeeper, 9-10, Westgate Street, CF10 1DD (Weatherspoons). Alternative eating place usually has some decent guest beers available. This is just an alternative if required.

Tueina					
Trains Paddington	0745	1702	Cardiff Central	0945	1455
	0815	1730		1027	1525
Long Eaton	0616	1750		0925	1445
	0726			1020	
Crewe	0718	1724		1004	1450
	0609		BNS 0706 0730	0925	
Worle	0845			1015	
		1619			1500
7118	8:15				
0	1:80	15	10:46		
	STATE OF THE PARTY	Name .	V		

Across the river, in Sophia Gardens, the only first-class county cricket side in Wales, Glamorgan, has its ground. It lies in the shadow of the National Sports Centre, which has an artificial ski-slope and an Olympic-size swimming-pool.

Information Tel. 27281. Location On the A48, 153 m. W of London.

Parking Greyfriars Road; Westgate Street; Wood Street; Ebenezer Street; The Monument; Mill Lane; Frederick Street; Union Street, Hills Terrace; Castle Mews; Homfray Street; Hope Street; Bute Terrace; Churchill Way; Newport Road; Millicent Street (all car parks).

District council City of Cardiff (Tel. 31033).

Population 280,000. E-C Wed. M-D Mon. to Sat. Police (Bb) Cathays Park (Tel. 44111).

Hospitals Cardiff Royal Infirmars, Newport Road (Tel. 492233): Sr David's, Crowbridge Road East (44141): University Hospital of Wales (755944).

Post offices Westgate Street (Ba): Bure Docks; Churchill Way (Ca): The Hayes (Ba).

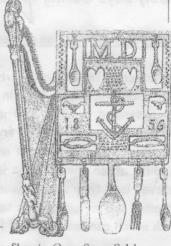
Theatres New (Cb) (Tel. 32446); Sherman (Cc) (25855); Chapter Arts Centre (25776); Cardiff Open Air (summer only, 498109).

FOLK HERITAGE OF A NATION

Ancient buildings from ali over Wales have been reassembled stone by stone at the Welst Folk Museum at St Fagans, 4 miles west of Cardiff. They include a 15th-century farmhouse and an 18th-century wool-mill. Each building is furnished and equipped with items of the appropriate period. A large section of the museum is devoted to folklore, and weavers and basket-makers ply their traditional crafts in the grounds.

The 19th-century love-spoon was a token of devotion, and a test of carring skill. The Welsh harp was made in 1851.

Cinemas ABC 1. 2, 3 (Bb)
(Tel. 31715); Odeon (Bb), Queen
Street (27058); Plaza (25824).
Public library (Ba) The Haves.
Places to see Cardiff Castle (Bb),
Castle Street; National Museum of
Wales (Bb/Cb), Cathays Park;
National Maritime and Industrial
Museum, Bute Street; Folk Museum,
St Fagans; Welsh Arts Council
Gallery (Ca), Charles Street.
Town trails Apply to Victorian
Society, 1 Priory Gardens, Bedford
Park, London W4.



Shopping Queen Street; St John Street; High Street; St Mary Street; Duke Street; Castle Street; Working Street: The Hayes.
Events Llandaff Festival (June); Miners' Gala (June).
Trade and industry Iron and steel; engineering; paper.
Sport Rugby football, Cardiff Arms Park; FA League football, Cardiff City FC, Ninian Park; Glamorgan County Cricket Club, Sophia Gardens.
AA 24 hour service Tel. 394111.

