Details of what's on at these and other venues are given on the notice boards at the junction of Morth Parade and Terrace Road, and in the Tourist Information Centre.

COMMODORE CINEMA Aberystwyth's main cinema, showing the latest films. Information line: 01970 612421.

modern cinema. Box office: 01970 623232.

ABERYSTWYTH ARTS CENTRE Located on the university's Penglais Campus, the centre has regular shows, plays and a comfortable

Entertainment

food and essentials.

Spar on Terrace Road is open 24 hours a day, 7 days a week for

selected shops open for six hours on Sundays.

The main shopping areas are Great Darkgate Street and Terrace Road, though the back streets have all sorts of interesting smaller shops too. Normal hours are 9.00am till 5.30pm, with

Buiddoys

Bridge with its famous bridges and waterfalls.

restaurant and free exhibitions. VALE OF RHEIDOL RAILWAY Take a steam railway ride to Devil's

NATIONAL LIBRARY OF WALES Features regular films, talks, a shop,

CONSTITUTION HILL Ride the cliff railway to the top for unrivalled views and the intriguing Camera Obscura.

free entry and regular exhibitions.

CEREDIGION MUSEUM The history of the town and county, with

and enjoy a park, crazy golf and putting green.

ABERYSTWYTH CASTLE Explore the ruins of a 13th Century castle

Things to See

UPPER LIMIT CATÉ North Parade Good value food and locally-famous cooked breakfasts.

TREEHOUSE Baker Street Particularly good for organic and vegetarian meals.

Spice of Bengal and CAFE ALL Spice Portland Road Indian restaurants and takeaways with extensive menus.

Morgen's CAFE Terrace Road Busy little traditional café.

THE MECCA COFFEE HOUSE Chalybeate Street Coffees, teas, sandwiches, rolls and cakes.

LITILE ITALY Morth Parade Established and popular Italian restaurant.

KAM Sing Promenade - near Pier Popular Chinese take-away.

INN ON THE PIER Pier, Promenade All-day food and great-value offers on pizza.

СЕИТRAL FISH RESTAURANT Chalybeate Street One of many excellent fish and chip restaurants.

BAR ESSENTIAL and **VARSITY** Terrace Road Good choice of meals and snacks in a pleasant bar.

An idea of what's on offer, along with the many other choices:

Places to Eat

opposite the station building.

BY BUS OR TRAIN The bus and railway stations are all on Alexandra Road. For the town centre and seafront follow Terrace Road,

to the town centre.

BY CAR The main long-stay car parks are found along Park Avenue. A free park-and-ride bus runs every 15 minutes between 8am and 6pm from the car park at the lower end of the Avenue

Arriving in Aberystwyth

Sports and Recreation

PLASCRUG LEISURE CENTRE Features two swimming pool, indoor and outdoor courts and a fitness suite. Located off Llanbadarn Road/end of Plascrug Avenue. Tel. 01970 624579.

BOWLING GROUND & TENNIS COURTS Available daily till dusk on the recreation ground off Queen's Road.

SKATE PARK A ten minute walk from town along Park Avenue.

Public Transport

HANDY BUSES

504: Circular Penglais Hill - Waunfawr - Llanbadarn - Penparcau

505: Circular Penparcau - Llanbadarn - Waunfawr - Penglais Hill

X32: Express to Machynlleth, Dolgellau and Bangor

X40: Express to Aberaeron, Lampeter and Carmarthen

Information line: 0870 608 2608

NATIONAL EXPRESS

Daily coach to London and Birmingham from Alexandra Road and Penglais Campus. Information: 0870 580 8080.

NATIONAL RAIL

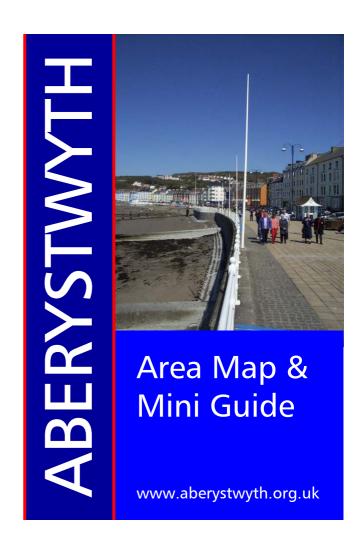
Two-hourly service to Machynlleth, Shrewsbury and Birmingham. Information: 0845 7 48 49 50.

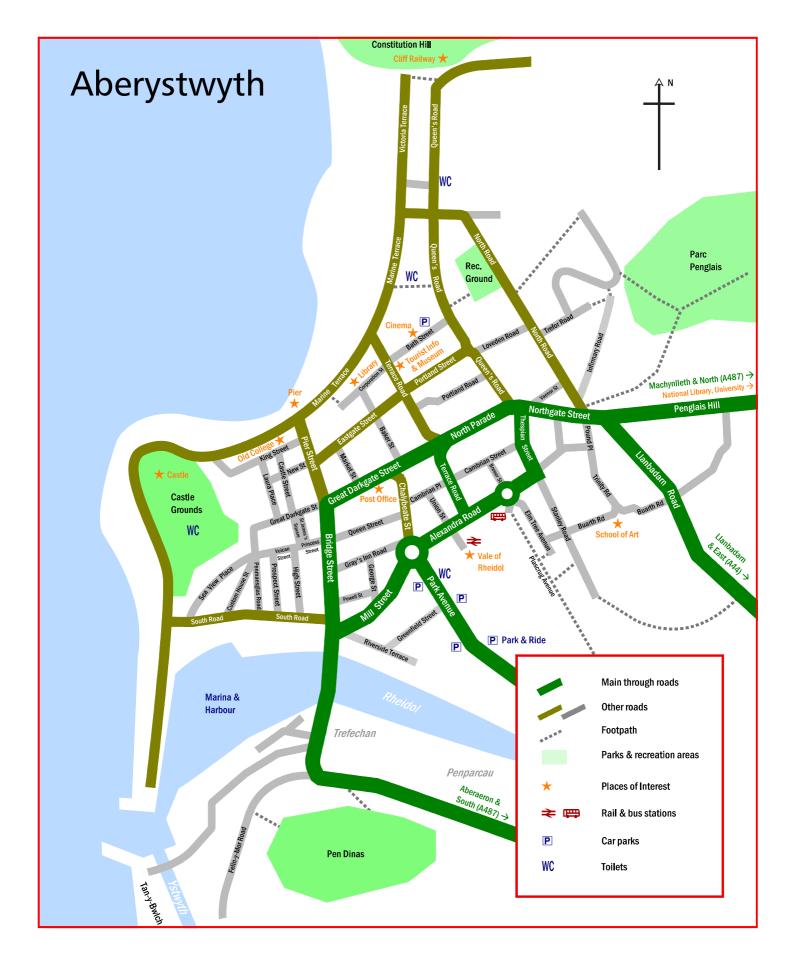
Healthcare Services

Details of doctors, dentists, opticians, chemists and health advice available from NHS Direct Wales on 0845 4647.

Local Radio

Radio Ceredigion 103.3FM Bilingual, county-wide





Further afield - directions and walking times from middle of map

UP PENGLAIS HILL Arts Centre – 20 mins Bronglais Hospital – 10 mins National Library – 12 mins Penglais Campus – 15 mins ALONG PARK AVENUE Parc-y-Llyn Retail Park – 15 mins

ALONG PLASCRUG AVENUEPlascrug Leisure Centre – 10 mins

ALONG LLANBADARN ROAD Llanbadarn Campus – 40 mins Llanbadarn Village – 30 mins