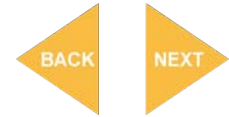




WELCOMING Sports Teams

INTRODUCTION



The Perfect Match-Day Base for Your Team

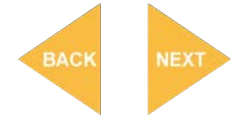
When your team is on the road, smooth logistics and a good night's rest are everything. The Copthorne Hotel Cardiff provides sports teams of all levels with a comfortable, hassle-free base designed to make travel easy and keep everyone focused.

Situated in a peaceful lakeside setting just off the M4, we offer the best of both worlds: a quiet environment where your team can rest without city-centre distractions, yet we are only minutes away from Cardiff's main pitches, stadiums, and sports venues. With flexible meeting rooms for team talks, spaces for private team meals, and plenty of free space for team coaches, we take the stress out of team travel.

Our 135 spacious bedrooms offer the ideal setup for overnight stays, providing a quiet, comfortable space where players can properly wind down, get quality sleep, and wake up fully refreshed for the game. Whether you are booking a single night before a match or a weekend tournament stay, we handle the logistics so your players and coaches can focus entirely on the game.



LOCATION



Strategic Connections: Your Regional Base

Our location at the intersection of the M4 and the capital's main arteries makes us the logistical "sweet spot" for South Wales.

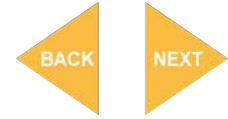
Proximity to Championship Venues

- **Cardiff City Centre (15 mins):** For the Principality Stadium (Rugby & Football), Cardiff Arms Park (Rugby), and Sophia Gardens (Cricket, Hockey).
- **Cardiff City FC Stadium & Cardiff International Athletics Stadium (10 mins)**
- **Cardiff International Pool (12 mins)**
- **Newport (20–25 mins):** Access to Rodney Parade and the National Velodrome.
- **Regional Transit:** Reach Barry (15 mins), Pontypridd (20 mins), Merthyr (30 mins), and Swansea (45 mins) with ease.

Parking and Access

- **Capacity for Multiple Coaches:** Our car park is purpose-built to handle multiple full-sized team coaches, kit vans, and support vehicles.
- **100% Complimentary:** We offer 225 free parking spaces, removing the cost and congestion of city-centre travel.
- **Gateway Access:** Just 5 minutes from Junction 33 (M4) and 15 minutes from Cardiff Airport.

MEETING AND DINING SPACES



The Tactical & Nutritional HQ: Caerdydd & Coch Suites

Our dedicated event space serves as the perfect for sports teams, as an area that can be hired exclusively, we ensure privacy for your team during their stay.

Our largest room can be kept as one large open area, or split into two areas. The Caerdydd and Coch Suites serve as the dedicated operational heart of the residency. These interconnected spaces allow for a perfect “split-session” workflow, keeping your squad focused, fuelled, and unified.

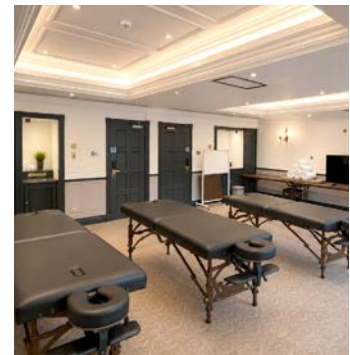
Integrated Team Headquarters

We typically configure these larger suites to provide a seamless transition between tactical preparation and performance nutrition:

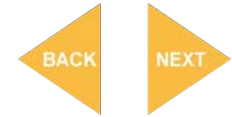
- **The Tactical Zone (Caerdydd Suite):** One half is dedicated to Team Presentations and Video Analysis. With integrated AV, high-speed Wi-Fi for 4K playback, and flexible seating, it is the ideal environment for Head Coaches to deliver pre-match briefings or tactical breakdowns.
- **The Nutritional Zone (Coch Suite):** The adjacent suite is utilised for Private Team Meals, served buffet-style. This allows athletes to move directly from a presentation to a macro-balanced meal without leaving the team “bubble.”
- **Total Privacy:** By utilising these rooms as a dual-unit HQ, your team remains completely separate from other hotel guests, ensuring total confidentiality for your game plan.

Specialist Support Rooms

- **Seminar Rooms 1-4:** Ideal for smaller breakout sessions, such as defensive/offensive unit meetings or private player-coach reviews.
- **Medical & Treatment Hubs:** Ground-floor suites provide easy load-in for physio tables, medical equipment, kit bags, creating a professional clinic environment on-site.
- **Complimentary Staff Perks:** Every team booking includes 2 x Complimentary Bedroom Upgrades for the coaching or medical lead.



TEAM DINING

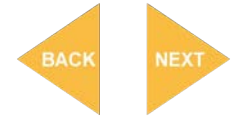


Elite Performance Nutrition

- **Bespoke Nutritional Menus:** Our experienced culinary team prepares specialised, high-protein, and macro-balanced meals tailored specifically for athletic recovery and energy loading.
- **Collaborative Menu Design:** We offer the flexibility to work directly with your team's dietitian or nutritionist to source, prepare, and execute every required item according to your squad's exact dietary protocols.
- **Controlled Dining Environment:** Our dual-purpose Caerdydd and Coch Suites allow one half to be used for private, buffet-style dining, ensuring your team refuels in a secure, private "bubble" immediately following tactical briefings.
- **Strategic Refuelling:** We provide interactive snack tables available 24 hours starting from £12.50, ideal for providing the specific "brain food" and nutrients available all day and during training intervals or post-match recovery.



ACCOMMODATION



Elite Athlete Accommodation

The Copthorne Hotel Cardiff provides 135 guest rooms specifically designed to support the “Rest” phase of elite performance.

A Recovery-Focused Environment

- **Tranquil Lakeside Setting:** Unlike city-centre hotels, our rooms are situated in a peaceful lakeside environment, providing the “mental breathing space” and quiet atmosphere necessary for optimal sleep.
- **Spacious Rooms:** Our accommodation is designed for comfort, offering free hi-speed WIFI & large smart TVs ensuring athletes can rest and recover effectively between high-intensity sessions.
- **Strategic Room Blocks:** We can arrange for teams to be situated in private blocks or on the same floor to maintain the team “bubble” and minimise external distractions.
- **Versatile rooms layout:** All bedrooms can be set as either King sized double beds or Twin Beds for double occupancy.

The “Organiser’s Advantage” Included Perks:

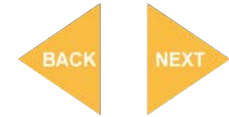
Two Complimentary Bedroom Upgrades for Head Coach/Team Manager.

Complimentary Private Catering Room for all team meals.

Complimentary On-Site Parking for all coaches and support vehicles.



ACCOMMODATION



Competitive Team Rates

- **Room only rate:** From £60.00 (Double or Twin Configuration)
- **Bed & Breakfast:** From £70.00 (Double or Twin Configuration)
- **Performance Breakfast:** From £10.00 (Specialist athlete-friendly options)
- **Nutritional Snack Table:** From £12.50 (Post-training refuel)
- **High-Protein/ Dietitian Advised Team Meal:** From £15.00

Control the marginal gains.

Contact our Sports Travel Specialist to secure the Caerdydd and Coch Suites for your tactical and dining headquarters.

"The Copthorne Hotel Cardiff provided an excellent environment for our team throughout our stay. The dedicated team space was ideal for rugby operations, with ample room for meetings, player preparation and refreshment facilities. Bedrooms were conveniently located together, offering privacy and ease of management, while the food and beverage offering was consistently of a high standard. Most importantly, the hotel team delivered exceptional service throughout our stay, regularly going above and beyond to support our requirements. The staff were a real credit to the hotel and played a significant role in the success of our visit."




LAKEVIEW
LOUNGE & BAR


Secure Your Competitive Edge

Experience a venue that understands the specific demands of professional sports and has the experience to back it up. To discuss your residency requirements, bespoke performance menus, or tactical suite configurations, please get in touch.

Contact our dedicated Meetings and Events Organiser today for more details and a tailored proposal.



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