

Cardiff High Street is brimming with life on a Saturday morning. Here the sleepy early risers can sharpen their senses with a cup of cappuccino at Costa, whilst the more bargain-obsessed tourists can hunt down some bargains before the shops get too busy.

The sights and sounds of the city can entrap the most world-weary visitor. Talented buskers can be seen at every corner and – for no money at all – you can see the most magnificent local artwork on display at the St David's Gallery or inside the historic walls of Cardiff Castle.

On a summer's day the arcades offer cool relief for the hot-tempered tourist....