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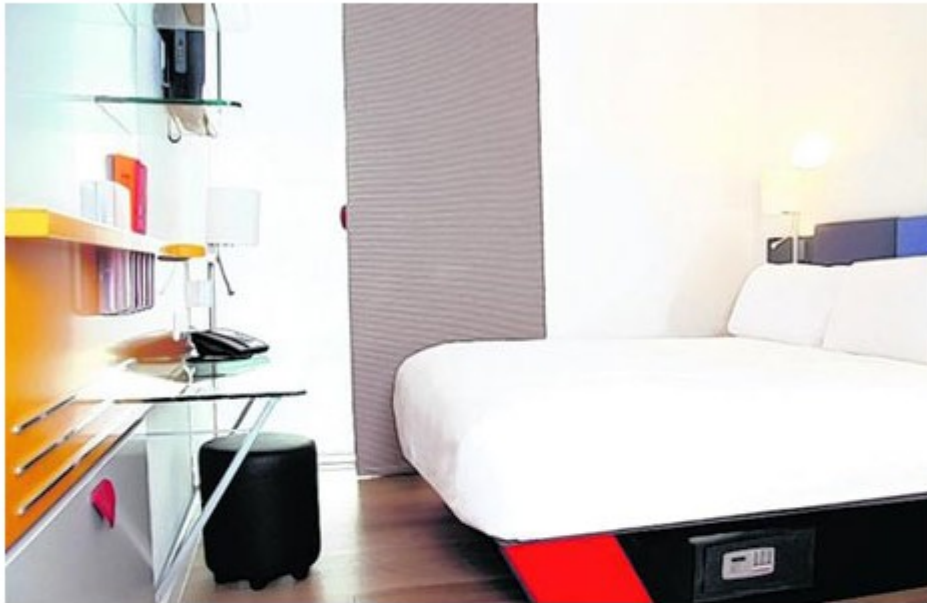


Putting the zzzzz into a traveller's night-stop

Jul 8 2009 By Steve Dyson

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 Recommend



THE new Sleeperz Hotel in Cardiff is a welcome alternative for business travellers on a budget.

Instead of the bland Travel Lodge or crusty Best Western experience, you get modern, very clean, fresh bedrooms, lounge and dining areas.

Surfing online to get a feel for what others thought before I arrived, one guest had commented that it was "great for a single businessman, but too small for a couple".

And the room I had was certainly compact. The bathroom was simply a partitioned corner of the bedroom, separated by a sliding glass door, and diagonally split between tiny loo, overhanging sink and wet-room styled shower.

It was tight, and it was a damp bathroom after my morning shower, but it all worked. And as I was, on this occasion, a businessman travelling alone in need of a simple room to rest in following a day's work and a night at the theatre, it was just fine.

The location of this Sleeperz Hotel, right next to Cardiff Central railway station, was perfect, and with prices starting at £55, with free wi-fi and national phone calls, it would meet most budgets.

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My room was directly above ten railway lines coming in and out of Cardiff Central – and I loved this view of sleepers, sidings and engines, perhaps helped by efficient sound-proofing.

The bed was comfy, the room warm, with plenty of spare pillows and towels, and a flat screen, Freeview digital TV for all the news and sports programmes desired.

The room-size did mean there was nowhere to sit except the bed, and however hard I tried I couldn't get the kettle to work.

But there was a stylish lounge downstairs if you wanted to stretch out, with all-day meals to choose from and a bar if you didn't fancy a stroll out into Cardiff's nightlife.

What really impressed me was the "wake-up" dining room at breakfast: glass on all sides overlooking busy Cardiff streets, with sunlight shining through and a good choice of fruit, beverages, breads and hot food to self-serve at just £7.95.

* Sleeperz Hotel is on Station Approach, Saunders Road, Cardiff CF10 1RH. For more details, prices and to book, call 02920 478747 or click onto www.sleeperz.com