

STEPPING OUT

Are you trying to reach the elusive 10,000 daily steps? You can help to reach your steps goal as you walk through our galleries today, taking in the wonderful artwork, coming face-to-face with a dinosaur, or as you learn more about the natural world.

TRAIL 1



Take a wondrous walk through time to discover what Wales was like millions of years ago in the Evolution of Wales gallery. On this walk you'll come face-to-face with ancient dinosaurs, woolly mammoths and other animals that used to call Wales their home. You can also find out more about the Dracoraptor – Wales' very own dinosaur!

TRAIL 2



From the seashore to the woodland and beyond, the Natural History gallery is packed full of everything you'd like to learn about our natural world. The gallery is on two levels, giving you some extra resistance if you choose to climb the stairs. At the top, catch your breath and enjoy a quiet moment with an enormous Basking Shark as you look out over the gallery.

Meet some of our most loved specimens, including Billy the seal, the humpback whale, and the largest Leatherback Turtle ever discovered!

TRAIL 3

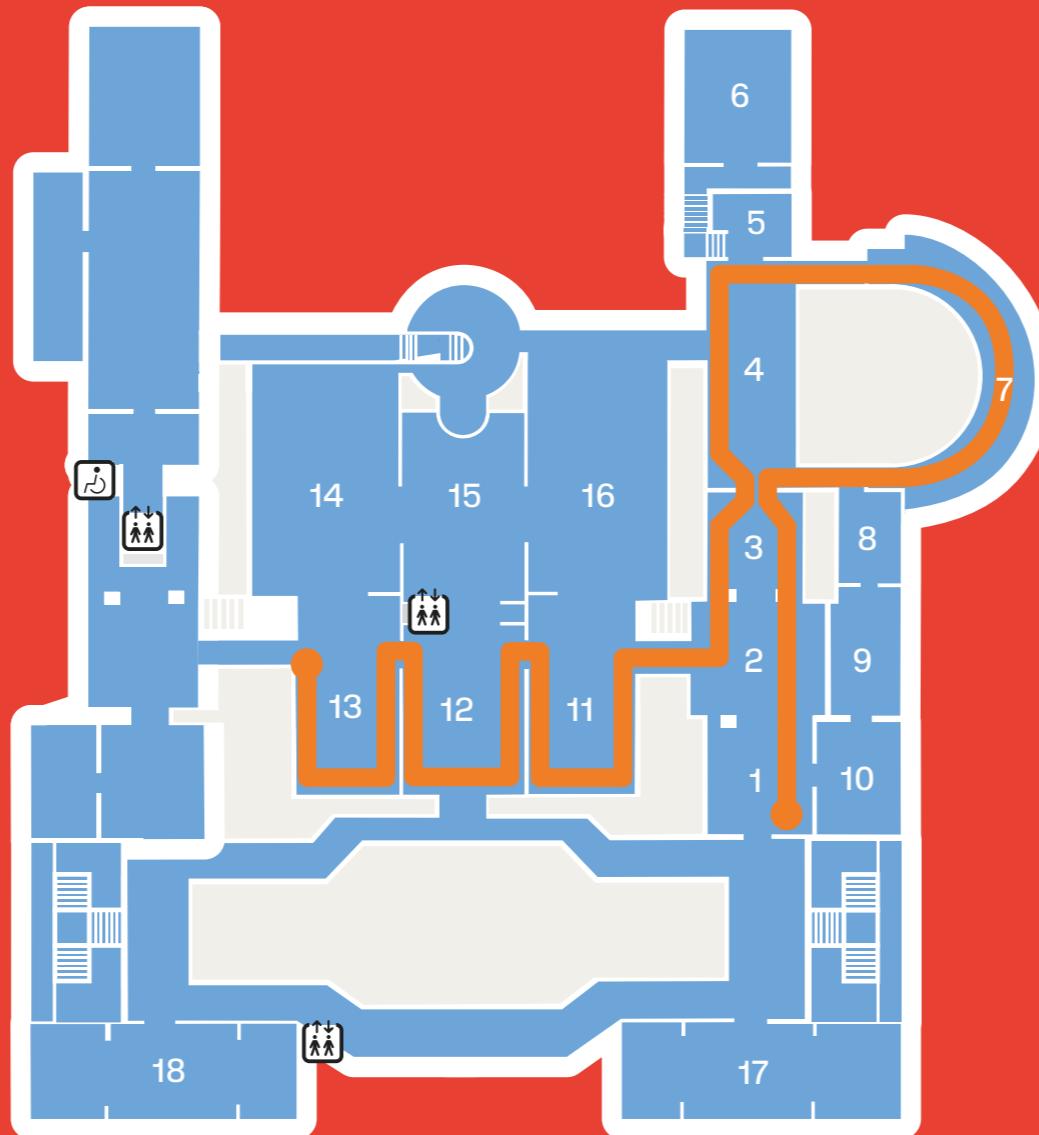


Our art galleries house one of Europe's finest art collections. Currently, we're operating a reduced offering due to ongoing roof works. Following this trail will take you through some of the core collections on display, where you'll see art from across five hundred years of paintings, drawings, sculpture, photography and ceramics.

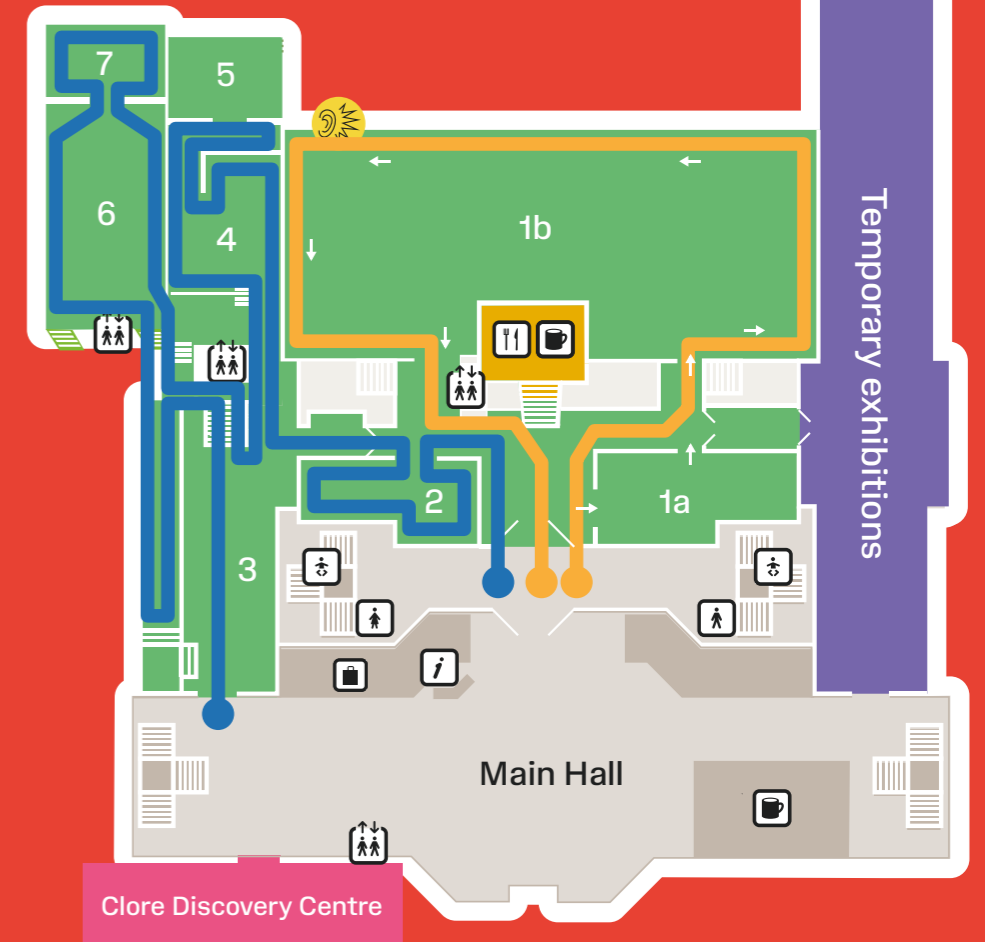
Take a mindful moment to marvel at one of the best collections of Impressionist paintings with world-famous names, including Monet, Renoir and Van Gogh.



Upper floors



Ground floor



Ground floor (level 2)

Evolution of Wales (gallery 1b)

Trail 1 →

Natural History (galleries 2-7)

Trail 2 →

Upper floors (levels 4 & 5)

Historic Art (galleries 1-7)

Impressionist & Modern Art (galleries 11-13)

Trail 3 →

Key

- Loud noises
- Information
- Coffee shop
- Lift
- Stairs