



Travelling to Cardiff , Wales , UK

Practice course for Clinical and Viva Examination in FRCS (Gen Surg)

Venue: Department of Surgery/Outpatient department,
Royal Glamorgan Hospital, Llantrisant, Wales, UK



Getting to Cardiff by Air

Cardiff airport (www.cwlfly.com) is one of UK's main airports, serving over 2 million passengers each year. There airport is well equipped with excellent passenger facilities and services such as 24-hour cash machines (ATMs), bureaux de change and postal facilities. A shopping centre has a range of popular shops including duty-free outlets, a newsagent and gift shops, while a food court houses cafés, snack bars and restaurants. Scheduled flights to Cardiff are offered by the following airlines:

Aer Aran

(www.aerarann.ie)

Cork, Dublin, Galway, Nantes

Flybe

(www.flybe.com)

Belfast, Edinburgh, Glasgow,
Jersey, Newcastle, Paris

Eastern Airways

(www.easternairways.com)

Newcastle

BMI Baby

(www.bmibaby.co.uk)

Alicante, Amsterdam, Barcelona,
Belfast, Edinburgh, Faro, Geneva,
Glasgow, Jersey, Lisbon, Malaga,
Murcia, Palma Mallorca, Warsaw

Thomson Fly

(www.thomsonfly.com)

Alicante, Sharm El Sheikh (Egypt),
Fuerteventura, Gran Canaria,
Lanzarote, Malaga, Monastir,
Palma (Majorca), Paphos, Tenerife

KLM

(www.klm.com)

Amsterdam

Highland Airways

(www.highlandairways.co.uk)

Anglesey

Leaving the airport by Taxi

Checker Cars is the official taxi operator for the airport. The taxis are located just outside the arrival hall and can be pre-booked by emailing cardiff@checkercars.com or by telephoning +44 (0)1446 711747. The taxi journey will take approximately 25 minutes and there is a fixed cost of £24 (for up to 4 people sharing the taxi).



Leaving the airport by Train

A rail link connects Cardiff International Airport (Rhoose) and Cardiff Central Station; however, you must use the free shuttle bus to get to the train station, which is situated approximately one mile away from the airport. Once at the station, trains leave every hour and a single ticket costs £2.90 (correct at time of writing – please check www.arrivatrainswales.co.uk for up-to-date prices). The train journey will take approximately 30 minutes.



Leaving the airport by Bus

Cardiff Bus operates the X91 Airport Express bus service between Cardiff International Airport and Cardiff Central Station. The service runs every hour Monday to Saturday (daytime) and every two hours on Sunday and Bank Holiday Monday (daytime). A single ticket costs £3.70 for an adult, however if you purchase a £4.50 day-to-go ticket you will have unlimited travel (on the day of purchase) on all Cardiff Bus services, which would seem far better value!





Getting to Cardiff by Train

You can reach Cardiff city centre by train from virtually any location within the UK. For visitors travelling from London, First Great Western operates an hourly train service from London Paddington and the total journey time is just 2 hours. The cost of a ticket varies depending on the time of travel, but you can get a single ticket for as little as £11 if you are prepared to travel off-peak and book in advance. See www.firstgreatwestern.co.uk for more details.

The travel times for some popular train routes are listed below:

- **Birmingham** (2hrs)
- **Bristol** (50mins)
- **Leeds** (4hrs)
- **London** (2hrs)
- **Liverpool** (3hrs 35mins)
- **Manchester** (3hrs 20mins)
- **Portsmouth** (3hrs 35mins)
- **Southampton** (2hrs 30mins)
- **Swansea** (55mins)



Getting to Cardiff by Bus/Coach

National Express connects all of the UK's major cities with its scheduled coach services. For visitors travelling from London, a regular service leaves Victoria coach station (almost hourly) and the total journey time is 3 hours 10 minutes. The cost of a ticket varies, but if you book in advance a funfare ticket can offer very good value. See www.nationalexpress.com for full details of prices and routes.

MegaBus also operates a scheduled coach service between London and Cardiff, with a total journey time of 3 hours 15 minutes. The MegaBus service does not run as frequently as the National Express service, but the fares are very low, starting from only £1 (plus a 50p booking fee). See www.megabus.com for more details.



Getting to Cardiff by Road

The major road route into Cardiff is the M4 motorway.

From the East: Visitors travelling along the M4 from the East are advised to leave the M4 at junction 32 and follow the A470 (1st exit at roundabout) into the centre of Cardiff.

From the West: Visitors travelling along the M4 from the West are advised to leave the M4 at junction 33 and join the A4232 (3rd exit at roundabout). You then have the option of either exiting the A4232

at the next roundabout and following signs for Cardiff city centre, or alternatively, if you remain on the A4232 it will eventually lead you to Cardiff Bay.

From the South West: Visitors travelling from the South West of England should head North along the M5 motorway and then follow signs for South Wales and the M4.

From the Midlands & North: Visitors travelling from the Midlands and the North of England should head for the M50 motorway (junction 8 on the M5 motorway) and then onto the A40 (signposted South Wales, Monmouth). Continue along the A40 until you reach Monmouth when the road becomes the A449. Continue along the A449 until you reach the Coldra roundabout where you should take the 5th exit to join the M4.

