

MAP AND CATERING FACILITIES



Cardiff Spire Hospital

The course will be held in Physiotherapy Dept, Cardiff Spire Hospital, Croescadarn Road, Pentwyn, Cardiff, CF23 8XL. Please see the notes at the end of the map which give you directions to the course location when you arrive at the venue.

If no map is supplied, this is because we have been unable to find one we can legally reproduce. Whether one is supplied or not we recommend you have an alternative map. We recommended you print off a Google map which can be accessed by entering the venue postcode into Google maps (www.google.co.uk/maps). It is recommended you print off some travel directions using the postcode you are setting out from as a start point. The AA website (www.theaa.com) also has a good route planner.

By Car:

From the east

Exit the M4 motorway at junction 29 and continue along the A48(M). Exit the A48 at the Pentwyn junction and take the last exit off the roundabout signposted 'hospital'. Continue along this road until reaching a mini-roundabout. Take the second exit off the roundabout and turn immediately left into the hospital.

From the west

Exit the M4 motorway at junction 30 (Cardiff Gate) and take the third exit off the roundabout. Continue along the dual carriageway, and go straight across the first roundabout towards the A48. Turn right at the next roundabout onto the A48 towards Cardiff and take the next exit signposted Pentwyn. Take the last exit from the roundabout signposted 'hospital'. Continue along this road until reaching a mini-roundabout. Take the second exit off the roundabout and turn immediately left into the hospital.

Car Parking

There is free parking at the hospital

By Train

The nearest train station is Cardiff Central which is a 15 minute taxi ride from the hospital. A local taxi firm is Capital Cabs who can be contacted on 02920 777777. The following buses run every 10 minutes from Cardiff Central station, stopping at Croescadarn Road: 57 and 58.

Train times and routes can be obtained from National Rail enquiries on 0845 7484950 or www.nationalrail.co.uk. See the bus details below for local services.

By Bus

The best place to find details of bus services is www.transportdirect.info (you can enter the details of where you are coming from and enter the venue postcode as the destination).

The following buses run every 10 minutes from Cardiff Central station, stopping at Croescadarn Road: 57 and 58.

Catering Facilities

Day Lectures

Refreshments will be supplied and lunch can be purchased from the hospital canteen.

Evening Lecture

N/A

Notes for finding the course location when you have arrived at the venue

Please report at reception and you will be directed.