TRAVEL TO NEWCASTLE

Translational Research Conference 4 and 5 April 2019

Pls note these travel options are generally intended to provide an overview to assist overseas visitors. We recommend you consult google maps and local transport information for internal travel as there will be additional options.

If you are claiming expenses pls book your travel in advance to obtain the best pricing.

12th UK Neuromuscular Translational Research Conference
International Centre for Life (Life Science Centre)
Times Square
Newcastle upon Tyne
NE1 4EP
UK

The Centre for Life is 5 mins walk from Newcastle Central Station

Newcastle International Airport is the North East’s of the UK’s largest airport, situated just six miles or 15 minutes’ drive from the city centre, and has scheduled connecting flights to all major UK airports

General info

Long-haul international flights to the UK will be to London ( Likely Heathrow Airport)  

The city of Newcastle is around 3-4 hours journey from London, UK (flight is 75 min plus check-in time and travel to airport at each end, train is 3 hrs but goes city centre to city centre)

Travel options for those flying into Heathrow airport and travelling straight to Newcastle will generally be

Flight > Heathrow, Onward flight > Newcastle Airport, UK

or

Flight > Heathrow Airport, Train / tube Heathrow Airport > London (across London, direct to Kings Cross station). Train London Kings Cross Station > Newcastle Central Station

The airports are all minimum 1 hour travel from Central London
Metro Newcastle Airport <> Newcastle Central Station
(station is 5 mins walk from Centre for Life)

Departs from: Newcastle Airport <> Newcastle Central Station
Line: Metro
Journey duration: 20 mins approx. (allow longer)
Frequency: every 12 min, (starts approx. 6am)
Booking: External visitors – Paper tickets are still available at ticket machines at stations.
Cost: £12:00 return approx.
Notes: https://www.nexus.org.uk/metro

Flight London Heathrow Airport <> Newcastle Central Station
(station is 5 mins walk from Centre for Life)

Departs from: London Heathrow Airport
Journey duration: 75 mins approx. (allow longer and allow time for internal transfer)
Frequency: c. 4 x daily
Booking: via your chosen local booking agent. Price comparison / flight times from https://www.skyscanner.net/
Cost (estimate): £100 return

Tube Heathrow airport <> London Kings Cross station (direct)

Departs from: Heathrow Airport <> London Kings Cross
Line: Piccadilly Line
Journey duration: 60 mins approx. (allow longer)
Frequency: every 10 min, (starts approx. 6am)
Booking: External visitors – Paper tickets are still available at ticket machines at stations.
Cost: £12:00 return approx.
Notes: https://tfl.gov.uk/maps/track/tube
Train London Kings Cross <> Newcastle

Journey duration: 3 hrs approx. (allow longer)
Frequency: c. every 30 mins x daily
Booking: At ticket office at station (more expensive, do not do this if claiming expenses), or online in advance [https://www.thetrainline.com/](https://www.thetrainline.com/)
Cost: Return ticket between £50 and £150 pounds approx. Ticket price varies depending on time of travel, and when booked. Cheaper tickets available for advance booking between 4 and 12 weeks in advance. Booking on the day will incur full price.
Notes: trains usually include buffet car with basic food and drink options (sandwich)

Taxi

It will not be cost effective or recommended to take a taxi to Newcastle. Please contact us if you need further advice.

Taxis are available locally in London and Newcastle for short journeys. Taxis should be phoned in advance or hailed from established taxi ranks.

FOR THOSE VISITING CENTRAL LONDON

Central London travel

Travel through and around central London is often by Tube (London Underground). The system will be busy and you will need to be able to carry your luggage up small flights of stairs.

[https://tfl.gov.uk/maps/track/tube](https://tfl.gov.uk/maps/track/tube)

Taxis are available (and very costly) in Central London. We would recommend the tube for most journeys.

There is also an excellent (but slow) bus network around Central London

Queen Square CNMD is closest to Russell Square tube station

Some airports have direct tube services to Central London

Heathrow express / Stansted express

Some airports have slightly more expensive and father direct train services to London. These are of value if they arrive close to your intended destination

More info can be provided if required – pls contact us