

By ferry

P&O Ferries and **Brittany Ferries** operate regular services to France and Spain from Portsmouth ferry terminal. P&O operates ferries to Le Havre and Cherbourg, including a high-speed service to Cherbourg during the summer. P&O also operates a service to the northern Spanish port of Bilbao.

Portsmouth ferry terminal is around 6 minutes from The Sarah Duffen Centre by taxi.

By rail

Eurostar offers regular services through the Channel Tunnel to London Waterloo from Paris and Brussels. There are regular connections from London Waterloo to Portsmouth. Total travel times from Paris to Portsmouth average around 5 hours, and from Brussels to Portsmouth average around 4½ hours. Connecting services offer easy travel from throughout France, Belgium, the Netherlands, Germany, Spain and Italy.

Virgin trains offer services to Portsmouth from the Midlands and the North, including Birmingham (approx. 3½-4 hours), Manchester (approx. 5 hours), Liverpool (approx. 5 hours), Glasgow (approx. 8½ hours / 12 hours on sleeper) and Edinburgh (approx. 7-8 hours / 12 hours on sleeper).

South West trains offer regular services from London Waterloo (2 every hour at most times). **Wales and West** and **First Great Western** offer regular services from south Wales and the South West.

Of the two railway stations in Portsmouth, **Portsmouth and Southsea Station** is the closest to The Sarah Duffen Centre - a short walk or a few minutes by taxi (see map below- yellow route on foot, green route by car where different).

Airport and airline web sites

BAA (Southampton, Heathrow, Gatwick, Stansted Airports)

<http://www.baa.co.uk/>

London Luton Airport

<http://www.london-luton.com/>

British Airways

<https://www.britishairways.com/>

Ryanair

<http://www.ryanair.com/>

EasyJet

<http://www.easyjet.com/>

Ferry companies web sites

P&O ferries

<http://www.poportsmouth.com/>

Brittany Ferries

<http://www.brittany-ferries.co.uk/>

Railway web sites

Eurostar

<http://www.eurostar.com/>

Eurostar

<http://www.raileurope.co.uk/>

<http://www.raileurope.com/>

South West Trains

<http://www.southwesttrains.co.uk/>

Virgin Trains

<http://www.virgintrains.co.uk/>

Wales and West Trains

<http://www.walesandwest.co.uk/>

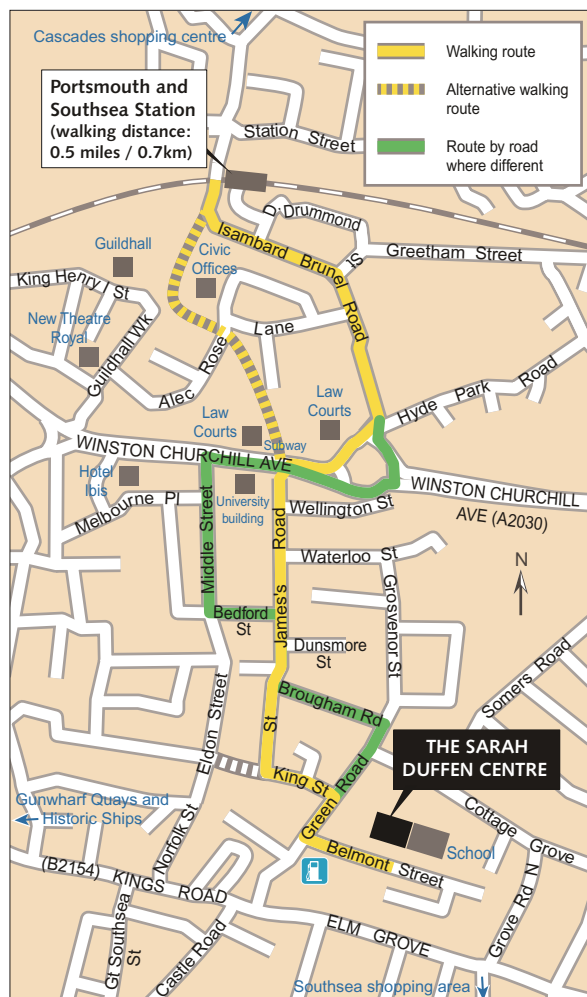
National Rail

<http://www.nationalrail.co.uk/>

Taxi number

Citywide

tel: 023 9275 5700



For more information on Portsmouth, including accommodation, see <http://www.visitportsmouth.co.uk>

the DOWN SYNDROME educational trust

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