THE SPORTS COUNCIL FOR WALES
CYNGOR CHWARAEON CYMRU

Sports Council for Wales
Welsh Institute of Sport, Sophia Gardens, Cardiff CF11 9SW

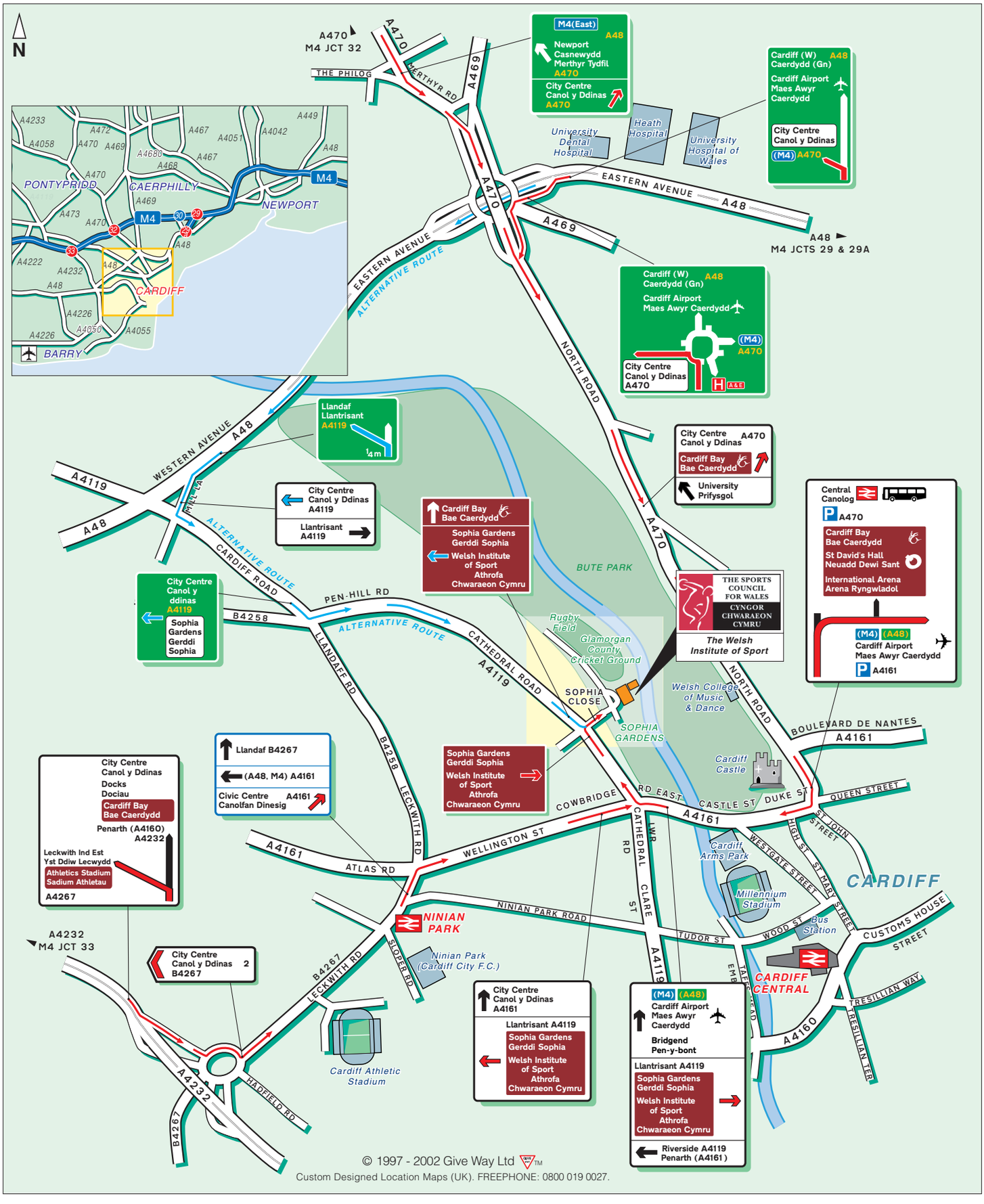
Tel: 029 2030 0500 Fax: 029 2030 0600
Email: scw@scw.co.uk Website: www.sports-council-wales.co.uk

Public Transport

By Rail, Cardiff Central Station.
Approximately 15 minutes walk or 5 minutes by taxi.

For information on train operators and times phone National Rail Enquiries on 0845 7484950.

By Air, Cardiff Airport.
Approximately 25 minutes by taxi.



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