

## The GP Update Course

All Nations Centre  
Sachville Avenue  
Heath  
Cardiff  
CF14 3NY

### Sat nav warning!

If you put Sachville Avenue in your sat nav, it will take you to a very small car park which will fill up quickly.

Using the postcode CF14 4XW will ensure you exit the A48 correctly, then follow the map or road signs to the centre and ignore the sat nav!

### How to get there

By road from the East

Take junction 29 of the M4 and join the A48M; continue until the 40 MPH speed limit, which is the start of the map below. please use the dedicated access to the All Nations Centre from the A48 as per the map below – This gives access to a very large car park.

By road from the West

Take junction 32 of the M4, follow signs for the City Centre, until picking up signs for the University Hospital of Wales, and then follow the map below.

By bus

From Cardiff Central Bus Station take the number 38 or 39 bus towards Heath Hospital.

By train

15 minute taxi drive from Cardiff Central Train Station.

