



Wilton Park

## How to get to Heathrow Airport

**From London:** The Heathrow Express runs every 15 minutes to London Heathrow from London Paddington. To Heathrow Terminals 2 and 3, the journey takes approximately 20 minutes (allow a few minutes more for Terminal 4 or 5). From Monday to Thursday Heathrow Express run half hourly services after 21:55 from Paddington to Heathrow. Services start at 22:25 until 23:25. After 22:00 every Monday to Thursday services from Heathrow to Paddington will also run every half hour. Services start at 22:11 from Terminal 4 until 23:26, 22:12 from Terminal 5 until 22:42, and 22:18 from Terminal 2 and 3 until 23:48.

**From London Gatwick Airport:** Participants are advised to take the National Express Airport bus to Heathrow Airport. The service runs every 15 minutes and the journey takes approximately 90 minutes.

**Via Eurostar:** Participants arriving at London St Pancras Eurostar station should take the London Underground to Paddington station and then take the Heathrow Express which runs every 15 minutes.

**Between Terminals:** You can walk between Terminals 2 and 3 via the pedestrian underpass. The route is well signposted and can be followed on the [interactive Heathrow map](#). If you have walking difficulties, find out how to [request special assistance](#). Average journey time: 10 minutes.

From Terminal 4 Free shuttle trains run between [Heathrow Central station \(Terminals 2 and 3\)](#) and Terminal 4. There are four trains an hour. Average journey time: 20 minutes.

### Terminal 5

Heathrow Express trains are free for travel between [Heathrow Central station \(Terminals 2 and 3\)](#) and Terminal 5. There's a train every 15 minutes. Average journey time: 20 minutes.

Frequent London Underground trains also run between the terminals. The transfer is only free if you use a [Transport for London Oyster card](#) or a [contactless payment card](#). Average journey time: 16 minutes.

### Terminal 3 meeting point

