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# By Train

Trains run every 30 minutes from London Euston to Polmont. The journey time is 5h 59 minutes with 2 changes, one at Glasgow Central and the final Glasgow Queen Street. From Manchester Piccadilly, trains are every 30 minutes. Journey time is approximately 3hrs 40 minutes.

### By Road

Click here for directions.

## By Air

From London Heathrow by Underground service to London Euston, and then by rail to Polmont. From Glasgow, which is the nearest airport but has limited services, then by taxi to Grangemouth. Journey time is approximately 40 minutes.

#### Please find below a list of local hotels

Helix Hotel	The Grange Manor	Premier Lodge
35 Kerse Road,	Glensburgh	Westmains Roa
Grangemouth	Grangemouth	Grangemouth
FK3 8HY	FK3 8XJ	FK3 8YE

