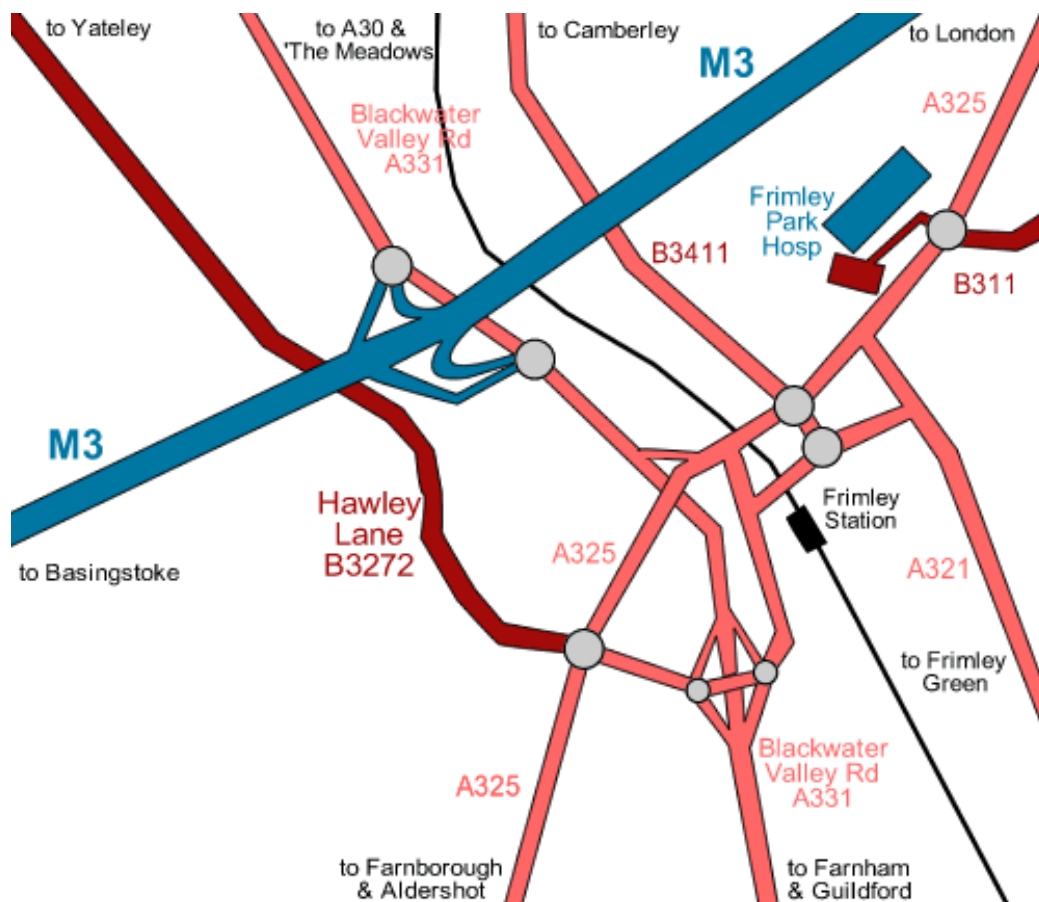


# MAP AND CATERING FACILITIES

## Frimley Park Hospital

The course will be held in the Physiotherapy Department, Frimley Park Hospital, Portsmouth Road, Frimley, Surrey, GU16 7UJ.

The map below is taken from the Frimley Primary care services website [www.frimleypcs.org.uk/site/directions.asp](http://www.frimleypcs.org.uk/site/directions.asp)



### By Car

#### **From the M3**

The hospital is best approached via the M3. Exit at Junction 4, and then follow the signs for Frimley/Camberley. At the exit roundabout take the second exit, then filter to the left following signs for Frimley (written in road). Join the Frimley by-pass taking the middle lane. At the roundabout go straight across and the hospital is the first exit on your left at the next roundabout.

#### **From Guildford / Farnham**

The hospital is best approached from Guildford and Farnham via the A331. Take the third slip road off the A331 for Frimley, then turn left at the top of this road and get in the right hand lane. At the roundabout take the third exit and at the next roundabout go straight across. The hospital is the first exit on your left at the next roundabout.

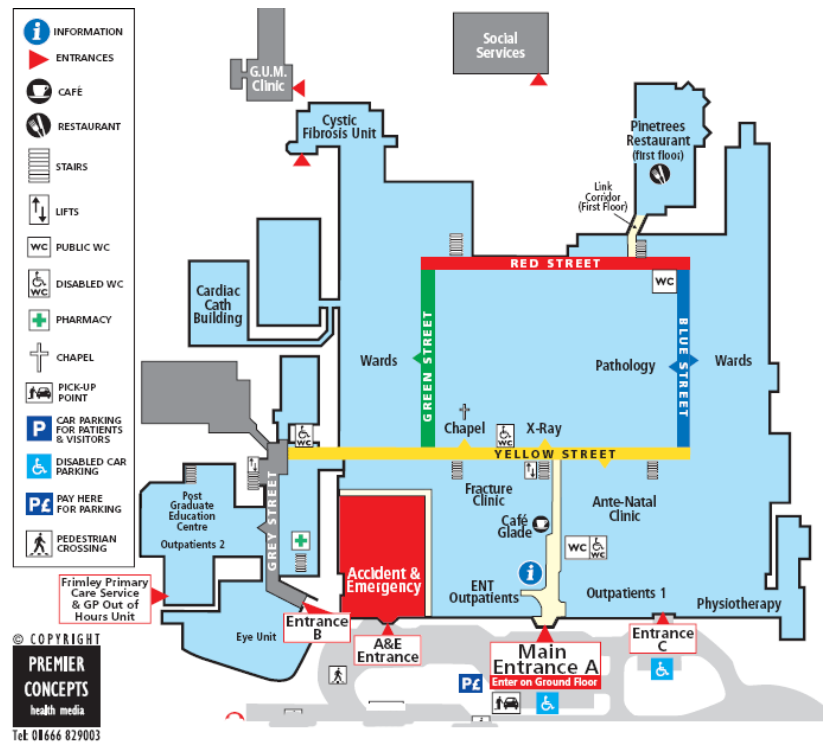
## Car Parking

Parking in the hospital car park is £5 for greater than 4 hours. No discounts are available.

## By Rail

Nearest mainline BR station is Frimley Station which is ½ mile from the hospital. Come out of the station, turn right down Frimley High Street, left at the first roundabout and right at the next onto Portsmouth Road. Frimley Park is along Portsmouth Road on the left. Farnborough railway station is only 2 miles away and may be more convenient for some. This is served by the number 1 and 73 buses which will take you near the hospital, see below for further details. Check the UK routes and timetables on [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or call 0845 7484950. Taxi's are available outside the station. Alternatively local taxi firms are Dolphin Taxi's 01276 63333 or Mytchett Cars 01252 518 827.

## Hospital Site Map



The above map is taken from the Frimley Park Hospital website.  
[www.frimleypark.nhs.uk/information/public/newmap0607](http://www.frimleypark.nhs.uk/information/public/newmap0607)

## By Bus

The best place to find details of bus services is either [www.transportdirect.info](http://www.transportdirect.info) (you can enter the postcode of where you are coming from and enter the hospital postcode as the destination – GU16 7UJ) or [www.carlberry.co.uk](http://www.carlberry.co.uk) (enter Frimley as the area you are interested in and then select Frimley Park Hospital. Scroll down and you will then be presented with a list of areas served by local bus services (there are also details of buses serving the hospital from the train station although the transport direct website is better for this), click on the one you are interested in).

the following information is from the hospital website. We advise checking this before travelling to check it is up to date at the time of travel:

- Stagecoach Route 3 from Aldershot, Mytchett, Ash Vale, Frimley, Camberley, Blackwater and Yateley
- Arriva Route 35 from Woking, Knaphill, Bisley, Lightwater, Frimley and Camberley
- Countywide Route 71 from Farnham, Crondall, Fleet, Cove, Farnborough, Frimley stn and Camberley
- Carlone route 501 from Camberley, Frimley, West End, Chobham, Ottershaw and St Peter's Hospital (Chertsey)

All of the above routes serve the bus stop on-site.

- Stagecoach route 1 from Aldershot, North Camp, Farnborough, Frimley and Camberley
- Stagecoach route 2 from Farnborough, Cove, Frimley Station, Heatherside and Camberley

The above two routes serve stops within a short walk of the Hospital

### **Catering Facilities**

Whilst refreshments will be provided, lunch is not included. The hospital has a WRVS shop, a canteen, a café and a baguette shop. 10-15mins walk away, there is a Waitrose supermarket. At the weekend the department has a fridge that can be used if you wish to bring a packed lunch.