

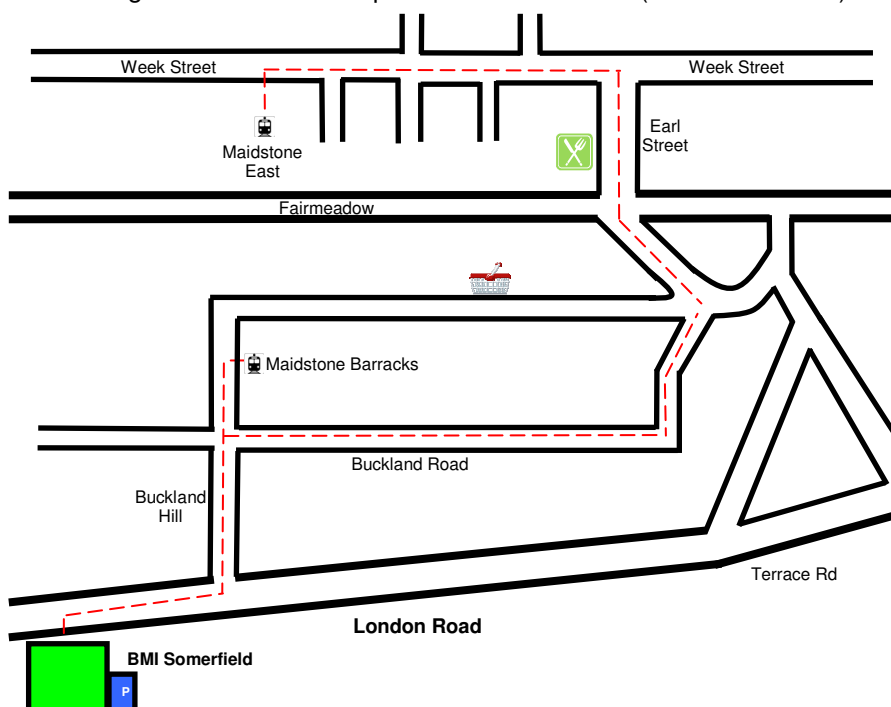
# MAP AND CATERING FACILITIES

## BMI Somerfield Hospital



The course will be held in the Physiotherapy Department of BMI Somerfield Hospital, 63-77 London Road, Maidstone, Kent ME16 0DU. Please see the notes at the end of the map which give you directions to the course location when you arrive at the venue.

If no map is supplied, this is because we have been unable to find one we can legally reproduce. Whether one is supplied or not we recommend you have an alternative map. We recommended you print off a Google map which can be accessed by entering the venue postcode into Google maps ([www.google.co.uk/maps](http://www.google.co.uk/maps)). It is recommended you print off some travel directions using the postcode you are setting out from as a start point. The AA website ([www.theaa.com](http://www.theaa.com)) also has a good route planner.



### **Please Note:**

This map is not to scale.

The purpose of this map is to give you a general idea of the venue location, route from the stations and the surrounding area. We recommend that you print off a Google map.

### **By Car:**

BMI Somerfield Hospital is located on the A20 London Road off Junction 5 of the M20 motorway, approximately one mile from the centre of Maidstone.

### **From Chatham**

Coming along A2, bear left onto Maidstone Road (A230) and after 1.8 miles, take the first exit onto Maidstone Road. After 0.4 miles, take the second exit onto Maidstone Road and continue for 5 miles on the A229. At the roundabout, take the second exit onto Royal Engineers Road, and after half a mile, take the second exit onto Fairmeadow and bear right onto Broadway. Turn right onto Terrace Road then bear left onto London Road. After half a mile, BMI Somerfield is found on the left.

### **From Ashford**

Having joined the M20, continue for 16 miles until exiting onto Slip Road (M20 J7) where after 0.3 miles you take the first exit at the roundabout onto the A249. Then take the second exit onto Bearsted Road, then the first exit at the next roundabout onto Sittingbourne Road. Continue for 1 mile, then bear left onto Andrew Broughton Way and turn right onto Ashford Road then bear left onto Wat Tyler Way. Bear right onto Mote Road and continue until turning right onto Mill Street. Bear left onto Bishops Way and then bear left onto Broadway and continue, until turning right at Terrace Road then bear left onto London Road. Continue on London Road for half a mile and BMI Somerfield is found on the left.

## **From Sevenoaks**

Having joined the A25, continue for 3.3 miles and bear left onto Ightham Bypass and continue for 0.8 miles. At the roundabout, take the second exit onto Borough Green Road, and continue for 2 miles. Turn left onto London Road and at the roundabout, take the third exit onto Slip Road (M26 J2a) and continue onto M26. After 1.2 miles, continue onto the M20 and stay on this road for 5 miles. Exit onto the Slip Road (M20 J5) and take the third exit at the roundabout. After half a mile, take the first exit, then the second exit onto London Road. After 1.4 miles, BMI Somerfield is found on the right.

## **Car Parking**

There are two car parks at the venue and parking is free of charge for participants.

## **By Train**

There are two main line stations that are within walking distance from the venue.

**Maidstone Barracks Railway Station** is around an 8 minute walk from the venue.

On exiting the train station, walk down Buckland Hill and turn right on to London Road, where the hospital will be on the other side of the road. There is no parking at this station.

**Maidstone East Station** serves the Victoria line and is situated about 1.3 miles from the venue, around a 30 minute.

On exiting the Station, turn right onto Week Street and continue straight for 0.2 miles, turning onto Earl Street. Continue straight until reaching the junction, where you should cross over and turn left onto the path (Fairmeadow).

Follow the path, crossing the bridge and take a right at St. Peters Street, and immediately left onto Buckland Road. Follow Buckland Road for 0.4 mile, then turn left at Buckland Hill and continue again for 0.1 miles, turning right onto London Road. Continue on London Road for 0.1 mile and the venue is on the left.

Train times and routes can be obtained from National Rail enquiries on 0845 7484950 or [www.nationalrail.co.uk](http://www.nationalrail.co.uk). See the bus details below for local services.

## **By Bus**

The hospital is on a main bus route, which runs to and from the town centre, with a bus stop situated directly outside the hospital. The relative bus numbers for this service include: 70, 71, 72 and 78.

The best place to find details of bus services is [www.transportdirect.info](http://www.transportdirect.info) (you can enter the details of where you are coming from and enter the venue postcode as the destination).

## **Catering Facilities**

### **Day Courses**

Whilst refreshments will be provided, lunch is not included. The Hospital does have an on-site canteen; however, this may not be open weekends. Therefore, it is recommended that you bring a packed lunch with you, or pick something up on the way to the venue.

There is an Asda located nearby Maidstone Barracks train station, and a Pizza Express can found on Earl Street. However, these facilities are quite a lengthy walk from the venue.

### **Evening Workshop**

N/A

## **Notes for finding the course location when you have arrived at the venue**

On entering through the main entrance, the Physiotherapy waiting area can be found at the main reception, and the Physiotherapy Department just to the right.