

## MAP AND CATERING FACILITIES

### BUPA Wellness Centre



The course will be held in the Wellness Gym, BUPA Wellness Centre, 47 Station Road, Solihull, West Midlands, B91 3RX. 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.

#### **By Car:**

##### **From the M42 (approaching from the North or South):**

Exit the motorway at junction 5, joining the A41 signposted to Solihull. After 200m you will come to a roundabout. Take the third exit onto the A41 towards Birmingham and the B4025. Follow this road for nearly a mile, then take the second exit at the roundabout onto the B4025/Warwick Road. You will now be entering Solihull. You will arrive at a third roundabout after another mile or so, where you need to take the first exit onto the B4102/Lode Lane. Keep going for a further 200m until you come to a large roundabout. Take the first exit onto Station road. The BUPA Wellness Centre will be on your right hand side after approximately 100m.

##### **From Birmingham A41:**

Turn off the A41 onto the B425 Warwick Road. At the first roundabout, take the third exit onto Lode Lane, and at the second roundabout take the first exit onto Station Road. The BUPA Wellness Centre is on your right hand side.

#### **Car Parking**

Parking is available on site and is free of charge, but depending on the number of BUPA Wellness Centre users there on the evening, parking may be limited. There are three pay and display car parks within a few minutes' walk away. The nearest is opposite the BUPA Wellness Centre, but this car park only allows you to park for half an hour, so this is not advised.

The best car park to use is the John Lewis car park, 5 minutes walk away. Charges do apply here, and should be £3-4 per evening. To get to the John Lewis car park, continue on Station Road past the BUPA Wellness Centre, keeping left to remain on Station Road. Take the first right hand turn and follow this road for approximately 100m. John Lewis car park will be on your right.

#### **By Train**

The nearest train station is Solihull Train Station which is less than 5 minutes walk away. Should you require a taxi, a local taxi firm is A2B Taxis who can be contacted on 01213 710 735. 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 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**

### **Evening Lecture/Workshop**

Refreshments will be provided in the break, half way through the evening. Tea, coffee and juice will be supplied, along with fresh fruit and biscuits.

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

Enter the BUPA Wellness Centre through the main entrance and you will see signs to the Wellness Gym.