

MAP AND CATERING FACILITIES



Colchester Garrison (Medical Centre)

The course will be held in the Physiotherapy Department of PCRf Colchester, MRS, Merville Barracks, Colchester, Essex CO2 7UT. 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). 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) also has a good route planner.

By Car:

Colchester Garrison is an MOD site that is situated just off the A12 towards Colchester.

From Braintree

Coming along the A120, continue straight ahead until merging onto the A12. Continue on the A12 for 2.6 miles, until taking the A133 exit to Colchester at junction 27. Continue straight until Spring Lane Roundabout, where you take the 2nd exit onto Cymbeline Way. After 1.2 miles, take the 3rd exit at the roundabout onto Westway. Go through the next roundabout, and then take the 3rd exit onto Maldon Road. Turn left at Beaconsfield Avenue, then right onto Butt Road. Continue along Butt Road and at the traffic lights turn left onto Circular Road West. At the mini roundabout, bear right (still on Circular Road West). Follow the road to the next mini roundabout and go straight over it, entering Merville Barracks. Park in the car park on the left hand side.

From Ipswich

Coming along the A12, heading towards Colchester/A120, continue until junction 29 where you take the exit towards Colchester/A120. Continue straight and after 0.2 miles, take the 2nd exit at the roundabout onto Ipswich Road heading towards Ardleigh, then go straight through the following roundabout. After 2.2 miles, take the 2nd exit at the roundabout onto Cowdray Avenue and continue for 1 mile until taking the 1st exit at the roundabout onto N Station Road. Turn right at Middleborough and at the roundabout take the 1st exit onto Balkerne Hill, then take the 3rd exit at the roundabout onto Maldon Road. Turn left onto Beaconsfield Avenue and then turn right at Butt Road. Continue along Butt Road and at the traffic lights turn left onto Circular Road West. At the mini roundabout, bear right (still on Circular Road West). Follow the road to the next mini roundabout and go straight over it, entering Merville Barracks. Park in the car park on the left hand side.

From Sudbury

Coming along the A131, at Northern Road take the 2nd exit onto Newton Road and continue to follow the A134, going through 1 roundabout. At the roundabout, take the 2nd exit onto Northern Approach Roach and then turn left at Mile End Road / A134. Continue to follow the A134, going through the next 3 roundabouts, then at the next roundabout take the 3rd exit onto Maldon Road. Turn left at Beaconsfield Avenue and then turn right at Butt Road. Continue along Butt Road and at the traffic lights turn left onto Circular Road West. At the mini roundabout, bear right (still on Circular Road West). Follow the road to the next mini roundabout and go straight over it, entering Merville Barracks. Park in the car park on the left hand side.

Car Parking

There is plenty of free parking within the site, around the medical centre, and there is no restraint as to how long you can stay. As mentioned in the driving directions, on arrival at the Merville Barracks you can park in the car park on the left hand side. You can also bring your car into the Barracks but you would need to show your tax disc and passport to the guardroom so they can issue a permit.

By Train

The nearest train stations are Colchester Town Rail Station and Hythe (Essex) Rail Station, which are both within 2 miles of the venue.

Colchester Town Rail Station is the nearest of the two stations. Situated just off St. Botolph's Circus, it is around a 20 minute walk from the venue.

Hythe (Essex) Rail Station is further away from the venue, across town. It is around a 35 minute walk from the venue, and is situated along Hythe Station Road

There are a number of local taxi ranks that serve the area. PDQ Cars & Executive Mini Coaches can be contacted on 01206 766 646, or alternatively, Minicab Services Ltd on 01206 541414.

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

By Bus

The following selection of bus routes run regularly run between the Colchester Town and Hythe (Essex) Railway Stations. These routes are the 63, 64 and 64A.

The best place to find details of bus services is 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 Course

Whilst refreshments will be provided, lunch is not included.

There is a Spar shop locally, where cold food and drinks can be bought. However, it is recommended that you bring a packed lunch as going off site will be time consuming due to the security procedures on entry.

Evening Workshop

N/A

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

As this is an MOD site, all participants are required to be escorted onto the premises.

When reaching the main entrance (either by foot or in car), a guard will have a register from PhysioUK. All participants **MUST** bring photo ID e.g. passport, which will be checked against the register. You will then be directed or escorted by the facilitator to the medical centre where the course will be taking place.