

## MAP AND CATERING FACILITIES

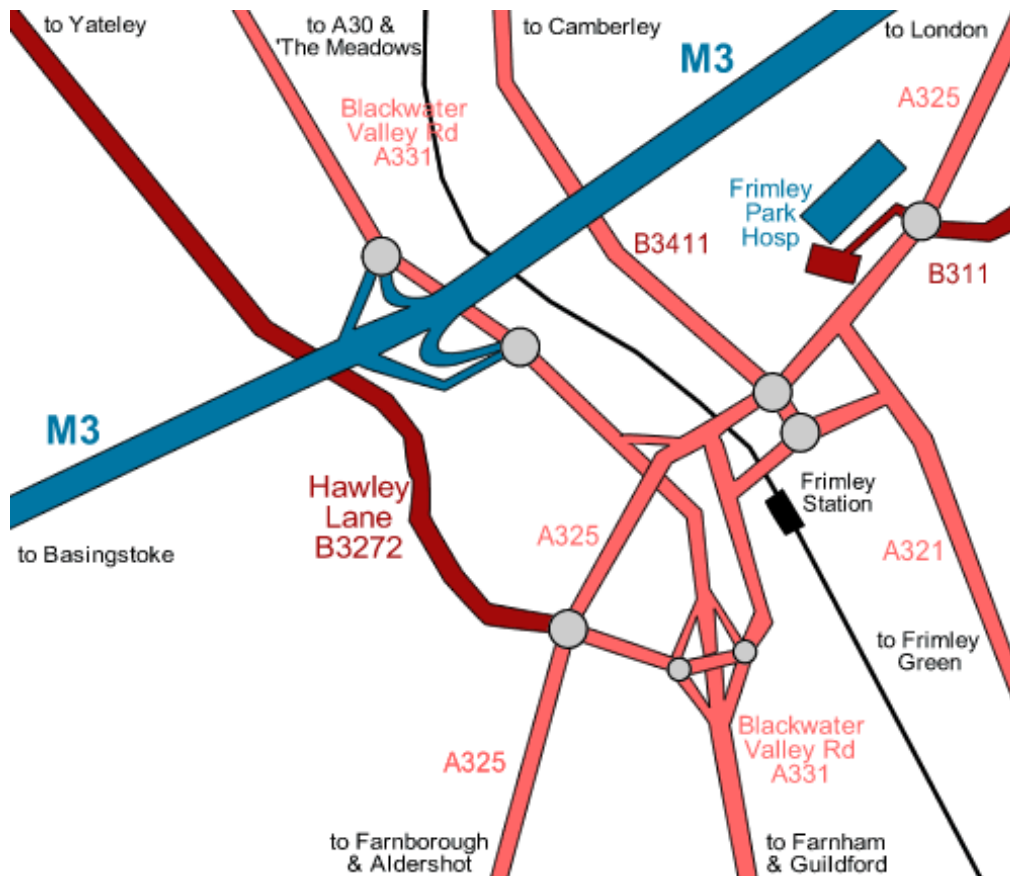
### Frimley Park Hospital



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

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 at the hospital car park is £6.00 for over 5 hours, or there is a 7 day pass for £12.00. This can be purchased from the 'pay on foot' parking machines within the car park.

## **By Train**

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.

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. Taxis are available outside the station. Alternatively local taxi firms are Dolphin Taxi's 01276 63333 or Mytchett Cars 01252 518 827.

## **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).

The hospital is served by bus numbers 1 and 73 which will take you near the hospital.

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:

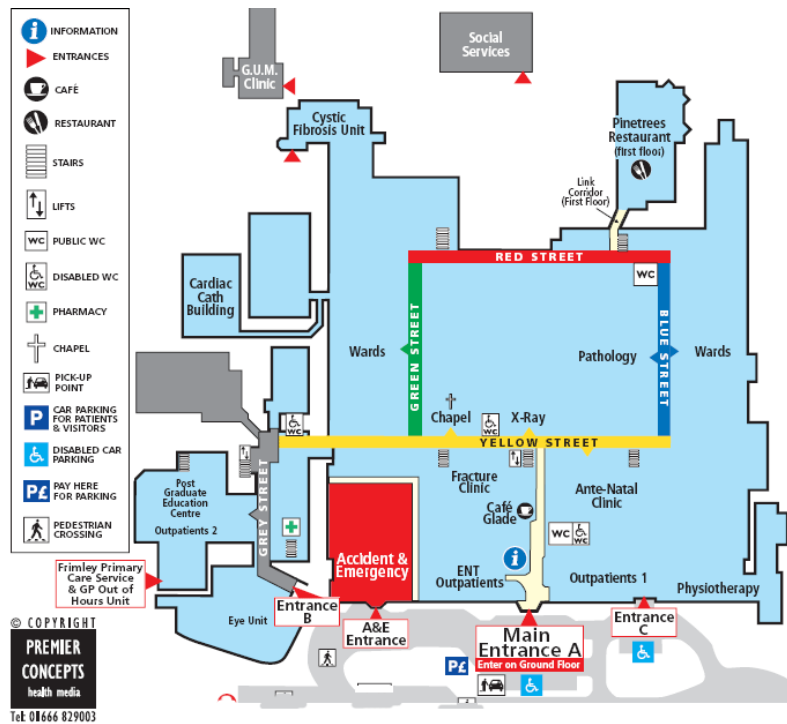
- Stagecoach Route 3 from Aldershot, Mytchett, Ash Vale, Frimley, Camberley, Blackwater and Yateley
- Arriva Route 35 from Woking, Knaphill, Bisley, Lightwater, Frimley and Camberley
- Countywide Route 71 from Farnham, Crondall, Fleet, Cove, Farnborough, Frimley stn and Camberley
- Carlone route 501 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 stop within a short walk of the hospital.

## 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)

### 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.

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

Please see Entrance C to the right of the Main Entrance on the map above. This is the entrance to the Physiotherapy Department and you should enter here.