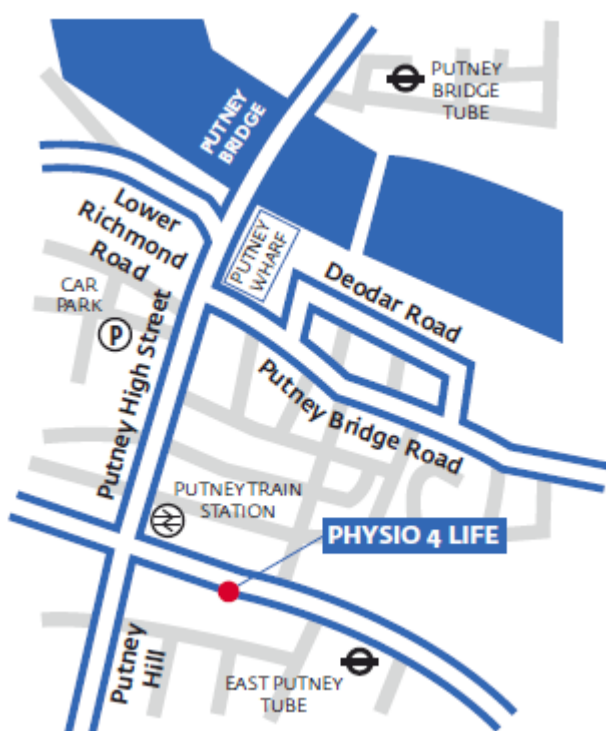


# MAP AND CATERING FACILITIES

## Physio4Life (Putney Medical Centre)

The course will be held at the Physio4Life Putney Medical Centre, 125 Upper Richmond Road, Putney, London SW15 2TL. 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 Underground

The nearest underground station is East Putney tube station which is a 5 minute walk from the venue. This station is within Zone 2 on the District line.

On exiting the station via Ernshaw Place, turn right onto Carlton Drive and then left at Upper Richmond Road. Continue straight until reaching the venue on your left hand side.

### By Rail

The nearest railway station is Putney train station which is also a 5 minute walk from the venue.

On exiting the station, head south on Putney Hill towards Upper Richmond Road. Turn left at Upper Richmond Road and after 500 ft, the venue will be on your right side.

A nearby taxi firm is available by telephone on 0207 101 9234 for booking, or alternatively you can visit them online at <http://cheaptaxiputney.co.uk/>.

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 Car:

#### **From Tolworth**

Merge onto the A3 at Kingston by-pass and continue to follow the A3 for 4.5 miles. Turn right at Kingston Vale (A3) and continue to follow the A3 for a further 1.5 miles. Take the ramp to Tibbets Corner and at Tibbets Corner take the first exit onto Tibbet's Ride (A219) and continue for 1 mile. Turn right at Upper Richmond Road and the venue will be on your right hand side opposite HSBC Bank. For pay and display parking, continue straight past the venue, turning left onto Oxford Road just after Pizza Express.

For detailed driving directions we recommend using either [www.theaa.com](http://www.theaa.com) or [www.google.com/maps](http://www.google.com/maps). You can enter your current location and the post code of the venue to access a route planner.

## **Car Parking**

There are a few pay and display parking spots available in the nearby area on surrounding roads, such as Oxford Road which is found on opposite the front of the venue, turning left just after Nandos and Pizza Express. On street parking is generally Free on Sundays but we advise that you check parking details and prices before leaving your vehicle, parking rates vary on times and days. Other surrounding roads for on street parking include Norry Road and Shelverton Road which are both just off Putney high street.

The Exchange Shopping Centre car park (on map) is open from 8am to 8pm Monday to Saturday and 11am to 5pm on Sundays. See <http://www.theexchangesw15.com/where.html> for parking rates.

## **By Bus**

The Putney area is served by a numerous bus routes that stop nearby Physio4Life on Putney High Street. Theses buses are the 74, 14, 22, 265, 85, 93, 37, 430, 424, 39, 337 and 220.

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**

Refreshments will be provided, please check your enrolment details as to whether lunch is also included.

Putney High Street has a variety of shops, restaurants and cafes where lunch and snacks can be bought. The high street has a Costa Coffee, Prêt, Starbucks and Caffé Nero serving hot and cold drinks, lunch and snacks. There is also an Italian restaurant (Rogerio's) and Brazilian coffee shop / restaurant found nearby Putney train station.

Other catering outlets can be found in and outside of the Exchange Shopping Centre including a Waitrose, McDonalds and The Slug & Lettuce.

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

The main entrance to Putney Medical Centre (Physio4Life) is found at 125 Upper Richmond Road, opposite HSBC Bank plc. On entering through the main entrance, walk up to the second floor where there will be a member of staff from the venue to welcome you. There may also be some yellow 'PhysioUK' signs to direct you to the course location.