

MAP AND CATERING FACILITIES



Royal Free Hospital

The course will be held in the Physiotherapy Department, Royal Free Hospital, Pond Street, London NW3 2QG. 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 recommend 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.

The hospital have been unable to supply us with a detailed map of the hospital. We suggest using the directions at the end of this map for finding the physiotherapy department when you arrive at the hospital.

By Car:

The hospital is located just off the A502 in North London. This can be accessed from Central London or from the North Circular (A406) via the A41. The M1 motorway Junction 1 is also only 4 miles away.

Due to the high number of possible routes to the hospital we advise participants use either an A to Z or an online route planner to get driving directions. Alternatively a sat nav is good, the hospital postcode can be found above.

Car Parking

At weekends there is some pay and display parking nearby but this does get busy. Using public transport is highly recommended

By Tube

The nearest tube station is Belsize Park which is in Zone 2 on the Northern Line (Edgware branch).

By Train

The nearest train station is Hampstead Heath station which is a few hundred yards away. 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 hospital is served by the following bus routes: 24, 46, 168, 268 and C11. 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).

Alternatively you can visit the hospital website which has the most recent Transport for London maps available. (www.royalfree.org.uk)

Catering Facilities

Day Lectures

Whilst refreshments will be provided, lunch is not included. Lunch can be purchased from the onsite canteen which is open as follows: Mon – Fri Breakfast 7am-10.30am, lunch 11.30am-2pm and dinner 5pm-8pm. Sat and Sun 8am – 12.30pm. There are also a large variety of delis, restaurants and sandwich shops just outside the hospital (i.e. Marks and Spencer's, Bagel Street, selection of independent shops).

Evening Lecture

N/A

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

(If travelling from Belsize tube, when you leave the tube turn right. Then walk straight on for approx ¼ mile passing Starbucks and Ask Pizza on your right and a BP garage on your left. Then you will be able to see the hospital on your right when you can then turn right down Pond Street to the hospital's main entrance.)

Entering from the ground floor main entrance

When you enter via the main entrance on the ground floor, follow the corridor around to the right and in front of you will be double doors with lifts beyond. Take the lift to the lower ground floor and then when you leave the lift turn right and then right again where you will find a long corridor. Follow the corridor and the first double doors on your left will bring you to the physiotherapy department which will be signed.

Entering from the lower floor / A & E main entrance

If entering via the lower ground floor / A & E entrance, follow the corridor straight and the first double doors on your left will bring you to the physiotherapy department which will be signed.

The Royal Free Hospital

