The course will be held in Physiotherapy Department of the Royal National Orthopaedic Hospital, Brockley Hill, Stanmore, Middlesex HA7 4LP. 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:

From the North (Luton)

Having joined the M1 towards London, continue onwards until junction 5 where you exit towards Watford/A41. At the roundabout take the second exit onto the N Western Avenue/A41 ramp to Watford South and merge onto N Western Avenue/A41. Continue to follow the A41, going straight through two roundabouts until reaching Watford Bypass. At Watford Bypass take the third exit onto Brockley Hill/A5 and after half a mile the venue will be on the right hand side.

From the South (London)

From the London area it is easiest to join the A5 at Edgeware Road and continue to follow on northbound, straight along this road until joining Brockley Hill. Continue on Brockley Hill until reaching the venue which will be on your left hand side.
From the East (Brentwood)

Having joined the M25, continue until reaching junction 23 where you take the A1081 exit towards Hatfield/Barnet/London (NW). At the roundabout, take the second exit onto the A1 ramp to London (N & C). Merge onto Barnet Bypass Road and continue onwards going through one roundabout. At Northway Circus, take the third exit onto Edgeware Way and continue along this road until taking the first exit on the roundabout to Spur Road. At the next roundabout take the third exit onto Brockley Hill and continue for one mile until reaching the venue on your left hand side.

From the West (High Wycombe)

Having merged onto the M25 from the M20, continue on the M25 until taking the Watford/A41 exit at junction 19, then merge back onto the M25. At the roundabout, take the second exit onto N Western Avenue/A41 heading to Central London. Continue to follow the A41 going through three roundabouts until reaching Watford Bypass. Take the third exit at the roundabout onto Brockley Hill and continue until reaching the venue on your right hand side.

Car Parking

Free parking is available on site at the hospital; please see the above map for suitable parking locations.

By Train

RNOH is served by Edgeware (Northern line) or Stanmore (Jubilee line) tube stops. Both are a bus ride or a short taxi journey away. You can walk from Stanmore Station but would need to allow an extra 30 minutes.

Stanmore Station has a nearby taxi rank, Jubilee Cars (Stanmore) Ltd who are available on 020 8421 8000. Alternatively, you could try Beeline Radio Cars on 020 8952 7343 who are located nearby Edgeware Station.

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

Please visit http://bit.ly/RNOHtravel for bus and other travel information in the venues locality. The site has a useful journey planner and detailed bus/tube maps to cater for your travel needs.

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 Courses

Whilst refreshments will be provided during breaks, lunch is not included. We recommend either bringing a packed lunch with you, or visiting the on-site restaurant "Broccles" situated at the heart of RNOH and open daily as follows:

- Monday to Friday: 7.30am – 19.30pm
- Saturday & Sundays: 7.30am – 14.00pm

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

The physiotherapy department is located in the outpatients department (close to number 5 on the map above). Please park in the main car park and walk the short distance from there and enter the building where the blue disabled sign is on the map above.