MAP AND CATERING FACILITIES

The Royal London Hospital

The course will be held in the Physiotherapy Department, Gym 3, Outpatient TherapiesThe Royal London Hospital, Whitechapel Road, Whitechapel, London, E1 1BB.

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:

Due to parking restrictions in the area, we strongly suggest using public transport to get to the hospital.

The hospital is situated just outside the congestion charging zone. If you need to drive through the zone to get to hospital, please visit the Transport for London website at www.cclondon.com for advice on how to pay.

Car Parking

There is no public parking at the hospital itself, but there is limited metered parking available around The Royal London. Meters can be found on the following streets located to the rear of the hospital:

- Turner Street
- Ashfield Street
- Varden Street
- Cavell Street

By Train / Underground

The hospital is located opposite Whitechapel underground station. It is served by the Hammersmith and City and District lines as well as the London Overground. For full details of tube services visit https://tfl.gov.uk/.

Liverpool Street is the nearest National Rail station. Train times and routes can be obtained from National Rail enquiries on 0345 7484950 or www.nationalrail.co.uk.
**By Bus**

The following buses stop outside or close to the hospital on Whitechapel Road: numbers 25, 106, 205, 253 and 254 as well as night buses N25, N106 and N253.

Bus numbers 15, 115 and D3 stop close to the hospital on Commercial Road. Low-floor wheelchair accessible buses run on all routes serving The Royal London Hospital. You can plan your journey at [https://tfl.gov.uk/](https://tfl.gov.uk/)

**By Bicycle**

Santander cycle hire docking points are available on Whitechapel High Street.

**Catering Facilities**

The hospital has a restaurant which is located on the fifth floor of the new building. A selection of newspapers, magazines and toiletries are available in the restaurant. Vending machines with food and hot and cold drinks are located throughout the new hospital.

The restaurant serves a varied menu including a deli bar with freshly prepared baguettes, English and Continental breakfast, hot main meals (lunch and dinner), jacket potatoes, a salad bar, sandwiches, Panini’s and soup.

Opening hours: daily 7.30am – 7pm, including weekends and bank holidays.

Whitechapel High Street is also close by and has numerous food shops and a Sainsbury’s supermarket a short walk away.

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

The physiotherapy department is on the 2nd floor accessed by lifts 5 or 8. Follow the signs to outpatients therapies and then to gyms 1, 2 and 3. There will also be yellow “Physio UK” signs directing you to the department.