

**HOLIDAY INN EXPRESS
COLCHESTER**

Joining Instructions

Location:

Holiday Inn Express, Birchwood Road, Colchester, CO7 6HX

Tel: 0871 423 4876 Website: <http://www.hiexpress.com/hotels/gb/en/colchester/stndc/hoteldetail>



Directions:

BY CAR: The hotel is situated approx. 6 miles north of Colchester. From Colchester town take the A1232 (Ipswich Road), towards Ipswich, merging onto the A12. The hotel is on the right at Birchwood Road.

BY TRAIN: Station Name: Colchester. Distance 5.9 miles. Taxi Charge (one way) is approx. £12.00

BY BUS: Nearest stop is Langham, (opp. Langham Oak)

Course times: Your course starts promptly at 9.30am and finishes at 5.00pm (+/- 30 minutes) on both days. We will have a 15 minute break morning and afternoon, and a 45-60 minute break for lunch.

Parking: The hotel has ample free car parking.

Refreshments: The hotel's "Great Room" restaurant serves has a limited dinner menu. The hotel also has an informal bar (Millers Bar) serving a wide range of hot and cold food. We will be providing free tea/coffee and biscuits, and bottled water will be available at all times throughout the course.

What else do I need to know? Please bring a notepad and pen. We recommend that you wear a short-sleeved or sleeveless top for our vein identification exercises.

Please remember to check back on our website (News Section on Home Page) within 24 hours of your course for any last minute changes and updates (including traffic delays).

Any other questions? If you cannot find the answers to your questions on our website (FAQ section) then please don't hesitate to email us at: info@geopace.com



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