

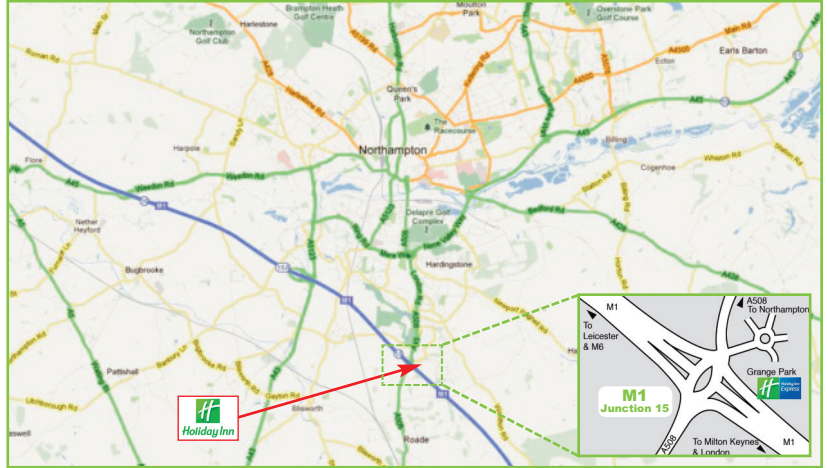
**HOLIDAY INN EXPRESS
NORTHAMPTON**

Joining Instructions

Location:

Loake Close, Grange Park, Northampton, NN4 5EZ

Tel: 01604 432 800 Website: www.expressnorthampton.co.uk



Directions:

BY CAR: The hotel is located just off junction 15 of the M1. At the motorway access roundabout, follow signs for Northampton and Grange Park. At the traffic lights, take the dedicated road into Grange Park and follow signs to the hotel entrance.

BY TRAIN: Station Name: Northampton. Distance: 4.2 miles to the Hotel. Taxi Charge (one way) is approx. £8.00

BY BUS: Wake Way bus stop (opp. Home Close), Grange Park. Distance: 0.3 miles to the Hotel (approx. 6 minutes walk).

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 Bar" serves a variety of snacks and drinks. 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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