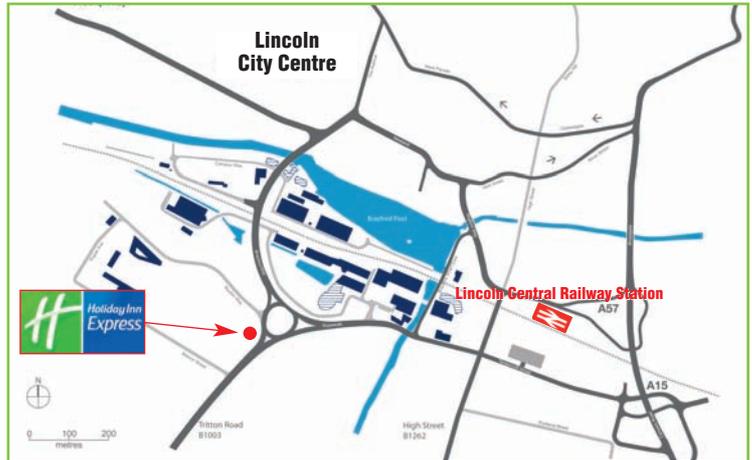


HOLIDAY INN EXPRESS LINCOLN CITY CENTRE

Joining Instructions

Holiday Inn Express, Ruston Way, Brayford Park, Lincoln, LN6 7DB

T: 0871 902 1617 Website: www.expresslincoln.co.uk



HOW TO FIND US ...

BY CAR (from the North): At Jct. 5, M180 take the Scunthorpe/Grimsby exit. Follow the M180 exiting at Jct. 4 towards the A15 (Scunthorpe/Lincoln/Brigg). Take the third exit on the roundabout signposted Lincoln, and continue on A15 for approx. 20 miles passing two roundabouts. At Riseholme Roundabout, take the second exit onto B1266 signposted Lincoln North. Take the 3rd exit at next roundabout to your right hand side named Yarborough Crescent (B1273). Continue along this road downhill as you eventually go over a flyover over Brayford Water. At the roundabout, take the exit in between McDonalds and the Hotel. The hotel or park is the first left hand turn on this road.

BY CAR (from the South): Follow the A46 North towards Newark/Lincoln. At Hykeham Roundabout, take the third exit onto Newark Road (A1434) signposted for Lincoln South. Continue on this road for about 2.5 miles, passing an Asda Superstore. You will then reach a junction to the left called Tritton Road (B1003) which you need to take, signposted for City Centre, Tritton Road Trading Estates. Continue for about 2.5 miles. As you pass many retail stores, Morrisons and large retail parks on both sides you will see the hotel in the distance. At the roundabout, the hotel is on your left hand side, take the first exit. The hotel car park is the first left hand turn on this road.

BY RAIL: The hotel is located just 10 minute's walk (0.5 mile) from Lincoln Railway Station. Taxi fare approx. £5.00

BY BUS: Multiple bus stops located within the city centre are just a few minutes walk away from the hotel.

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: Hotel parking available onsite for all delegates.

REFRESHMENTS: The hotel provides simple meals (evenings) in the Great Room lounge, as well as a vending machine. Alternatively other restaurants (including McDonalds and Pizza Hut) are located within a short walking distance of the hotel. We will be providing tea and coffee, 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 or call us on **01525 713377**



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