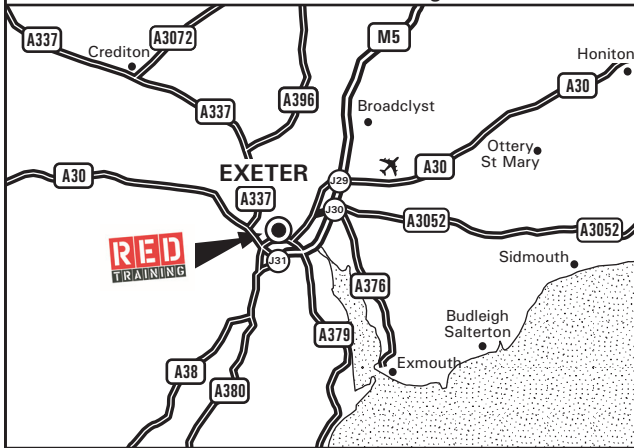




**RED Training**  
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- From M5 Southbound**
- Leave the M5 at Junction 30 (signed Exeter & A379).
  - At the roundabout at the bottom of the slip road take the third exit onto A379 (signed Exeter, Dawlish and Topsham).
  - Remain on the A379 for 1.5 miles, following signs for Topsham, until the Countess Wear Roundabout.
  - At the roundabout, take the second exit onto Bridge Road (A379).
  - Pass over the Countess Wear Bridge and continue to the next roundabout.
  - Take the second exit (signed Okehampton, Torquay & Plymouth) onto the A379.
  - At the next roundabout, take the fourth exit (signed Okehampton) onto Bad Homburg Way (B3123).
  - At the next roundabout, take the first exit (signed Livestock Centre & Park&Ride) onto Matford Park Road.
  - Turn right onto Waterbridge Court.
  - We are located on the right (see inset).

- From M5 Northbound**
- Leave the M5 at Junction 30 (signed Exeter & A379).
  - At the roundabout at the bottom of the slip road take the first exit onto A379 (signed Exeter, Dawlish and Topsham).
  - Remain on the A379 for 1.5 miles, following signs for Topsham, until the Countess Wear Roundabout.
  - Follow directions above "From M5 Southbound" point 4.

- By Train**
- Exeter is served by trains from Bristol, Birmingham, Plymouth, Penzance, Taunton, Reading and London Paddington.
  - Taxis are available at Exeter St Davids & Exeter Central stations.

