



RED Training
Media Annex
Stonehills - Shields Road
Gateshead NE10 0HW
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www.redinstructortraining.com



From the A1(M) (Northbound)

- From the A1(M) Junction 65 continue onto the A194(M).
- Continue on the A194(M) until the roundabout junction with the A184.
- At the roundabout, take the second exit onto the A194 (signed South Shields).
- At the next roundabout, turn left onto the B1306 (Mill Lane).
- Turn left at the junction with the A185 and join Victoria Road.
- Continue onto Shields Road.
- Turn left onto Stonehills (see inset).

Car Parking

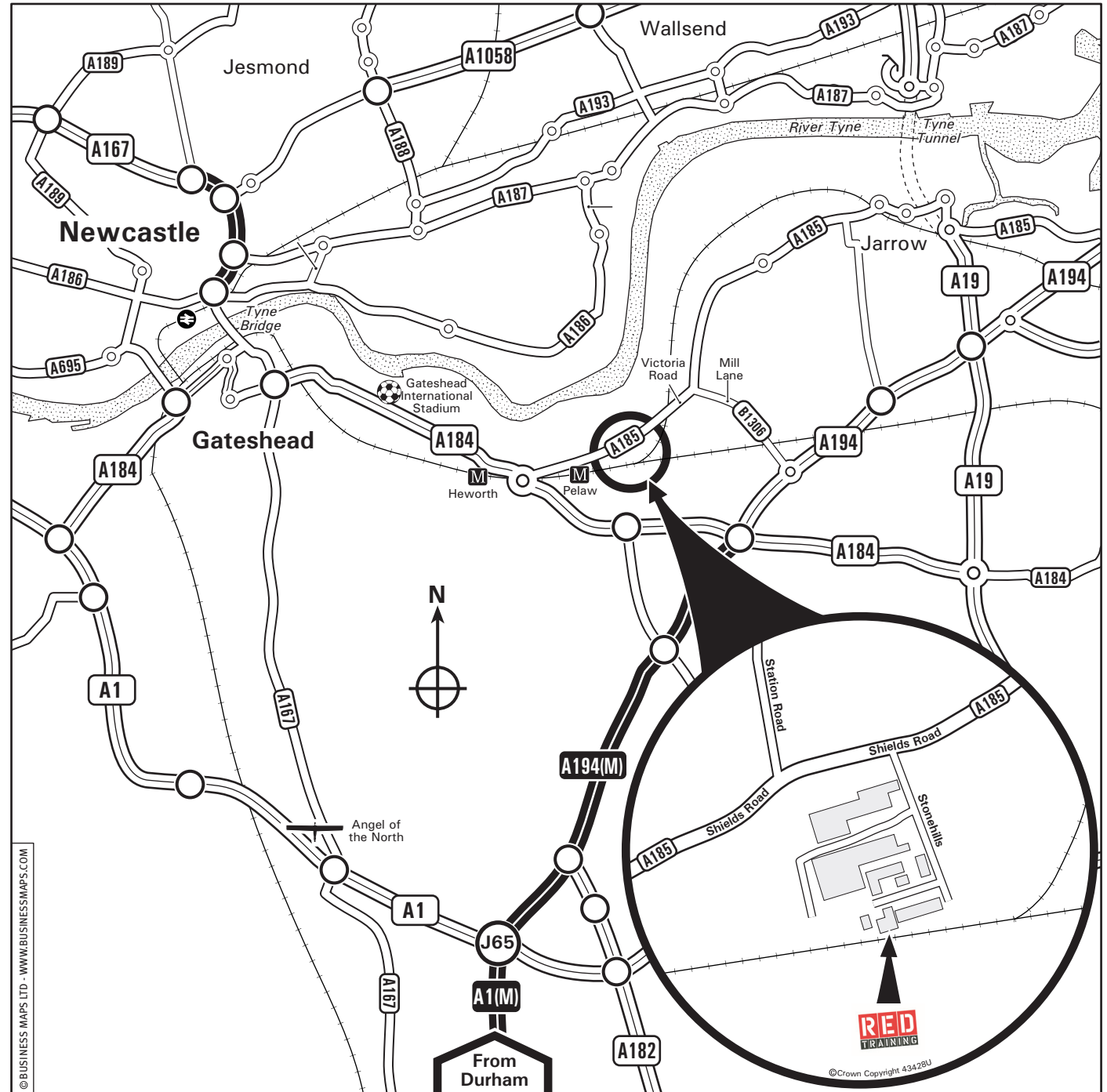
- Free parking available on site and in the immediate vicinity.

By Train

- Newcastle Central is the nearest mainline station and is served by trains from London, Edinburgh, York, Leeds and Sheffield.
- Metro services also operate from Central Station.
- For further information on train times and fares, please call the National Enquiry Line on 0845 748 49 50.
- Taxis are available from the station.

By Metro

- Pelaw is the nearest metro station and is a short walk from our offices.



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