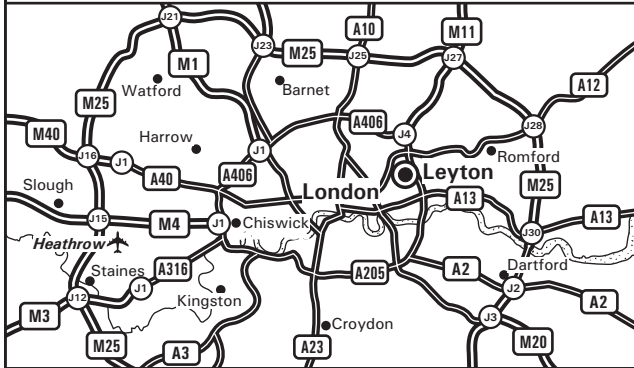




RED Training
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From Central London

From The City take the A11 over Bow flyover to arrive at the Stratford one way system. Travel round the gyratory and join the A11 (towards Leytonstone). Travel along the A11 for approx 1 mile towards Leytonstone. When you arrive at Leytonstone High Street one way system continue through one way system and turn left onto Gainsborough Road at the junction on which MacDonalds is situated. Turn left onto Lemna Road. Kirkdale House is situated approximately 200 metres on the right (see inset)

From A406

Exit the A406 at junction 12 and follow signs for Central London/ Stratford. Continue for roughly one mile until you have travelled via the underpass and then take the next exit (signposted Leytonstone/Leyton). Continue until you reach a roundabout, take the 1st exit and keep in the middle lane to join the A11. Follow the A11 (High Road Leytonstone) for approximately 400 metres until the start of the one way system - turn right into Gainsborough Road with MacDonalds on your right (see inset). At the next set of traffic lights turn left onto Lemna Road. Kirkdale House is approximately 200 metres on the right (see inset).

Car Parking (see inset for car park locations)

Parking is available in Matalan, currently £1.00 and free in Tesco, but please be aware that the time limit is strictly 2 hours in each. If you anticipate a longer stay, all day parking is available in the Station car park, currently for £3.00.

By Train

The nearest station is Leytonstone which is served by trains from Gospel Oak and Barking.

By Underground

Leytonstone is on the Central Line.

By Bus

Services 66,145,257,W13 & W14 and 325 all stop at Leytonstone Underground station.

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