

Travel to Healix

15 Castle Mews, High Street, Hampton, Middlesex, TW12 2NP, UK

From Heathrow Airport:

Hire car: Follow signs to M25, then follow the "By car" instructions at the bottom of the page.

Bus: Number 111 direct to Hampton. See map C for alighting point. Leaves Heathrow Central Bus Station every 10 minutes. Journey time is about 1 hour. The fare is £1.20. (If arriving at terminal 4 take the shuttle to terminal 2 and use the subway to cross to the Central Bus Station.

Taxi: Journey time is about 30 minutes. The fare should not exceed £25.00. (All London "Black" cabs have a scale of charges clearly displayed).

From Central London:

Train: Direct Line to Hampton from Waterloo Station.

Underground: District Line to Richmond. Then bus (**R68**) to Hampton.

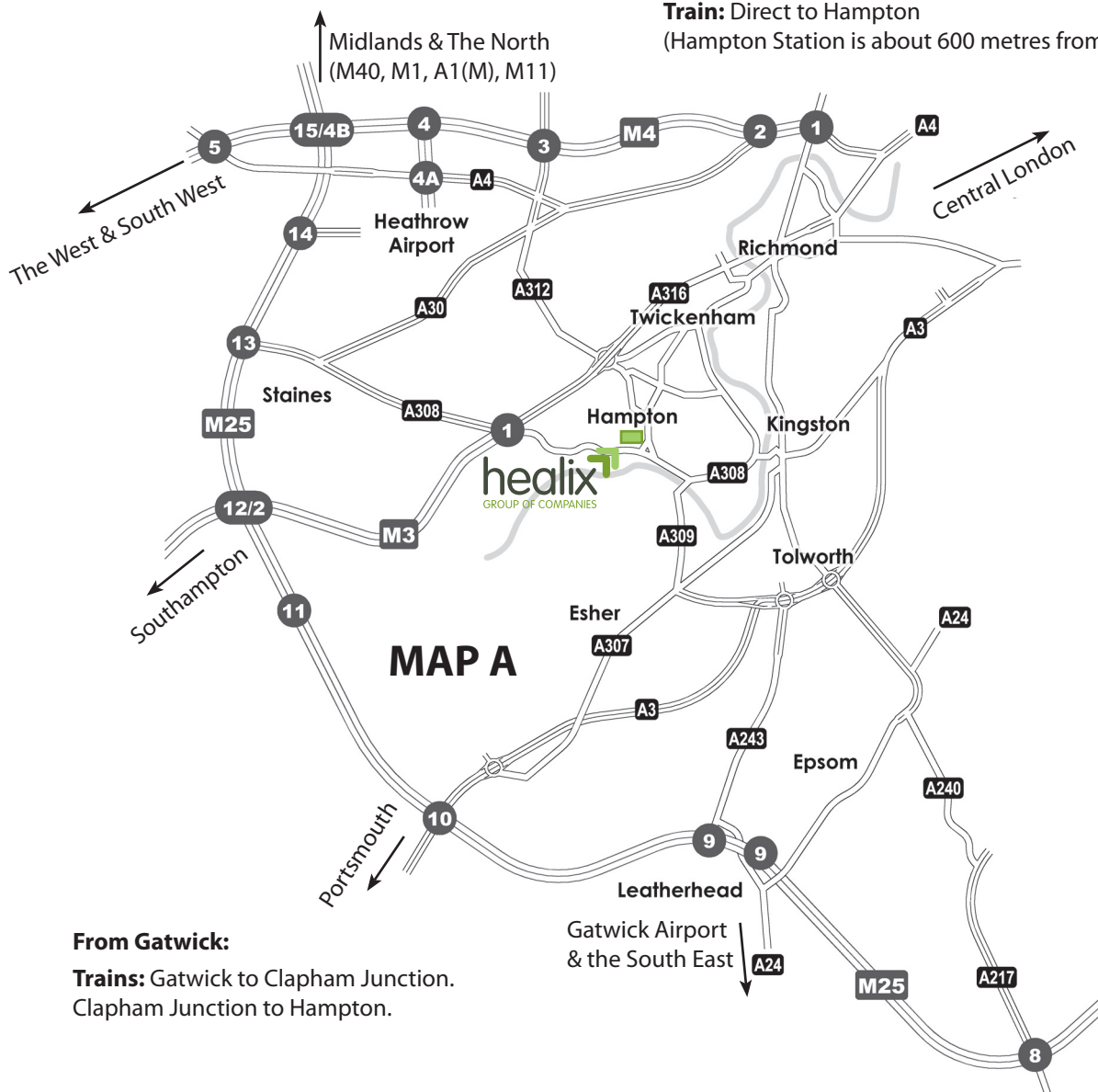
From Richmond:

Bus: R68 direct to Hampton

From Kingston:

Bus: 111 or 216 direct to Hampton

Train: Direct to Hampton
(Hampton Station is about 600 metres from Healix).



From Gatwick:

Trains: Gatwick to Clapham Junction.
Clapham Junction to Hampton.

See MAP C for bus stops and Hampton train station

By car:

Coming from the **M25**, London Orbital Motorway, the most convenient route is to leave the **M25** at Junction **12** and take the **M3** towards London. Leave the **M3** at Junction **1** and turn **right** on to **A308** (signposted Kingston). Continue for about **2.5** miles, go through the traffic lights at the 'Waterworks'. Turn **left** into the **High Street** (after the pedestrian crossing). You will find **Castle Mews** on your **left** past Station Road. **Healix** is the first building on the **right**.

Accommodation

Local Hotel Accommodation

Below are listed a selection of hotels in the area which other visitors to **Healix** have found suitable. Special corporate rates are available. Please mention that you are on business at **Healix**.

Please contact these hotels directly for further details about their facilities, including current prices and availability

1 The Park Lodge Hotel

Park Road

Teddington TW11 0AB

Tel: +44 (0)20 8614 9700

Fax: +44 (0)20 8614 9701

Public Transport to Healix(Journey Time 15 mins).

Train: Teddington to Hampton
(Shepperton Train).

Bus: R68 from Broad Street, Teddington to Hampton

2 Pope's Grotto

Cross Deep

Twickenham TW1 4RB

Tel: +44 (0)20 8892 3050

Fax: +44 (0)20 8892 2758

Public Transport to Healix(Journey Time 15 mins).

Bus: R68 from outside the hotel to Hampton

3 The Liongate Hotel

Hampton Court Road

Hampton Court KT8 9DD

Tel: +44 (0)20 8977 8121

Fax: +44 (0)20 8943 4029

Public Transport to Healix(Journey Time 15 mins).

Bus: 111 or 216 from outside the hotel to Hampton

4 Chase Lodge Hotel

10 Park Road

Hampton Wick KT1 4AS

Tel: +44 (0)20 8943 1862

Fax: +44 (0)20 8943 9363

Public Transport to Healix(Journey Time 20 mins).

Train: Hampton Wick to Hampton
(Shepperton Train)

Bus: 111 from Hampton Court Road to Hampton

5 The Carlton Mitre Hotel

Hampton Court Road

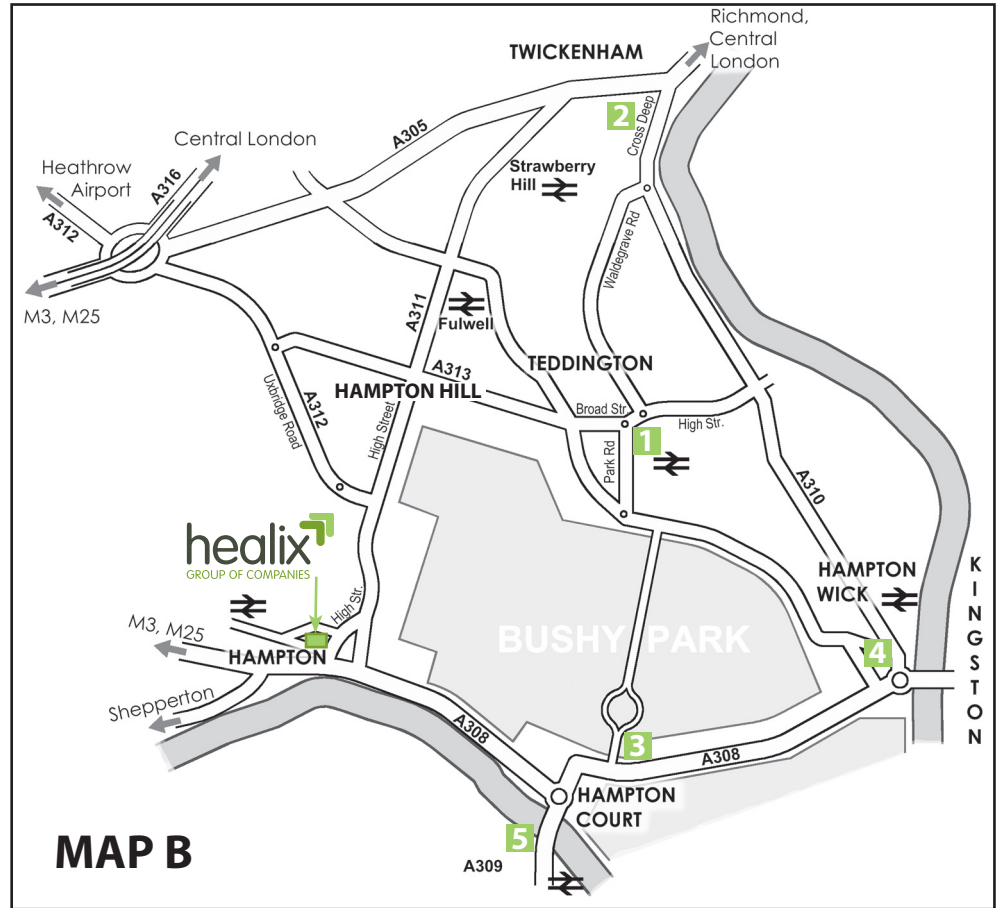
Hampton Court KT8 9BN

Tel: +44 (0)20 8979 9988

Fax: +44 (0)20 8979 9777

Public Transport to Healix(Journey Time 10 mins).

Bus: R68, 111 or 216 from Hampton Court Road to Hampton



MAP B

Buses From

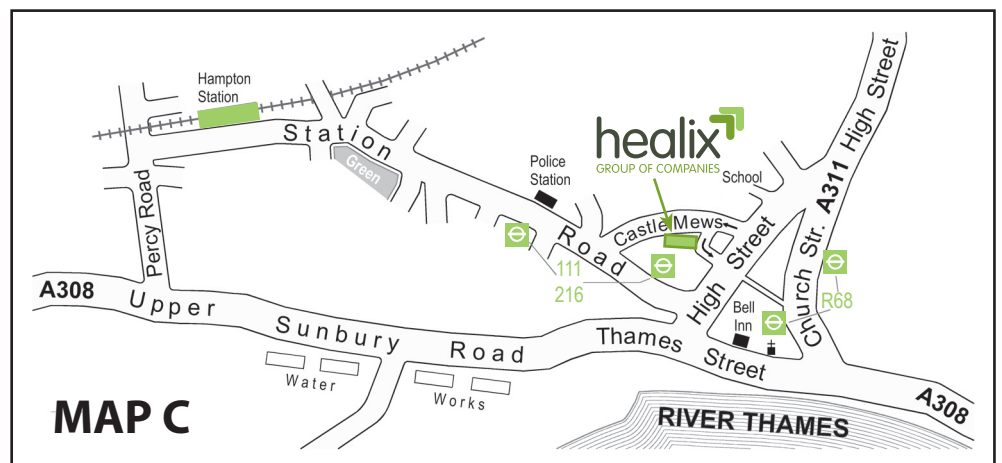
Heathrow Airport Central Bus Station to hotels in the Local Area

(All buses cost £1.20)

Bus **X26** (Journey time 30 mins) and Bus **285** (Journey time 50 mins)
To Broad Street, Teddington. Suitable for The Park Lodge Hotel

Bus **285** / Bus **111**(Journey time 1 hr)
To Hampton Wick/Kingston Bridge. Suitable for The Chase Lodge Hotel

Bus **111** (Journey time 50 mins)
To Hampton Court Road. Suitable for The Liongate Hotel



MAP C