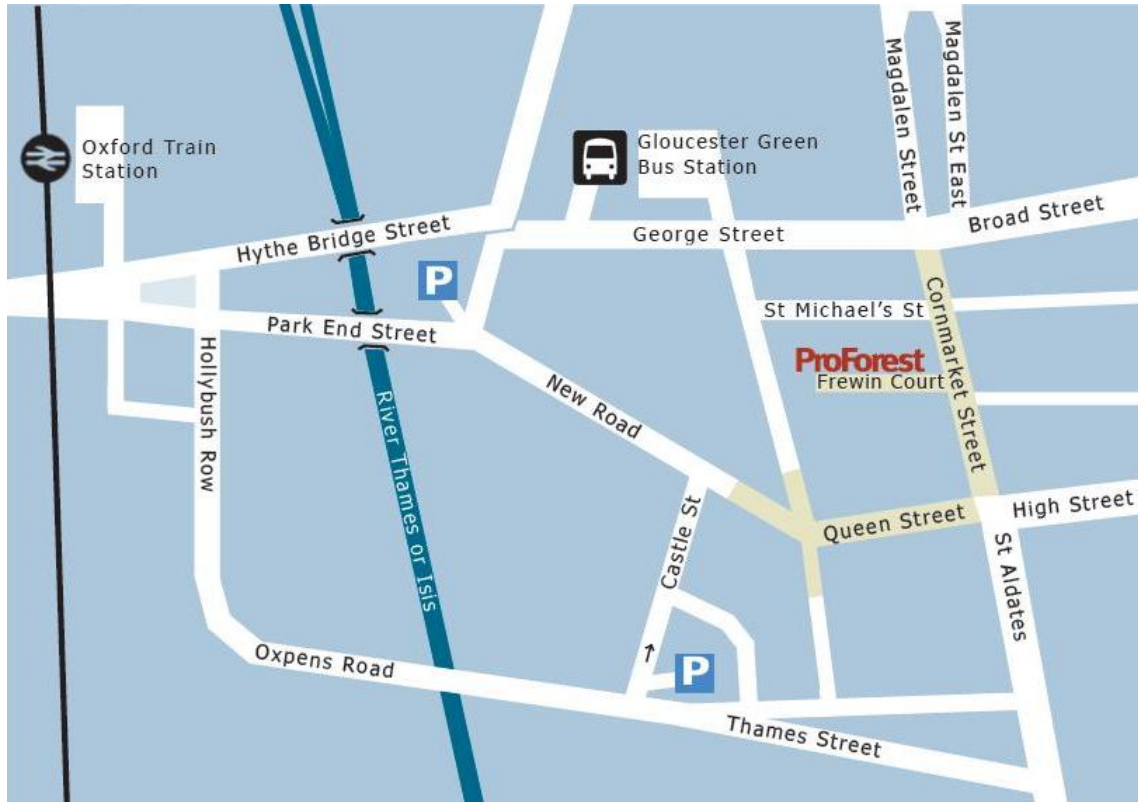


Getting to the ProForest Office

ProForest, South Suite, Frewin Chambers, Frewin Court, Oxford OX1 3HZ (+44 (0)1865 244820)

The Proforest office is centrally located in a pedestrianised area in the centre of Oxford and is easy to get to by public transport.



Within Oxford

by foot

The ProForest office is located in Frewin Court, which is a small alley off Cornmarket Street. The ally is situated opposite the Zavvi record store (and between the Lush and Gap stores) Our office is located in Frewin Chambers further down the ally on the right hand side.

by taxi

The Proforest office is in a pedestrianised street, so cannot be accessed directly by taxi. Ask to be dropped off at the end of St. Michael's Street near Cornmarket Street. From here, take a right on Cornmarket street until you see the Lush shop on your right. Turn right into the ally called Frewin Court. Our office is located in Frewin Chambers further down the ally on the right hand side.

by bus

Several local and regional bus routes come through the High Street and Queen Street to the south of Cornmarket Street, or through George Street to the north of Cornmarket Street. You may wish to check for further information on bus services in Oxford on www.oxfordshire.gov.uk/publictransport.

by car

Access to the city centre is difficult and so is parking. We recommend you use the Park & Ride facilities located at several locations around the city (see below). Alternatively you can use parking facilities at the Westgate Shopping centre (near Thames Street) or at the east end of Park End Street, both of which are situated at a 5-minute walk from our office.

To Oxford

train

Oxford can easily be reached by direct trains from London Paddington or Birmingham New Street stations. Oxford train station is situated just to the west of the city centre. The ProForest office is a 10-minute walk from the station. Alternatively, there are usually plenty of taxis outside the station or you can take one of the frequent buses to the city centre and get off at Queen Street.

To walk to us from the train station, get to the main road to the south of the station (Hythe Bridge Street), walk past the Said Business School, which should be on your left. Walk straight down Hythe Bridge Street, until you cross a bridge and get to a set of traffic lights where the main road turns left. Cross the street and keep walking straight down George Street. Cornmarket Street is located at the end of George Street on the right. Turn into Cornmarket Street and continue walking until you see the Lush shop to your right. Proforest is situated in the ally (Frewin Court) immediately after this shop.

coach

There are frequent coach services from the centre of London (Victoria station) which terminate at Gloucester Green bus station (on George Street), which is a five minute walk from our office.

The 'Oxford Tube' leaves from London Victoria every 12 minutes during weekdays and slightly less frequently at other times. Journey time between London and Oxford is about 90 minutes. For more information, please see: www.oxfordtube.com.

from Heathrow and Gatwick

'The Airline' runs frequent coach services from Heathrow and Gatwick airports which all terminate at Gloucester Green bus station (on George Street), which is a five minute walk from our office.

The coaches from Heathrow Airport take 90 minutes from terminals 1,2 and 3 (stand 14a in the Central Bus Station) and 80 minutes from terminal 5 (stand 11 at the arrivals concourse outside the terminal). If you arrive at terminal 4, take the underground to terminals 1,2 and 3. The coaches leave every 30 minutes during the day and less frequently overnight.

The coaches from Gatwick take 2 hours and leaves every hour during the day and less frequently overnight (South terminal: upper forecourt, North terminal: stand 4 outside arrivals). For more information, please see:

http://www.oxfordbus.co.uk/main.php?page_id=23 .

park & ride bus service

There are 5 different Park & Ride car parks around Oxford. The most convenient ones are the Pear Tree (if you are coming from the north) and Thornhill (if you are coming from London/M40). The car parks are signed for 'Park&Ride' as you approach them. Parking is 'pay and display' (60p all day) and shuttle buses are £2 return, leaving about every 10 minutes. The Pear Tree bus service terminates at the junction of George Street and Magdalen Street directly to the north of Cornmarket Street. Those from Thornhill pass through the High Street to the South of Cornmarket Street. For more information please see: www.parkandride.net (destination Oxford).

