

Getting to the Proforest Office

**Proforest, South Suite, Frewin Chambers, Frewin Court, Oxford
OX1 3HZ (+44 (0)1865 243439)**

The Proforest office is 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 alley is situated between the Lush and Gap stores. Our office is located in Frewin Chambers further down the alley 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 alley called Frewin Court. Our office is located in Frewin Chambers further down the alley 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 overleaf). Alternatively you can use parking facilities at the Westgate Shopping centre (near Thames Street) or at the east end of Park End Street (see map, above) both of which are situated at a 5-minute walk from our office.

Getting to Oxford

By Rail

Oxford can easily be reached by direct trains from London Paddington or Birmingham New Street stations. Oxford railway 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 railway station, exit the station through the ticket hall and turn right towards the main road (Hythe Bridge Street). At Hythe Bridge Street, turn left and walk past the SAID Business School (the modern building on your left with the copper spire). Walk straight down Hythe Bridge Street towards the city centre (about 300 metres/1000 ft) 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 ahead for another 300 metres (the street is now called George Street) until you come to another set of traffic lights. Turn right into the pedestrianised Cornmarket Street. Continue walking until you see the Lush soap shop to your right. Proforest is situated in the alley (Frewin Court) immediately next to this shop. Proforest is located towards the end of the alley on the right hand side.

See overleaf for getting to Oxford

- By coach from London
- By coach from Heathrow or Gatwick
- By car using Park & Ride facilities

By coach from London

There are frequent coach services from the centre of London (Victoria station) which all 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 Coach Station (and also picks up from, amongst others, Victoria Train Station and Marble Arch) from 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.

The **Oxford Express** also leaves from London Victoria Coach station (and also picks up from Victoria Train Station and Marble Arch) from every 15-20 minutes. It also takes about 90 minutes to get to Oxford. For more information please go to: http://www.oxfordbus.co.uk/main.php?page_id=27

By coach 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 costs £ 1.50 at Pear Tree for the day, and is free at Thornhill. Frequent shuttle busses (£2.50 for a return) connect the P&R to the city centre. 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).

