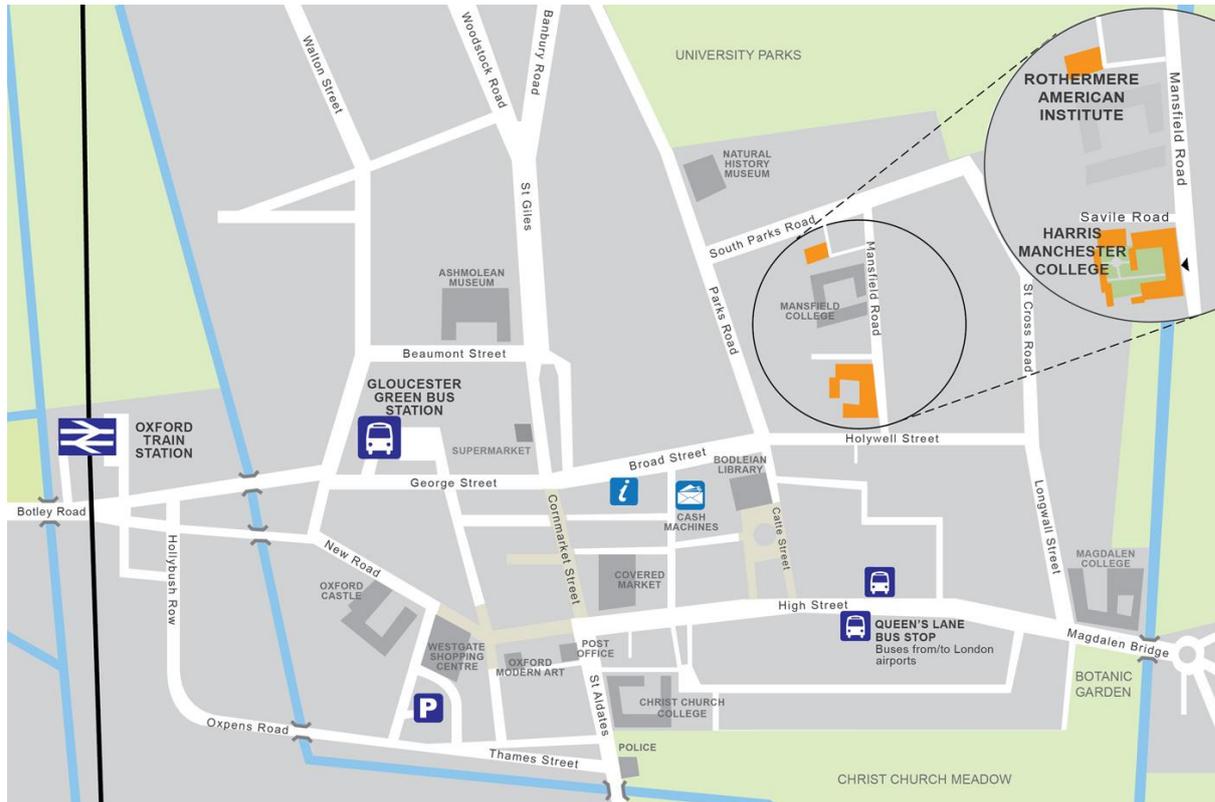


Proforest Annual Training Programme 2012

How to Get to the Training Locations

Rothermere American Institute 1a South Parks Road, Oxford, OX1 3UB, www.rai.ox.ac.uk

Harris Manchester College Mansfield Road, Oxford, OX1 3TD, www.hmc.ox.ac.uk



Courses will be held at the **Rothermere American Institute** and **Harris Manchester College**. They are situated in the so called science park area, at a few minutes walking distance from central Oxford.

Getting to Oxford



train

Oxford can easily be reached by direct trains from London Paddington or Birmingham New Street stations. From London an off peak-hours open return ticket should cost around 45 pounds. First Great Western is the train operator (see website for further details: www.firstgreatwestern.co.uk). Direct trains take approximately one hour.

Oxford train station is situated just to the west of the city centre. There are usually plenty of taxis in front of the train station that can take you to either of the training locations for about 8 pounds. Alternatively you can walk to the colleges, which will take you about 20 minutes. There are no bus stops close to the training locations.

coaches from London

There are frequent coach services from the centre of London (Victoria station) which all stop at Queen's Lane bus stop (10 minutes walk to the training locations) and which all terminate at Gloucester Green bus station on George Street (15 minutes walk). Alternatively, you can hail a taxi anywhere in the city centre, which can bring you to the training locations for approximately 5 pounds.

The '**Oxford Tube**' leaves from London Victoria every 12-15 minutes during weekdays (slightly less frequently during evenings and weekends, once every hour overnight). Journey time between London and Oxford is about 100 minutes. For more information, please see: www.oxfordtube.com. A single ticket is 14 pounds and a period return is 20 pounds. Both can be bought from the driver.

A rival service, **X90**, also departs every 15-20 minutes from London Victoria (slightly less frequently early mornings and late in the evening). Journey time is about 100 minutes. A single ticket costs 13 pounds, a period return 20 pounds and can also be bought from the driver. For more information, please see:

www.oxfordbus.co.uk/main.php?page_id=261

coaches from Heathrow and Gatwick

'**The Airline**' runs frequent coach services from Heathrow and Gatwick airports which all stop at Queen's Lane bus stop (10 minutes walk to the training locations) and all terminate at Gloucester Green bus station on George Street (15 minutes walk). Alternatively, you can hail a taxi anywhere in the city centre, which can bring you to the training locations for approximately 5 pounds.

The coaches from **Heathrow** Airport take approximately 90 minutes from terminals 1,2 and 3 (bay 14a in the Central Bus Station) and 80 minutes from terminal 5 (stand 9 at the arrivals concourse outside the terminal). If you arrive at terminal 4, take the free shuttle to terminals 1,2 and 3. The coaches leave every 30 minutes during the day and less frequently overnight (night busses only leave from the Central Bus Station). A single ticket costs 23 pounds, a period return 27 pounds.

The coaches from **Gatwick** take approximately 130 minutes and leave every hour during the day and less frequently overnight (South terminal: lower forecourt, stands 1 and 2, North terminal: lower forecourt, stands 4 and 5). A single ticket costs 28 pounds, a period return 37 pounds.

For more information, see: www.oxfordbus.co.uk/main.php?page_id=23

park & ride bus service

Parking spaces near the training locations are extremely limited. If you come by car it is highly advisable to use the park and ride car parks at the edges of Oxford.

There are 5 different Park & Ride car parks around Oxford; they are clearly signposted when you approach Oxford. Parking is free at *Thornhill* and *Water Eaton*, but they have a maximum stay of 72 hours. The other sites have no maximum stay, but charge a parking fee (£ 7,50 for a week). The car parks are signed for 'Park&Ride' as you approach them. Shuttle buses to central Oxford start from £2.40 for a return, leaving about every 10 to 15 minutes. For more information please see: www.parkandride.net (destination Oxford).