

Reaching the Office

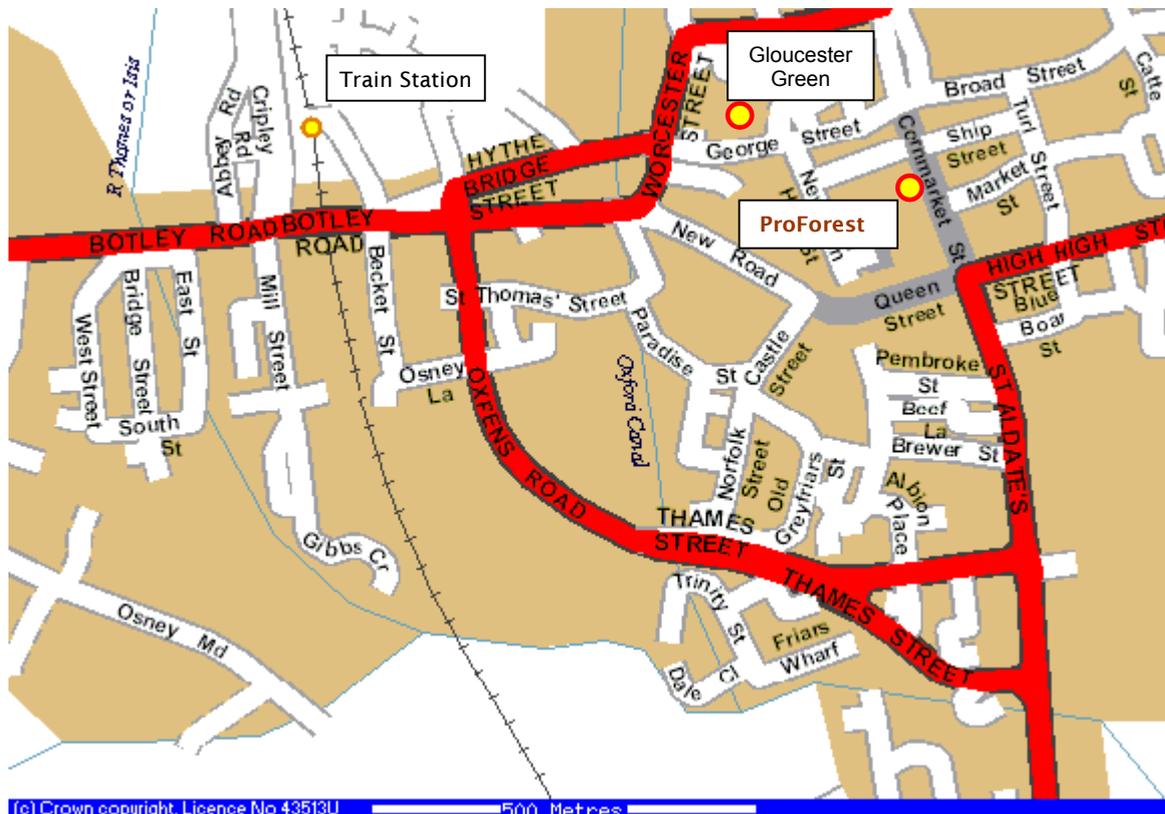
ProForest, South Suite Frewin Chambers, Frewin Court, Oxford OX1 3HZ

Frewin Court is a small lane off Cornmarket Street in the centre of Oxford. Turn left as you walk north up Cornmarket, immediately after the GAP store.

There are several good public transport options for reaching our office. Traffic in the centre of Oxford is often congested and parking is expensive. For these reasons and in line with our environmental policy, we recommend the following options:

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.



There are usually plenty of taxis outside the station. However Cornmarket Street is pedestrianised so direct access to the office is not possible by car. Alternatively you can take one of the frequent buses to the city centre and get off at Queen Street.

Bus

There are frequent bus services from the centre of London (Victoria station), Heathrow airport and Gatwick airport. All of them terminate at Gloucester Green bus station, 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. When you arrive in Oxford get off at the High Street, which is a 5-minute walk from our office. If you are arriving in the evening and want to go straight to your hotel, you can ask the bus driver to

arrange for a taxi to meet you at the bus stop.

'The Airline' services to Heathrow take 70 minutes for terminals 1,2 and 3 and 90 minutes for terminal 4. They leave every 20 minutes during the day and less frequently overnight. The same bus service to Gatwick takes 2 hours and leaves every 30 minutes during the day and less frequently overnight. Details of where to catch the bus are signed at the airports. When you arrive in Oxford get off at the High Street, which is a 5-minute walk from our office. If you have a lot of luggage you may find it easier to get off at Gloucester Green coach station where you will be able to get a taxi.

Oxford Bus Company website - Buses to Heathrow and Gatwick.

<http://www.theairline.info/>

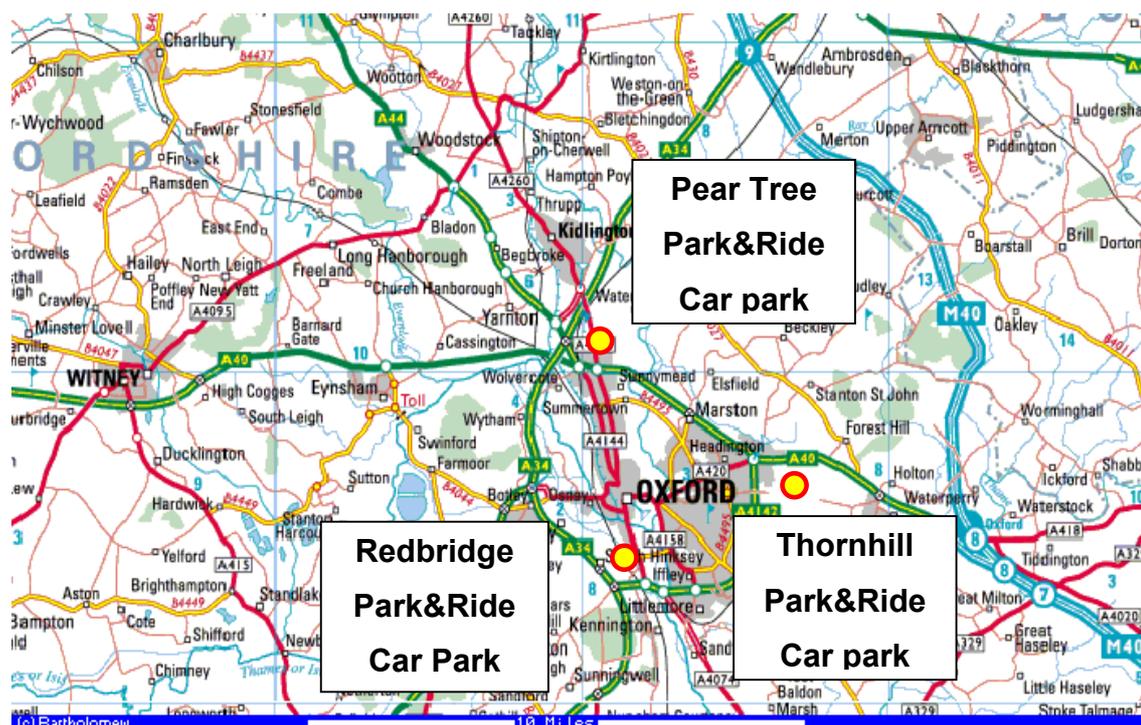
Stagecoach website - Oxford Tube buses to London.

<http://www.stagecoach-oxford.co.uk/tube/>

Park & Ride Bus service

http://www.parkandride.net/oxford/html/oxford_frameset.html

There are 5 different Park & Ride car parks around Oxford. The most convenient are the Pear Tree (if you are coming from the north) and Thornhill (if you are coming from London/M40). The Pear Tree service terminates at the junction



The car parks are signed for 'Park&Ride' as you approach them. Parking is 'pay and display' (60p all day) and buses are £1.90 return, leaving about every 10 minutes. Park & Ride Busses from Pear Tree stop at the junction of George Street and Broad Street. Those from Thornhill pass up the High Street into the town centre. Busses from Redbridge stop on Queens Street.

Car

Access to the town centre is difficult by car. However, parking is available at the train station, off Worcester Street and off Norfolk Street.

