Dynamic Training UK Ltd Unit 7, Brook Business Centre, Cowley Mill Road, Uxbridge, UB8 2FX



## TRAVELLING BY CAR FROM M25/M40/A40

- Leave M25 at junction 16, merge onto M40/A40 towards Uxbridge/London
- Leave M40/A40 at junction 1 signposted Denham, Gerrards Cross, Uxbridge
- On slip road, take the exit heading towards Slough A412/Uxbridge A4020
- At roundabout go staight over heading for Uxbridge New Denham (A4020)
- At roundabout take the 2nd exit onto A4020 Oxford Road
- Continue on Oxford Road/A4020 over humped back bridge and over traffic lights At the roundabout take the 3rd exit to stay on Oxford Road/A4020
- Use the middle lane to turn left onto Cross Street/A4020
- Use the 2nd from the right lane to turn right onto Cowley Road
- Use the left lane to turn right onto Cowley Road/A4020
- Use the middle lane to turn slightly right onto Trumper Way/A4020
- Slight left onto New Windsor Street/A4007
- At the roundabout, take the 1st exit onto Cowley Mill Road
- Brook Business Centre can be found on the right

# TRAVELLING BY CAR FROM M25/M40/A40





#### **PARKING FOR VISITORS**

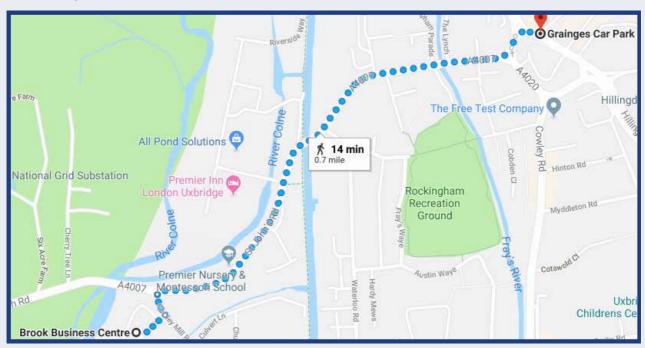
On-site parking isn't available to visitors. Limited on street parking is available on Cowley Mill Road, opposite the business centre.

For alternative parking, there are car parking facilities nearby.

### THE GRAINGES CAR PARK, MARKET SQUARE

Distance: 0.7 miles

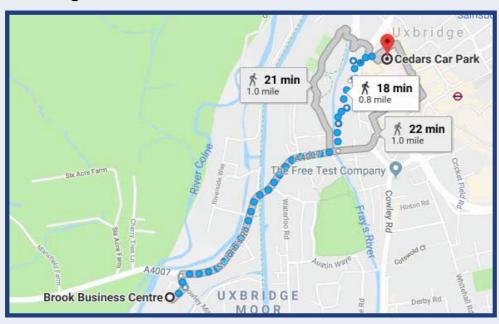
Walking Time: 14 minutes



# THE CEDARS CAR PARK, OXFORD ROAD

Distance: 0.8 miles

Walking Time: 18 minutes



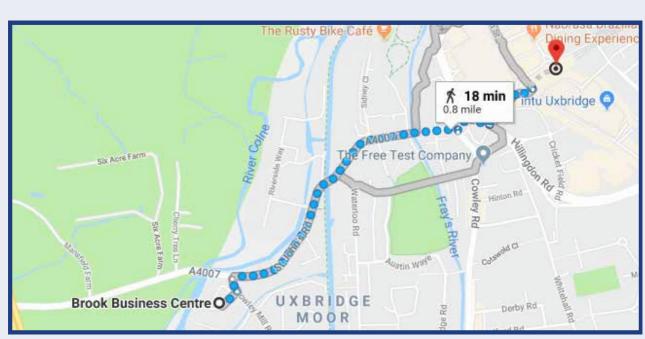


#### TRAVELLING BY PUBLIC TRANSPORT

By Tube: Uxbridge Underground Station

Distance: 0.8 miles

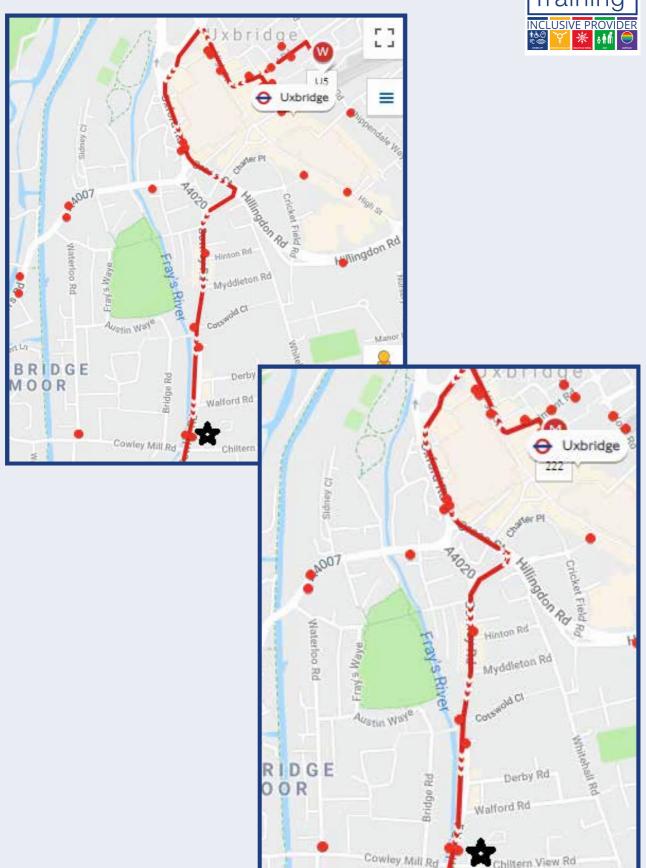
Walking Time: 18 minutes



### **BUSES**

The Uxbridge Underground Station and Cowley Mill Road are both on the U5 and 222 bus routes.

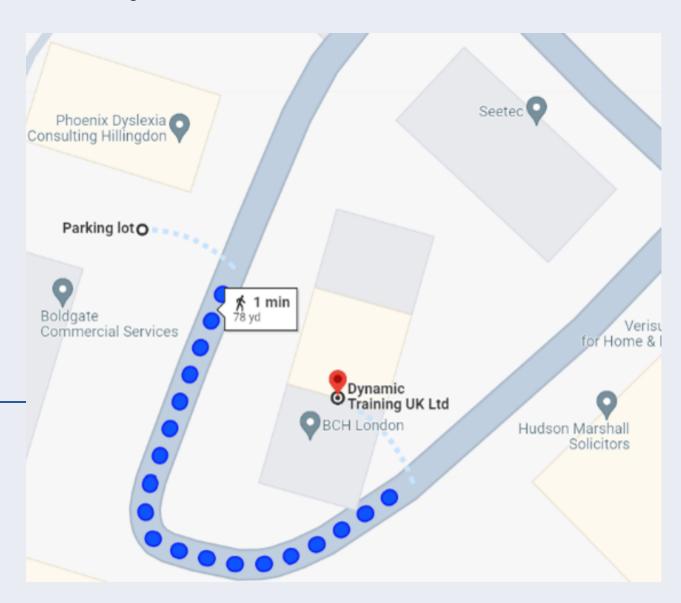




## WALKING TO UNIT 7 FROM BROOK HOUSE CAR PARK

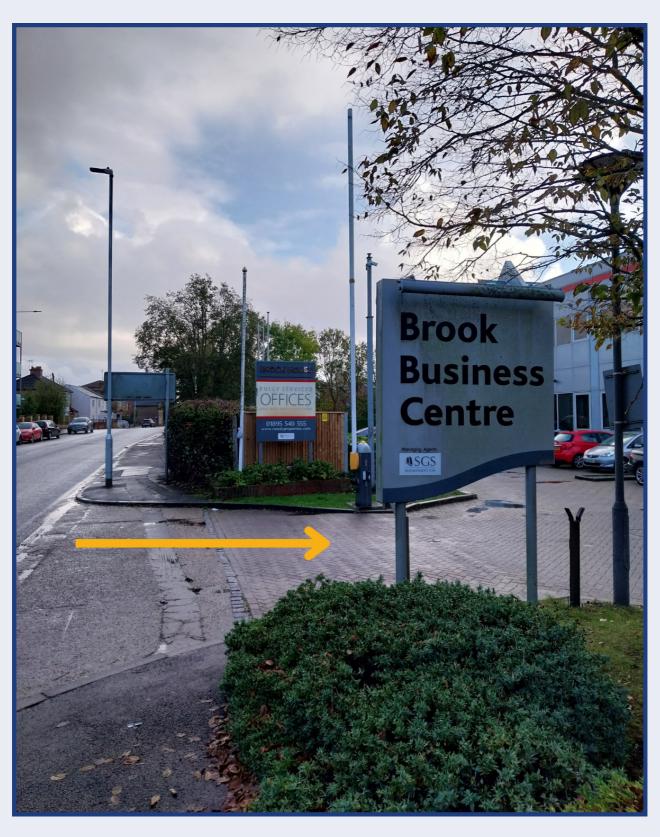
- Walk onto the pavement that encircles the building in front of you.
- Turn so the building is on your left.
- Walk on the path to the other side of the building, keeping the building on your left.
- · Walk directly towards the building.
- One of the doors has a sign saying "Dynamic Training. Press the buzzer to be let in.







### STEP 1:



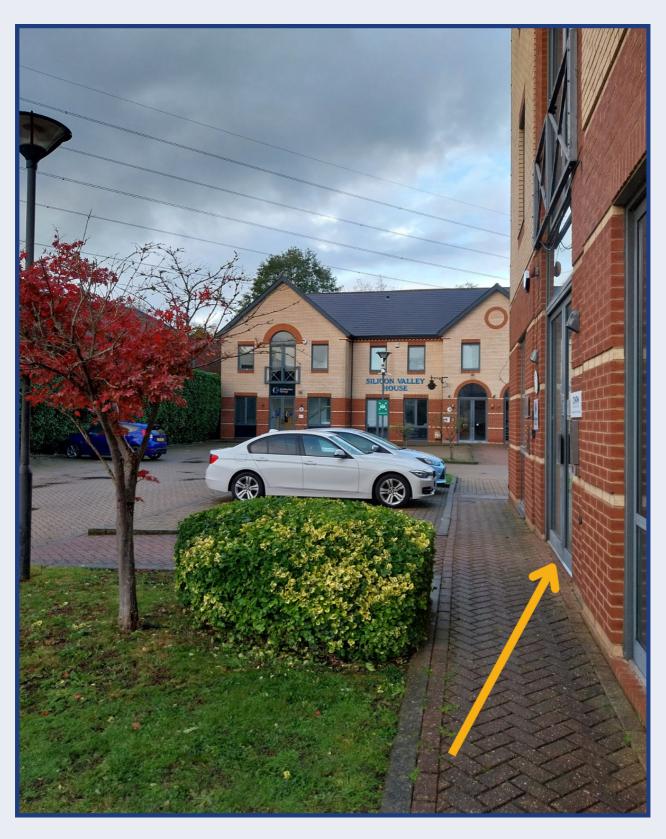


## STEP 2:





## STEP 3:





## STEP 4:

