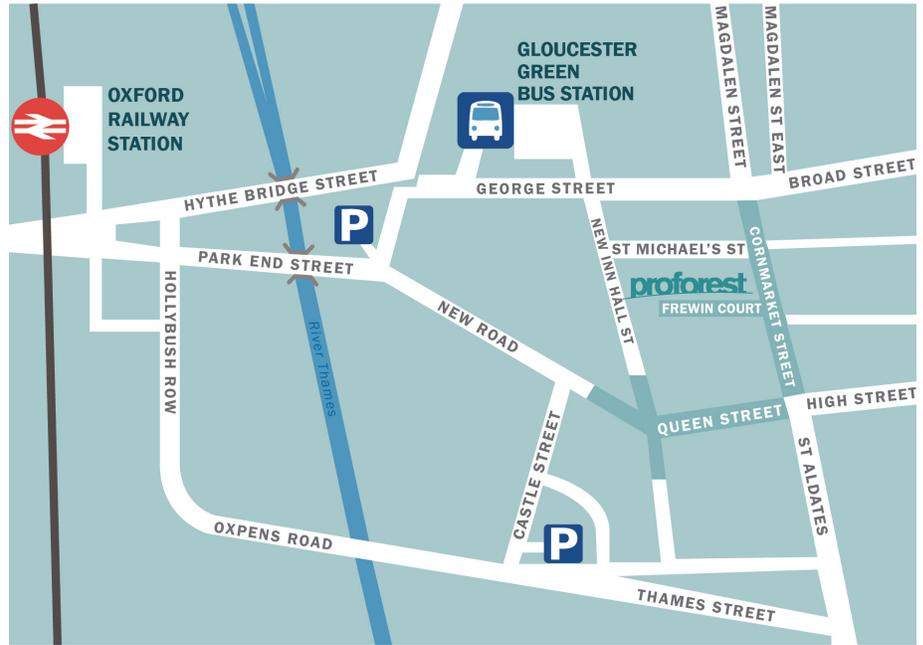


Getting to the Proforest office

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

The Proforest office is located in a pedestrianised area in central Oxford. It is easy to get to by public transport.



Within Oxford

By foot

The Proforest office is located in Frewin Court, which is a small alleyway, off Cornmarket Street, adjacent to Clarendon House. Our office is located in Frewin Chambers further down the alley on the right hand side.

By taxi

Our 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 onto Cornmarket Street and then take the first right onto a small alleyway called Frewin Court (this is written on arch if you look up). Our office is located in Frewin Chambers further down Frewin Court 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. Find out more at: 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 Worcester Street Car Park at the east end of Park End Street (see map, above) both of which are situated a five-minute walk away 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 Saïd Business School.

Walk down Hythe Bridge Street towards the city centre (about 300 metres) 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.

On Cornmarket, take the first right onto a small alleyway called Frewin Court. 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 London Victoria Coach Station (and also picks up from, amongst others, Victoria Train Station and Marble Arch) 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 go to: 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: www.oxfordbus.co.uk

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 stand 14a in the Central Bus Station (located close to terminals 1, 2 and 3) and 80 minutes from terminal 5 (stand 11 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.

Coaches from **Gatwick** take two hours and leave every hour during the day and less frequently overnight.
South terminal: lower forecourt, stand 1 and 2.
North terminal: lower forecourt, stands 4 and 5.

For more information, please see: www.oxfordbus.co.uk

Park & Ride bus service

There are five Park & Ride (P&R) car parks around Oxford. The most convenient ones are **Pear Tree** (if coming from the north) and **Thornhill** (if coming from London/M40). Look out for 'Park & Ride' signs as you approach them.

Parking costs approximately £2 for the day. Frequent shuttle buses (approximately £4.80 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

