

**CUMBRIA PARK HOTEL
CARLISLE**

Joining Instructions

**Cumbria Park Hotel, 32 Scotland Road, Carlisle, CA3 9DG
Tel: 01228 522887 www.cumbriaparkhotel.com**



HOW TO FIND US ...

BY CAR: M6 (from the North) - exit at Junction 44 onto Kingston Road (A7). Follow this road for approximately 1.5 miles (as it becomes Scotland Road), and the Hotel will be visible on the left.

BY TRAIN: Station Name: Carlisle (Citadel) Railway Station is located approx. 1.2 miles from the hotel (approx. 15 mins walk). Taxi from station - estimated charge (one way): £4.50

BY BUS: Crown (The Crown Inn) bus stop is located almost opposite the hotel. Buses serving this stop: 62, 62A, 64A, 79, 127, 127A, 382 and X95

COURSE TIMES: Your course starts promptly at 9.30am and finishes at 5.00pm (+/- 30 minutes) on both days. We will have a 15 minute break morning and afternoon, and a 45-60 minute break for lunch.

PARKING: The hotel has ample free parking at the rear of the hotel (off Mulcaster Crescent).

REFRESHMENTS: Unlimited Tea/Coffee and Biscuits will be provided throughout both days. The hotel's Conservatory Restaurant and bar provides a selection of hot and cold food and drink.

WHAT ELSE DO I NEED TO KNOW? Please bring a notepad and pen. We recommend that you wear a short-sleeved or sleeveless top for our vein identification exercises. Please remember to check back on our website (News Section on Home Page) within 24 hours of your course for any last minute changes and updates (including traffic delays).

ANY OTHER QUESTIONS? If you cannot find the answers to your questions on our website (FAQ section) then please don't hesitate to email us at: info@geopace.com or call us on **01525 713377**



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