

## Holiday Inn Express Swansea - Joining Instructions

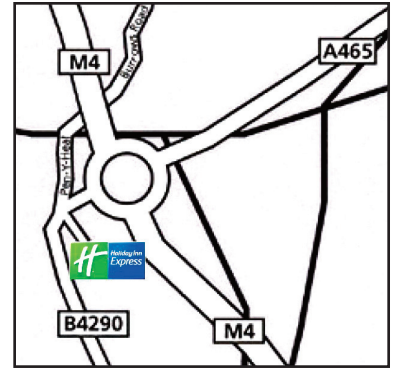
Location:

**Holiday Inn Express**

Swansea West, M4 Jct 43  
Llandarcy,  
Neath, SA10 6GZ  
T: +44 (0)1792 818 700

E: [info@expressswansea.co.uk](mailto:info@expressswansea.co.uk)

Website: [www.expressswansea.co.uk](http://www.expressswansea.co.uk)



Directions:

Eastbound: Exit the M4 at Junction 43. At the roundabout take the 3rd exit (signposted B4290 Jersey Marine) and follow the road into the Harvester and this will lead you to the hotel.

Westbound: Exit at Junction 43 of the M4. At the roundabout take the 1st exit and follow road into Harvester to the hotel. The hotel is visible from the motorway.

Course times:

Your course starts promptly at **9.30am** and finishes at approximately **4.30 - 5.00pm** on both days. We will have a 15 minute break morning and afternoon, and a 45-60 minute break for lunch.

Parking: On site guest car parking.

Refreshments:

You can purchase snacks at the hotel bar, or food and drink and the neighbouring “Harvester” restaurant.

Alternatively please bring your own refreshments and drink if you prefer.

We will be providing free tea/coffee and biscuits, and bottled water will be available at all times throughout the course.

What else do I need to know?

Please bring a notepad and pen. We recommend that you wear a short-sleeved 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).

I have 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](mailto:info@geopace.com)

Stephen Eagleton

Course Director, Geopace Training

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