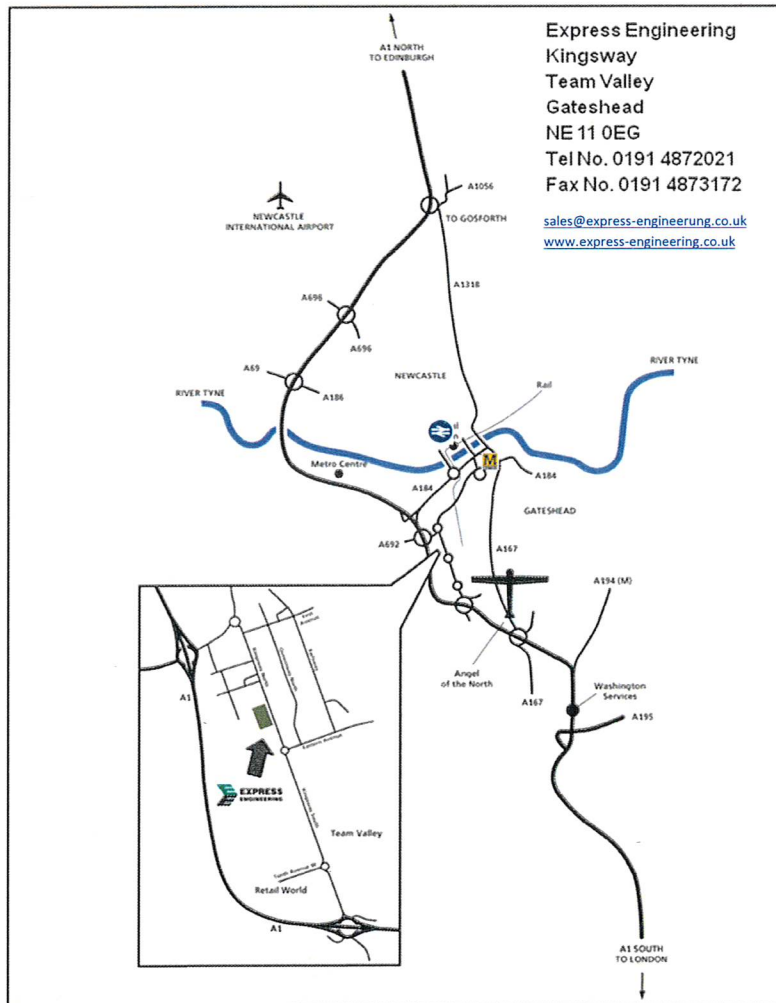


How to get to EXPRESS ENGINEERING



The site is close to the A1 and has good public Transport links to central Gateshead and the wider region.

We would encourage all visitors to use alternative forms of transport to single occupancy car – as well as reducing the impact on the environment, there are limitations on parking at Express and in surrounding areas.

Bus

There are bus stops, with shelters, lights, seats and time table information close to Express.

The following services operate to Express Engineering:
93/94 The Loop (GoNorthEast)
No. 93/94 Loop service runs from the Gateshead Interchange & Heworth to Team Valley
These services operate from Gateshead Interchange and Heworth:

- Every 10 minutes during Monday to Friday peak times
- Every 15 minutes during Monday to Saturday day times
- Every 30 minutes during the evenings and on Sundays

The 91 "Team Valley Clipper"

This service travels every half hour from Central Station to the Team Valley.

LinkUp

LinkUp is a bus service which you can book like a taxi and is available to everyone in Tyne and Wear. It provides journeys at times when regular services are not operating or where direct services are not available. Contact details for this service are at the end of this leaflet.

Bus passes are available to reduce the cost of your journey, contact Go North East or Traveline.

For all public transport route timetable and travel ticket information call 0870 608 2 608 pr Journey Planner @ www.nexus.org.uk

Metro

The Metro provides extensive transport throughout the Tyne and Wear area on a frequent basis.
The most convenient Metro stations for visiting Express Engineering are Gateshead Interchange and Heworth, from where there is a direct 93 / 94 bus service connection.
Metro offers passes which can reduce the cost of your journey, contact Traveline.

Train

Newcastle Central Station is the regional hub for both long and short distance rail services. From here you can get the 91 "Team Valley Clipper" to Team Valley, or a one stop Metro ride to Gateshead Interchange enables a link to be made with the 93/94 bus service.

Motorcycle

Motorcycles and mopeds can be more environmentally-friendly than cars and are more space efficient.
Express Engineering has secure covered motorcycle parking onsite.

Cycle

There is a network of dedicated cycleways around the Team Valley
For information go to - www.cycle-routes.org/cycle-gateshead.
Express also have a cycle club promoting cycling.
For information contact Express Reception on 0191 4872021.
Express Engineering has secure covered cycle storage onsite.

Taxi

There is a taxi rank at Gateshead Interchange and Newcastle Central Station. The journey takes around 10 minutes and will cost about £6.
Express Engineering have an arrangement with a local taxi company and can arrange a taxi booking on your behalf.
Please contact Reception for details on 0191 4872021.

Park and Ride and Driving

You can Park and Ride at the following Metro Stations: Callerton Parkway, Bank Foot, Kingston Park, Regent Centre, Heworth, East Boldon, Stadium of Light, Four Lane Ends, Northumberland Park.

See 'Bus' or 'Metro' for your onward journey.

Parking

There are 85 car parking spaces at Express Engineering for employees, with little additional parking on the surrounding roads. There are 6 spaces reserved for visitors. We would urge visitors to use alternative transport methods to single occupancy car travel.

Disabled Parking

There are disabled bays available at the Express Engineering

Car

Express Engineering is keen to promote environmentally friendly travel and encourages staff and visitors to use alternative forms of transport to private car - this helps the environment and parking at the Express and surrounding area is very limited. Express is accessible from all major regional roads and is situated just off the A1

From the North

Follow the A1 South past the MetroCentre (on your left). Leave the A1 at the junction sign posted "Consett, Team Valley". Take the first exit at the roundabout (turning left). Turn right at next roundabout. Continue straight. Express Engineering is on your right.

From the West

Make your way onto the A1 and follow directions from the North or South.

From the South

Follow the A1 North past the Angel of the North on your right. Leave the A1 at the next junction signposted "Team Valley". At the roundabout take the 4th exit. This is the main thoroughfare through the Team Valley, Kingsway. Go straight ahead at the next round about (Retail World), and at the next roundabout take the first exit continue along Kingsway. Express Engineering is on your left.

From the East

To access Express Engineering from Central Gateshead go south along the A167 towards Low Fell. Turn right at Joicey Road (sign posted Saltwell Park, junction after the pedestrian crossing, before you reach Low Fell shops). Travel to the T junction at the end of this road. Turn left onto Saltwell Road. Travel along Saltwell Road and at the next mini roundabout turn right. Follow this road down onto the Team Valley, go straight on at the first roundabout, turn right at the next roundabout onto Kingsway. Express Engineering is on your left.

Useful contacts :

Traveline :

0870 608 2 608 (for public transport times and fare information for all operators)
www.travelinenortheast.co.uk

Nexus :

www.nexus.org (links with Journey Planner and Tyne and Wear public transport timetables)

Public Transport Operator contacts :

Arriva Northumbria	0191 281 1313
Go North East	0845 606 0260
Stagecoach	0191 276 1411
Network Ticketing	0191 276 3706
Metro	0191 203 3333

Travel Passes

Metro, Arriva, Go North East and Stagecoach all offer their own season tickets. If your journey involves using more than one type of bus, rail or metro, a network Travelticket may save you money.

For further details please contact the appropriate operator

Visit the Travel Centre @ www.teamvalleylinks.com

