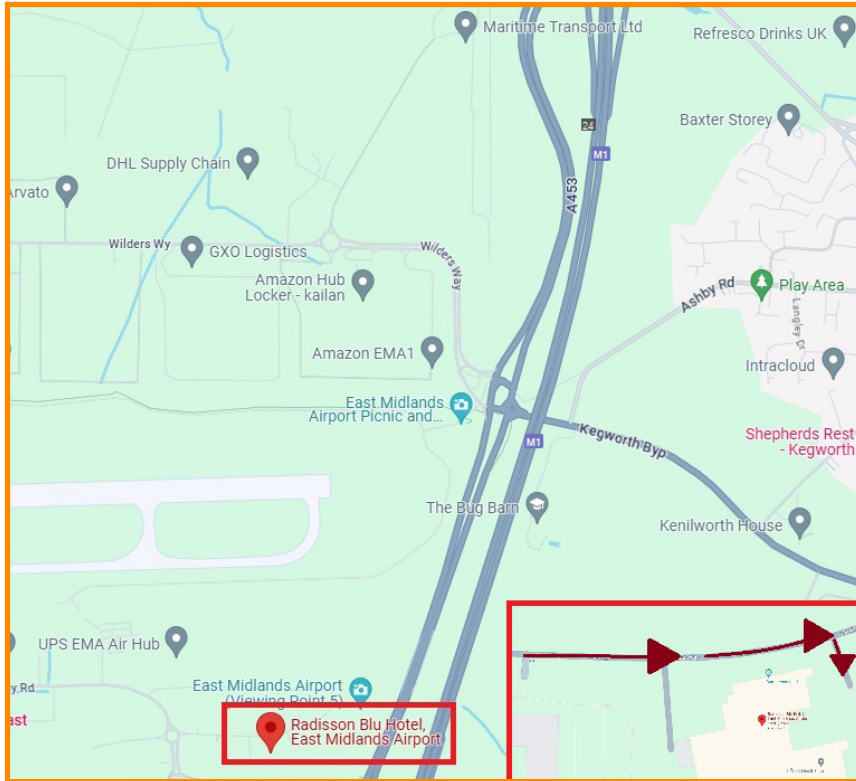


# Travel Information

For delegates attending our training courses at our head office in Long Eaton, Nottingham

## Directions



### By Car:

From M1 or A42 Exit. Take the: **A453** exit to: **East Midlands**



From East Midland Parkway Railway Station, head south, take 1st exit at 1st roundabout, 1st exit at 2nd roundabout, 2nd exit at 3rd roundabout and 2nd exit at 4th roundabout to get on **A453 slip road to Birmingham / M1**. Merge onto **Remembrance Way / A453**. At **Kegworth interchange**, take the 3rd exit onto **A453**.

At **Finger Farm roundabout**, take **3rd** exit and stay on A453. At the roundabout, take the **2nd** exit onto **Hunter Road**. At the roundabout, take the **3rd** exit onto **Herald Way**.

Turn right onto **Radisson Blu Hotel**.



Entrance

### Public Transport

**Train Station:** East Midland Parkway  
By Taxi / Car- 4.6 miles, 10 mins

**Taxis:** Available at back of station, or Long Eaton Taxis - Phone: 0115 882 9282

**Airport:** East Midlands  
By Taxi / Car - 0.9miles, 1min  
On Foot - 0.9 miles, 4mins

If you have any questions, please contact us on: **0115 973 4300**

## Medigarments Ltd

Unit 13a, Harrington Mill, Leopold Street, Long Eaton, Nottingham, NG10 4QG  
+44 (0) 115 973 4300 | [marketing@jobskin.co.uk](mailto:marketing@jobskin.co.uk)

Please register the vehicles details with hotel reception.

## Local Accommodation



### Radisson Blu Hotel

East Midlands Airport, 0.8 miles from Airport  
Herald Way, Pegasus Business Park, East Midlands Airport, Derby DE74 2TZ  
Phone: **01509 670575**  
Distance from Head Office: 8.1 miles  
**Prices from: £137**  
[www.radissonhotels.com](http://www.radissonhotels.com)



### Village Hotel Nottingham

Brailsford Way, Beeston, Nottingham NG9 6DL  
Phone: **0115 896 5065**  
Distance from Head Office: 1.8 miles  
**Prices from: £180**  
[www.reservations.village-hotels.co.uk](http://www.reservations.village-hotels.co.uk)



### Holiday Inn Derby Nottingham M1 J25 - IHG Hotel

Bostocks Lane, Nottingham, England, NG10 5NJ  
Phone: **0333 320 9327**  
Distance from Head Office: 2.8 miles  
**Prices from: £133**  
[www.ihg.com/holidayinn/hotels/gb/en/reservation](http://www.ihg.com/holidayinn/hotels/gb/en/reservation)

## Local Attractions

**Derby Cathedral**, 9.86 miles from Radisson Blu Hotel. This fascinating cathedral towers above Derby. Climb the 189 steps of the tower to see spectacular views of Derby and the surrounding area. Keep an eye out for the family of falcons that nest there!

**Donington Park**, 2.98 miles from Radisson Blue Hotel. Motorsports fans assemble: this racing circuit originating from the 1930s is the perfect place to indulge your passion. Watch superbikes and Formula 4 vehicles race, or strap in and hit the tarmac yourself!

**Sawley Waterside & Marina**, 6 miles from Radisson Blu Hotel. The UK's largest inland marina, with a water space that covers 23 acres.

## Food

**Harrington Arms**, a traditional 18th century coaching inn set in the village of Sawley, central to Nottingham and Derby.

**The Trent Lock Public House**, with a country pub classic menu and seasonal spring dishes, a well-stocked bar, including cask ales, fine wines and British gin to suit every taste. The lock sits on the border of three counties: Leicestershire, Nottinghamshire and Derbyshire.

## Course Details

Courses usually run from 09:30 until 16:00 or as advised.

Lunch and tea/coffee/water is provided, please advise your dietary requirements on the application form.

All delegates attending the full days training will receive a course certificate, on completion of a course evaluation form.

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