

**M** METRO/BUS  
INTERCHANGE

MULTI-STOREY  
CAR PARK

Horsley  
House North

Northumbria  
House

Horsley House

Eldon House West

nph  
NEWCASTLE  
PREMIER  
HEALTH

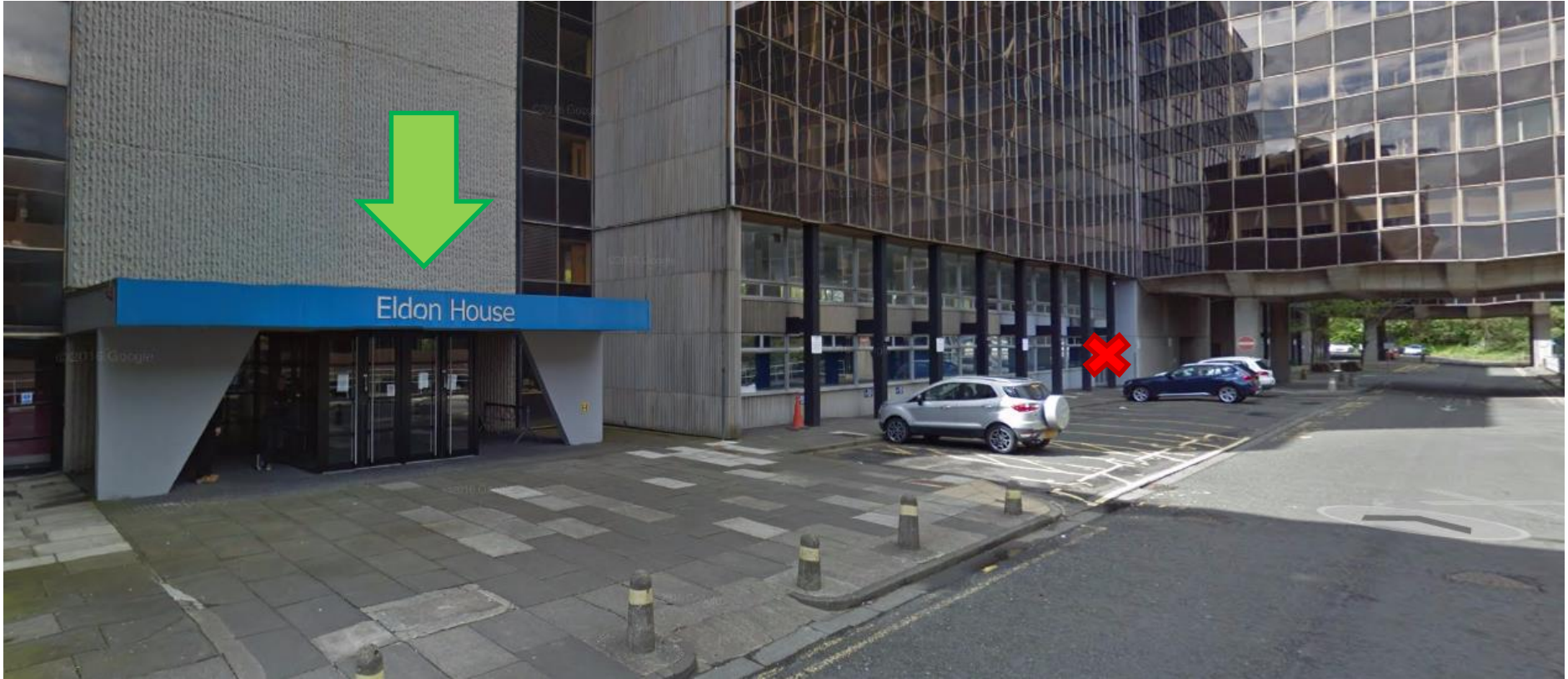
Eldon  
House East

Dobson House

Arden House

Regent Point

REGENT FARM ROAD



## From Tyne Bridge

- Take the A184 exit toward Gateshead/Newcastle (Centre)
- Continue onto A184
- Take the A184/A189 ramp to Gateshead town centre/ Newcastle
- At the roundabout, take the 3rd exit onto Askew Rd/A184
- Turn left onto High St/A167, continue to follow A167
- Keep right to continue on A167(M)
- Exit on the right onto Great N Rd/B1318 toward Gosforth
- Continue to follow B1318
- Continue straight onto High St/B1318
- Continue to follow B1318
- Turn left onto Regent Farm Rd
- At the roundabout, take the 3rd exit
- Go underneath brown glass buildings, at junction you will see Amec in front of you, take right and travel 20 yards, Parking is on the right, and is free to our customers
- **We are inside Eldon House and on the 4<sup>th</sup> Floor**

## Driving Directions from Tyne Tunnel

- Head north on Tyne Tunnel/A19
- Continue to follow A19
- Toll road
- At the roundabout, take the 2nd exit and stay on A19
- At the roundabout, take the 1st exit onto the A1058 ramp to Newcastle
- Merge onto Coast Rd/A1058
- Take the A188 exit toward Heaton/Killingworth/Freeman
- At the roundabout, take the 3rd exit onto Benton Rd/A188
- Go through 3 roundabouts
- At the roundabout, take the 1st exit onto Benton Park Rd/ A191
- Continue to follow A191
- Go through 2 roundabouts
- Turn right onto High St/A191
- Continue to follow High St
- Turn left onto Regent Farm Rd
- Take the 1st left to stay on Regent Farm Rd
- At the roundabout, take the 3rd exit
- Go underneath brown glass buildings, at junction you will see Amec in front of you, take right and travel 20 yards, Parking is on the right, and is free to our customers.
- **We are inside Eldon House and on the 4<sup>th</sup> Floor**

## Driving Directions - Going A1 South Bound

- A1 Head toward Newcastle/Morpeth
- Take the exit toward Fawdon
- At the roundabout, take the 1st exit onto Kingston Park Rd
- At the roundabout, take the 2nd exit onto Wansbeck Rd N
- Turn left onto Regent Farm Rd
- At the roundabout, take the 1st exit
- Go underneath brown glass buildings, at junction you will see Amec in front of you, take right and travel 20 yards, Parking is on the right, and is free to our customers
- **We are inside Eldon House and on the 4<sup>th</sup> Floor**

## Driving Directions - Going A1 North Bound

- Pass the Metro Centre
- Take the exit towards City (North) Gosforth
- At the roundabout, take the 3<sup>rd</sup> exit onto Kingston Park Road
- At the roundabout. Take the 2<sup>nd</sup> exit onto Wansbeck Road North
- Turn left onto Regent Farm Road
- At the roundabout, take the 1<sup>st</sup> exit
- Go underneath brown glass buildings, at junction you will see Amec in front of you, take right and travel 20 yards, Parking is on the right, and is free to our customers
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## Walking from Metro Station - 2-5mins by Foot

- Come out of the Metro Station and turn right
- Cross over a little road and follow the path all the way round to your right hand side
- After passing the Regent Point building on your right hand side you should see Physiotherapy matters and Cosentinos.
- Cut through the car park in between those buildings then turn left
- **We are inside Eldon House and on the 4<sup>th</sup> Floor**