



How to Find Us

By Bus

From Ilford train station No's 123 and 179
Ask for the 'Cocked Hat Toby Carvery'
on the Woodford Avenue.

By Tube

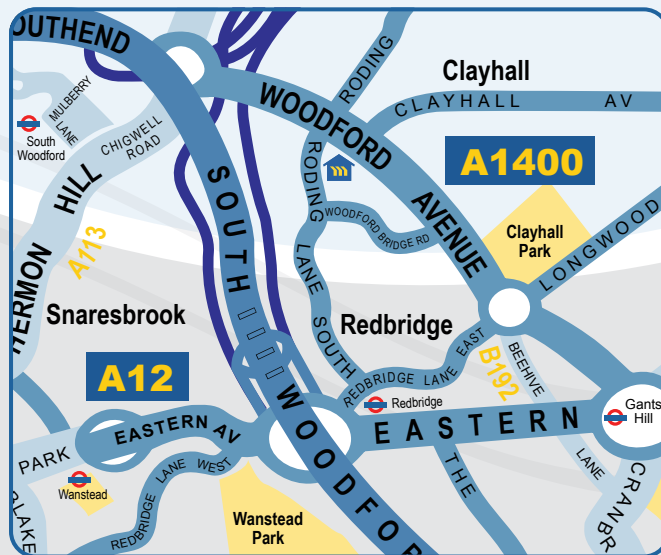
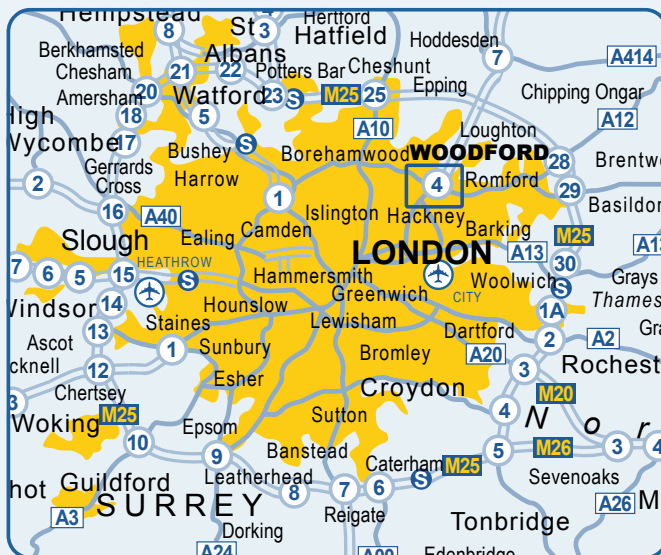
Central Line to Gants Hill Underground Station.
Take the Woodford Avenue exit then bus 123/179
or Central Line to Redbridge Station. Mini cab office
outside station or 1mile walk along Roding Lane
South.

By Train

Liverpool Street - Ilford
From Liverpool Street take the mainline to Ilford
station and take the bus as indicated above.

By Road

Using the Redbridge roundabout is the easiest way
to find us. The Redbridge roundabout is situated at
the Junction of the A12 and the A406 North Circular
Road. It is also the start of the southern section of
the M11. The exit you require from the roundabout
is Redbridge Lane East, within 20 metres of this exit
the first turning on the left is Roding Lane South,
with the Redhouse Pub/Hotel complex on your left.
Proceed along Roding Lane South for approx. 1
mile, (past the BUPA Hospital on your left, through
the width restriction and down a slight gradient), the
entrance to our car park is located on the right hand
side of Roding Lane South just before you reach the
Woodford Avenue.



In the event that you need further assistance please contact our main switchboard on Tel: 020 8551 9999