

Active travel directions* to: **NEP – Castle Heights**

Address:

Nottingham Energy Partnership (NEP), 10th Floor, Castle Heights Building,
72 Maid Marian Way, Nottingham, NG1 6BJ

Telephone number:

0115 985 9057

Opening times:

Monday – Friday: 9:00am – 5:00pm



Aerial photograph of Castle Heights Building (arrowed).

*Directions last updated 27th September, 2011.

NEP would like to encourage all of its users to have a healthy and sustainable lifestyle. For this reason, please consider wherever possible using public transport, walking or cycling to travel to/from the site.
You might find the following directions helpful.

Directions

NEP is situated on the 10th floor, Castle Heights Building, 72 Maid Marian Way, just 0.4 miles from Nottingham Railway station. NEP is located within a short walk (5-10 mins) of both Nottingham's rail and bus stations.

On Foot

From the Nottingham Railway Station:

As you exit the rail station's main entrance, turn right onto Carrington St. Walk on Carrington St, which goes over the canal, until you arrive at the first set of traffic lights. Here, turn left onto Canal St/A6008, walk down the street until you reach the first set of traffic lights on your right. Cross the road here and across the next set of traffic lights, then bear to the left and cross over Maid Marian Way/A6008. Walk straight up Maid Marian Way past the Castle College building on your left, and the NCP car park on your right. Continue on Maid Marian Way which is on a slight incline for 100/150 metres. Castle Heights Building is on the left immediately after the 1st set of pedestrian lights; a tall, grey building with a sign on it. The approximate journey time is about 9 minutes.

For a personalised walking route from other locations, please visit: <http://walkit.com/>

By Bicycle

From Nottingham Railway Station:

As you exit the rail station's main entrance, turn right onto Carrington St (which has a demarcated cycle route, on the main road). Continue on Carrington Street, which goes over the canal, straight on for ~50 metres, cross the first set of traffic lights, carry straight on to the end of the road, at the second set of lights turn left on to the cyclepath. Carry on this cyclepath, which is shared with pedestrians until the road reaches the next set of traffic lights. Cross the road via the toucan crossing, leaving Broadmarsh shopping centre on your right (opposite side of the road) and continue forward on the footpath under the multi storey car park. Cross here, and proceed round the corner to the right and uphill joining the A6008 Maid Marian Way (the road uses an on-road cycle lane). Continue up Maid Marian Way until you reach the traffic lights straight before Castle Heights, which is the tall, grey building on the left. Dismount here, and destination will be on the left.

For a personalised cycle route, please visit:

<http://www.transportdirect.info/Web2/JourneyPlanning/FindCycleInput.aspx?x=13%3a29%3a59&SID=0job2tz2iwywu555wz2fn345&lsJPLanding=true>

Cycle locking and changing facilities:

There are 8x wall-mounted, lockable (if you bring your own lock) cycling racks in the building's underground garage area, 4x of which are located in the changing room, at the very back of the garage. The garage is only accessible via a door code (from the inside of the building) or via a key fob (from the ramp leading to the garage from the outside the building), which makes the facilities secure. Visitors can gain access to the cycle parking facilities on the day by asking Reception or a member of NEP to take show them down to/from the garage.

There is a communal changing room located at the back of the building's underground garage area, featuring a mirror, hair dryer, and bench. This is also where the building's lockers are located.

There is a newly refurbished shower room located in the ladies toilets on 3rd floor. The shower room has a small, lockable dry changing area. There are also 2x cubicles, a mirror, 2x basins and a hand dryer. Alternatively, there is another ladies toilet on the 8th floor with 3x cubicles, mirror, 2x basins and hand dryer. This is accessible via a code, which can be acquired from Reception or a member of NEP.

There is a newly refurbished shower room located in the gents toilets on 4th floor. The shower room has a small, lockable dry changing area. There are also 2x cubicles, a mirror, 2x basins and a hand dryer. Alternatively, there is another gents toilet on the 9th floor with 3x cubicles, mirror, 2x basins and hand dryer. This is accessible via a code, which can be acquired from Reception or a member of NEP.

There are 8 individual lockers located in the changing room, in the underground garage. Individuals can use their own small keylock to ensure that the locker is securely locked. There is one hair dryer permanently located in the changing room, in the underground garage. It is free to use by any users. There is also a disabled toilet on the 7th floor.

There is a large cycling shop, Evans, within 100 metres from NEP, on 20-22 Maid Marian Way with a vast range of cycling equipment and accessories. The staff are helpful and have several air pumps to help cyclists on their way.

By Bus

From Derby Bus Station:

The Red Arrow operated by Trent Barton runs from Derby to Nottingham every 10 minutes and the journey time is approximately 30 minutes. For further details, visit:

http://www.trentbarton.co.uk/service_times.aspx?serviceid=159

From Mansfield Bus Station:

The Pronto bus operated by Trent Barton runs from Mansfield to Nottingham every 15 minutes and the journey time is approximately 40 minutes. For further details, visit:

http://www.trentbarton.co.uk/service_times.aspx?serviceid=152

From Newark:

Bus 90 operated by Marshalls on Sutton-on-Trent runs from Newark to Nottingham every hour and journey times is approximately 53 minutes. For further details, visit:

<http://marshallscoaches.widagroup.net/documents/ww/Service%2090%20WEF%2026-07-10.pdf>

Please note that NEP is located a short walk away from Nottingham bus station and many of the routes connecting Greater Nottingham and Nottinghamshire locations to the city centre stop nearby.

By Train

The nearest railway station is the Nottingham Railway station on Carrington Street, NG2 3AQ. This station serves various key destinations including Derby, Leicester, Birmingham, Lincoln, London, and many more.

Full train times are available from www.eastmidlandstrains.co.uk, www.thetrainline.com, and by calling or call **0845 712 5678**.

By Taxi

NEP – Castle Heights is 0.9 miles / ~ 4 minutes drive from Nottingham Rail Station.

Local taxi companies include:

- *DG cars* Tel: **0115 9607607**
- *AA Cars* Tel: **0115 9585858**
- *Trent Cars* Tel: **0115 9505050**

By Car

From M1 North

Head South at Exit 26. At the roundabout, take the 1st exit onto the A610 heading to Nottingham/Bulwell/Stapleford/A6002/Nuthall. Keep left at the fork, go through 1 roundabout, and at the roundabout, take the 2nd exit onto Maid Marian Way/A6008. Then, turn right onto Friar Lane, at the end of the road, turn left onto Castle Road (note: this is a pedestrian zone only so it should be used solely to gain access to the car park). Continue on this road, then take the 2nd left onto Castle Gate and the car park for Castle Heights is on the left located at the basement of the building. Journey distance is ~5 miles.

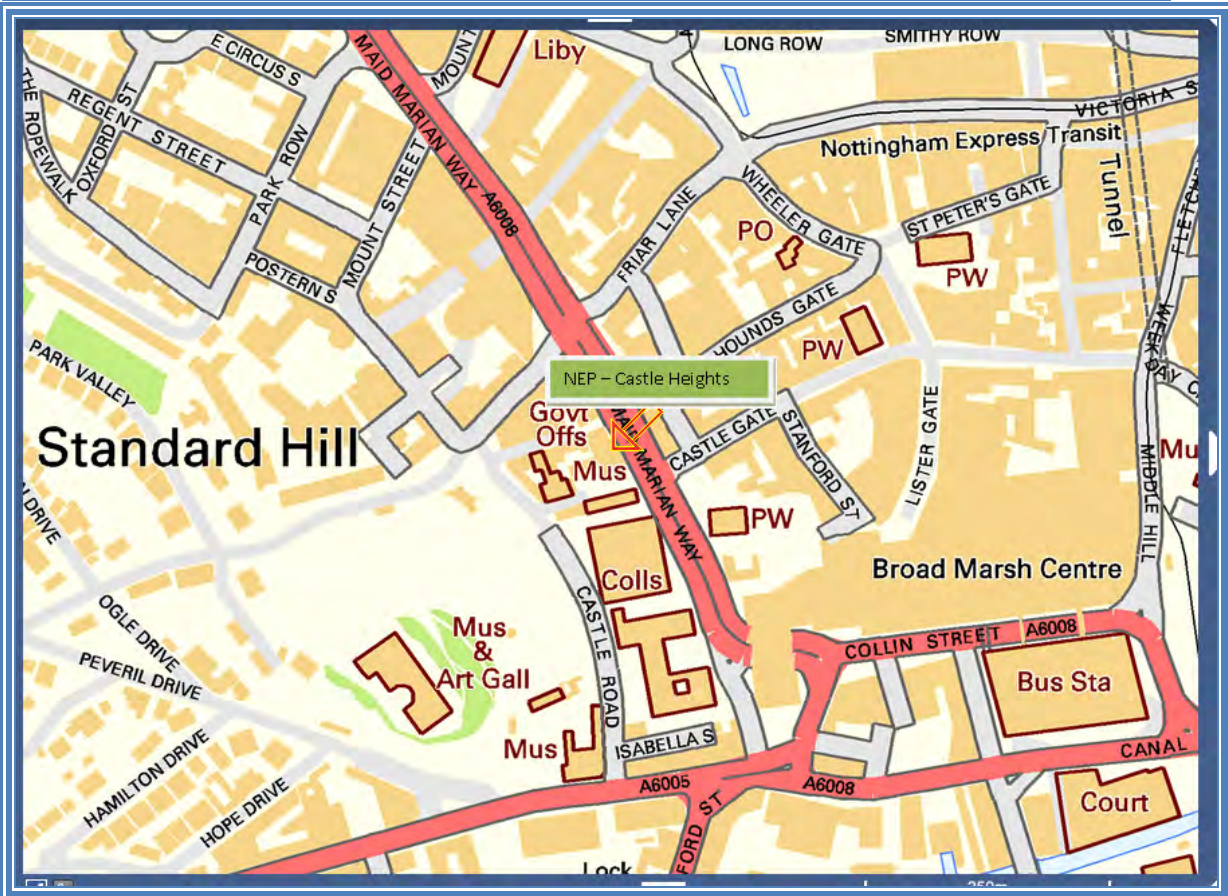
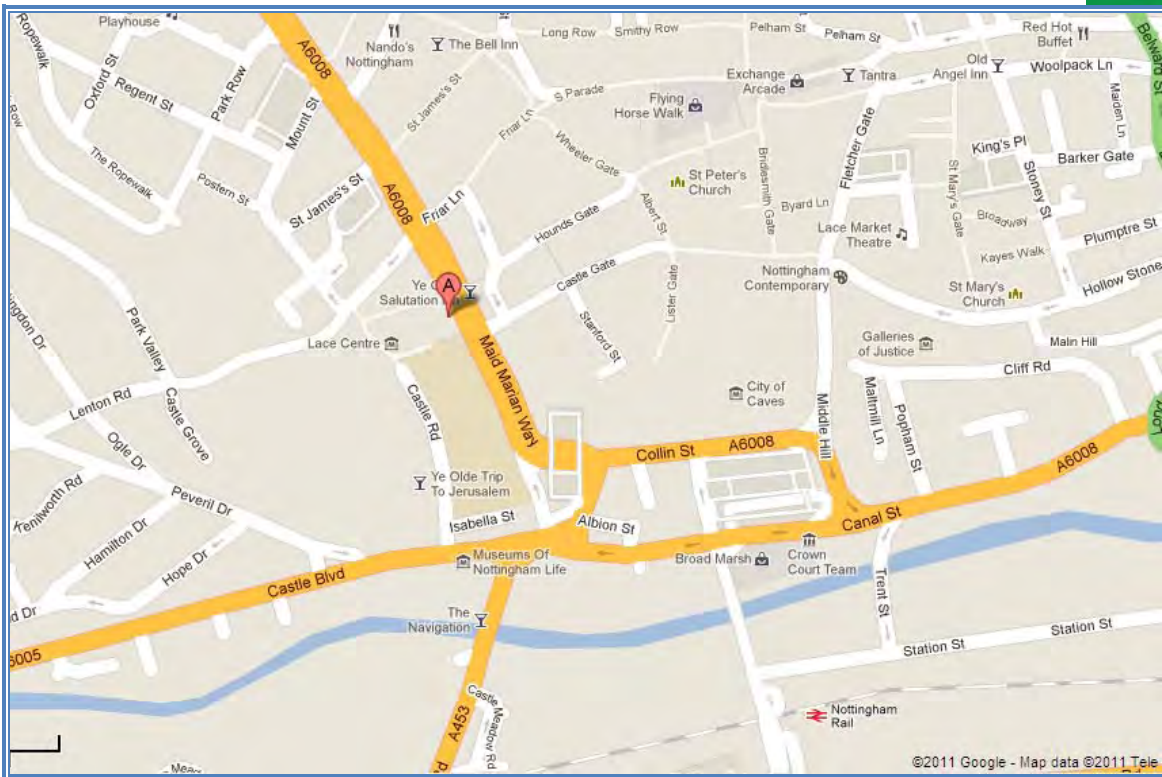
From M1 South

Head North at Exit 25. At the roundabout, take the 4th exit onto the A52 ramp to Nottingham/Ilkeston, merge onto A52. Turn left onto Toton Ln/A52 (signs for Nottingham/Ilkeston/A6007/Beeston/B6006), slight left onto A52 (signs for Nottingham/Ilkeston/A6007/Beeston/B6006), go through 1 roundabout, and at A6200, take the 3rd exit onto the Clifton Blvd/A52 ramp. Then take a slight left onto Clifton Blvd/A52, take the exit, at the roundabout, take the 1st exit onto Abbey St/A600. Continue to follow A6005, at the roundabout, take the 3rd exit onto Castle Blvd/A6005, turn left onto Greyfriar Gate/A6008, slight left onto Maid Marian Way/A6008, turn left onto Friar Lane. At the end of the road, turn left onto Castle Road (note: this is a pedestrian zone only so it should be used solely to gain access to the car park). Continue on this road, then take the 2nd left onto Castle Gate and the car park for Castle Heights is on the left located at the basement of the building. Journey distance is ~8.2 miles.

For further information and to plan your route, please visit www.transportdirect.info or www.theaa.com/route-planner/index.jsp

Parking facilities on-site

There is only 1 parking space allocated to NEP in the building. Please check with your host for availability if you are planning to drive to NEP. On arrival, please notify your host, to give you access to the car park.



Location of NEP – Castle Heights relative to nearby streets and facilities.