



From the SOUTH via the A1(M):

Leave at exit 62 signposted Durham, Sunderland A690, take the third exit at the roundabout in the direction of Sunderland on to the A690 and follow this for about 3 miles to the Houghton le Spring, Washington sliproad. Take the second exit at the roundabout on to the A182. At the next roundabout take the third exit on to the B1404 towards Seaham. We are on the left about 500m along this road opposite the Lifestyle Express convenience store.



From the SOUTH via the A19:

Take the exit signposted Durham, Sunderland, A690, take the first exit at the roundabout on to the A690 towards Durham. Take the next sliproad off, signposted for Houghton le Spring, Hetton le Hole and Chester le Street. Take the first exit at the roundabout on to the B1404 towards Seaham. We are on the left about 500m along this road opposite the Lifestyle Express convenience store.



From the NORTH via the A1(M):

Leave at exit 62 signposted Durham, Sunderland A690. Take the first exit on the roundabout on to the A690 towards Sunderland and follow this for about 3 miles to the Houghton le Spring, Washington sliproad. Take the second exit at the roundabout on to the A182. At the next roundabout take the third exit on to the B1404 towards Seaham. We are on the left about 500m along this road opposite the Lifestyle Express convenience store.

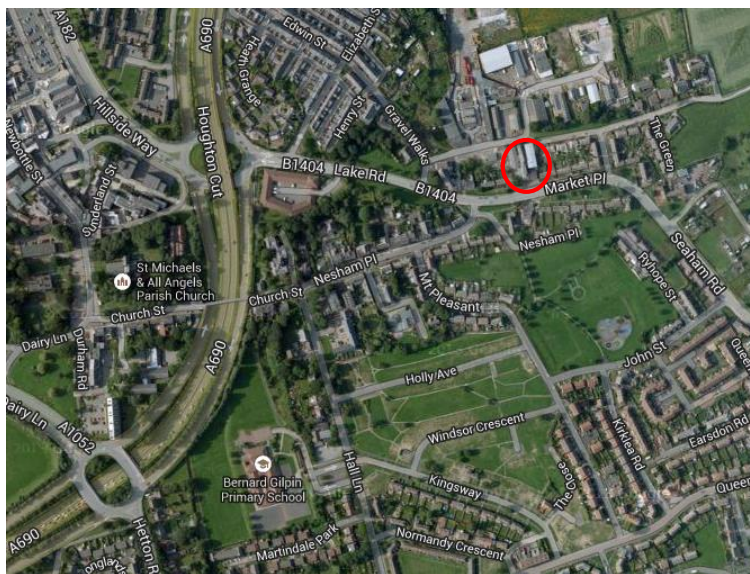


From the NORTH via the A19:

Take the exit signposted Sunderland, Durham A690, take the fourth exit at the roundabout on to the A690 towards Durham. Take the next sliproad off, signposted for Houghton le Spring, Hetton le Hole and Chester le Street. Take the first exit at the roundabout on to the B1404 towards Seaham. We are on the left about 500m along this road opposite the Lifestyle Express convenience store.

There is limited car parking on the forecourt in front of the office and on the street.

The nearest train station is Durham and Newcastle or Durham-Tees Valley are the nearest airports.



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