

Travel Information

The **Oxford Mindfulness Centre (OMC)** is in **Headington**, on the site of the **Warneford Hospital**, 3 miles east of Oxford city centre. There is **NO PUBLIC PARKING ON SITE**.

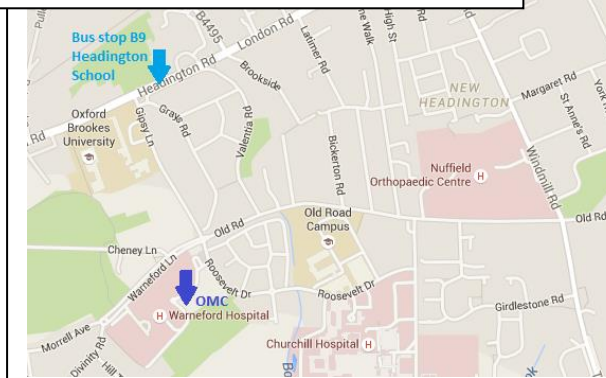
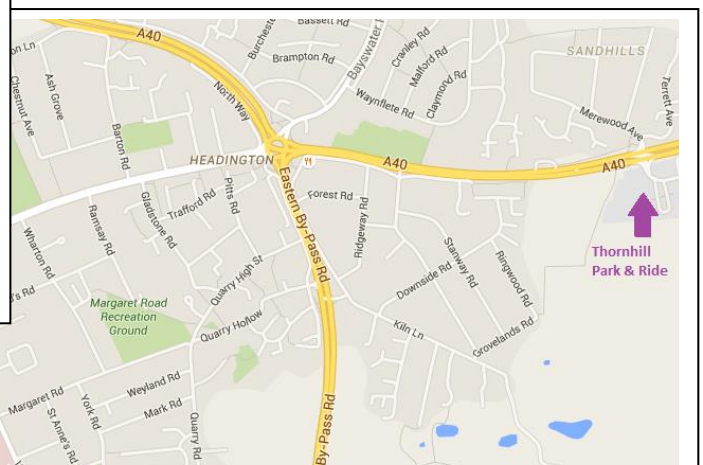
By Car

- From the East; **M40 J8**, take **A40** towards Oxford or **M40 J8a**, take **A418** and then **A40** towards Oxford. Please use the **Thornhill Park & Ride** on the left.
- From the North; **M40 J9**, take **A34** towards Oxford, then left onto the **A40** Northern Bypass Road, follow signs to Headington. **At the Green Road Roundabout in Headington, turn left following the A40** towards London. Please use the **Thornhill Park & Ride** on the right.
- From the South and West; approach from the **A4142** Eastern Bypass Road. **At the Green Road Roundabout in Headington, turn right onto the A40** towards London. Please use the **Thornhill Park & Ride** on the right.



Further information about Park and Ride:
www.oxfordshire.gov.uk/cms/public-site/park-and-ride

There are regular local buses into Headington from **Thornhill Park & Ride**. Get off at **Headington School (Bus stop B9)**, turn left onto Gypsy Lane, straight over the traffic lights onto Roosevelt Drive and first right into the Warneford Hospital. The **POWIC Building (OMC)** is directly on the left as you approach the Main Hospital.



Oxford Mindfulness Centre
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By Rail

The Warneford Hospital is about 3 miles from Oxford railway station with frequent trains from London (Paddington) and many other parts of the UK (www.nationalrail.co.uk). Allow 20 minutes by taxi from the station forecourt and 30 minutes by bus - take buses as mentioned below from the city centre.

By Bus

Travel by Oxford Bus (www.oxfordbus.co.uk) or Stagecoach Bus (www.stagecoachbus.com) within the Oxford SmartZone area.

- **Oxford Bus Company: Service 4**

Bus stop is directly outside the Warneford Hospital.

- **Oxford Bus Company: Services 8, 9** **Stagecoach Oxford: Services 7, U1*, U1X***

Leave the bus at Gipsy Lane. Walk past Brookes University/Headington Campus along Gipsy Lane, across Warneford Lane and into Roosevelt Drive. The Warneford Hospital is on your right hand side, approx. 5 min walk. (*For U1 and U10 be aware of semester timetables).

- **Stagecoach Oxford: Service U5**

Leave the bus at Brookes University/Headington Campus. Walk along Gipsy Lane, across Warneford Lane and into Roosevelt Drive. The Warneford Hospital is on your right hand side, approx. 5 min walk. (Be aware of semester timetables).

