

### Driving Directions – Sat Nav

There is no postcode that will direct you into our car park, however, using one of these three options will get you very close:

- NR3 1UB
- Gilders Way, Norwich
- N: 52° 38.139', E: 1° 18.388'

Once you are on Gilders Way, turn right through the green boards following the sign to Jarrod Training.

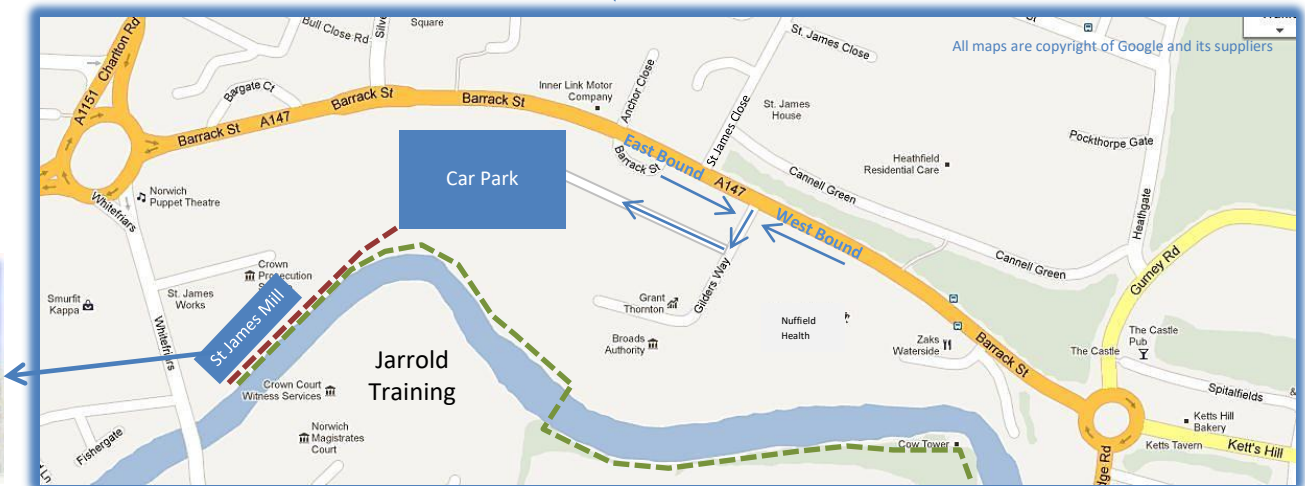
PLEASE report to security in the blue hut if you are using our car park.

Please also see the videos on our website which will show the last couple of minutes of your journey to Jarrod Training:

- East along the A147 St Crispins Road and Barrack Street
- Riverside Road then west along the A147 Barrack Street

Footpath from station

Footpath from car park



### Driving from Barrack Street Roundabout

Travel along Barrack Street, past Silver Road, Anchor Close and St James Close on the left. Follow the right filter lane into St James Place, Gilders Way (shared with Nuffield Health) then turn right through the green boards into the car park. Continue on to the blue security hut where you will be directed to a parking space.

### Driving from Riverside Road

Turn left on the Kett's Hill roundabout, then travel along Barrack Street and turn left into St James Place, Gilders Way (shared with Nuffield Health) then turn right, through the green boards into the car park. Continue on to the blue security hut where you will be directed to a parking space.

### Walking or Cycling

Access to St James Mill is from Whitefriars, just before the bridge on the left if you are coming from the ring road or just after the bridge on the right if you are coming from the city.

### Norwich Railway Station

There is a particularly scenic route along the river from Norwich Railway Station (only open during daylight hours), pick up the footpath via the terrace of the Compleat Angler pub opposite the station. Upon reaching Bishopsgate cross the road and continue on the path next to the Red Lion pub car park and back next to the river. After passing Cow Tower walk about 300m (green dotted path on the map) and take the footbridge over the river to continue left on the opposite bank to Jarrod Training.

**If you get lost call us on 01603 677107**