

INFORMATION ABOUT TRAVEL AND ACCOMMODATION FOR YORK

York Groupwork Courses, Day Seminars and Therapy Groups take place at our regular venue: St Bedes Pastoral Centre, 21 Blossom Street York YO24 1AQ. Tel: 01904 464900

Reception is staffed at all times when there are activities/events in the building.

Travel to St Bedes Pastoral Centre, 21 Blossom Street, York, YO24 1AQ.

By air:

Leeds Bradford is the nearest airport, 30 miles (55 minutes by car), but Manchester is the most easily accessible by public transport. The Manchester Airport to York route has regular trains all day and night which take 1.75 hours. Check www.whoflieswhere.co.uk to find possible routes.

By rail:

From London: two companies currently serve the London-York line: Grand Central Trains (GC) and LNER. GC operate a limited number of trains per day, but have slightly cheaper walk-on fares and free wi-fi. LNER services run approximately hourly, more frequently at peak times. Journey time is between 1 hour, 50 minutes (direct) and 2 hours 25 minutes. LNER offer 'Nectar' points and offer their lowest advanced fares for tickets on their services bought via their website.

From Scotland and the North East: three companies serve this line: Grand Central Trains (from Sunderland), LNER (from Inverness, Aberdeen and Edinburgh) and Cross Country Trains (from Aberdeen, Glasgow and Edinburgh). Journey time from Edinburgh is approx. 2.5 hours.

From the Midlands and the West Country: Cross Country Trains routes start in the South West and South Central area (Penzance, Exeter, Reading etc.) and continue via Birmingham and Sheffield.

From Manchester and West Yorkshire: Transpennine Express serves this route, from Liverpool or Manchester (1.5 hours) via Huddersfield and Leeds (25 minutes). Northern Rail also offers services from Leeds and Harrogate to York.

From East Yorkshire: Northern Rail run services from Hull (1 hour) and Beverley.

www.lner.co.uk

www.grandcentralrail.com

www.crosscountrytrains.co.uk

www.tpexpress.co.uk

www.northernrail.org

Travelling cheaply by rail:

Rail fares for all routes can be bought up to three months in advance and are much cheaper purchased this way.

If you travel just a few times together with the same person (e.g. two students travelling from London to attend a course in York), buy a 'Two Together' railcard (cost £30, but online purchase code IHS15 gets you a 15% discount). You both get 30% off your fares.

Check fare-splitting websites to get further discounted advance fares.

For those arriving by train: St Bede's is a five minute walk from York railway station. Turn right out of the main station entrance, cross the road at the traffic lights, then turn right

down Blossom Street. The Centre is a few dozen yards up on the left hand side, with a blue front door and brass plaque. It is opposite the Costa Coffee/Premier Inn.

By road:

There is a Pay and Display car park in Nunnery Lane, adjacent to the centre. The charge for a full day is £13.00, which can be paid in coin or by text.

A cheaper alternative is to use Askham Bar Park & Ride, situated approximately 2 miles south-west of York, close to the A64 (Leeds-Scarborough road). To find the site using mapping or an in-car satellite navigation system, enter the postcode YO24 1LW as your destination point. The Number Three White Line bus runs every 10 minutes and takes about 10-15 minutes. The stop to get off at is the Odeon, Blossom Street (on the left hand side), with St Bede's about 50 yards up the road on the other side.

Free parking is usually available on Saturdays at All Saints Lower School car park, Nunnery Lane, close to the centre: it is the first gate with car access on the right hand side of Nunnery Lane, coming from the station direction. Please leave a note in your windscreen to state that you are attending an event at St Bedes/Bar Convent.

There is covered cycle parking at the rear of the centre. Access is via the wheelchair accessible entrance to the right of the main door - press the buzzer to get the door opened.

Accommodation

If you require overnight accommodation, the Bar Convent next door (www.bar-convent.org.uk) has modestly priced rooms (some en-suite and some with shared facilities), or there are two Premier Inns (York Blossom Street North, York Blossom Street South) immediately opposite the Centre on Blossom Street. Ibis (Blossom Street) and Travelodge (Micklegate) are also within walking distance. There is also a wide range of bed and breakfast places available via www.visit-york.org/book/ For those working to a tight budget, there are two reasonable hostels about 5-10 minutes walk from the venue (see <https://www.safestay.com> and www.astorhostels.com)