



### Aldgate East (Hammersmith and City, District Line)



**3 minute walk 0.2 miles 0.3km**

Head for the Whitechapel Art Gallery exit. After the barriers turn left and out onto Whitechapel High Street.

Turn left again. Cross Osborn Road at the traffic lights, and then Whitechapel High Street at the pelican crossing to get to the park. This now becomes Whitechapel Road (as opposed to Whitechapel High Street).

Continue down Whitechapel Road for 150 yards with the park on your right and turn right into Adler Street. Cityside House is the first building on the left hand side.

### Aldgate (Metropolitan and Circle Line)

**10 minute walk 0.4 miles 0.7km**

Out of the station turn left, and go down onto the subway and under the road, taking the first exit on the right. Continue straight ahead with the roundabout to your right and onto Whitechapel High Street (North Side).

Continue for ¼ mile past Aldgate East Underground Tube Station and London Guild Hall University.

After you pass the Whitechapel Art Gallery use the second set of traffic lights to your right to cross over the High Street. This now becomes Whitechapel Road (as opposed to Whitechapel High Street).

Continue down Whitechapel Road for 150 yards with the park on your right and turn right into Adler Street. Cityside House is the first building on the left hand side.

### Liverpool Street

**25 minute walk 0.8 miles 1.2 km**

You can catch the Hammersmith and City Line to Aldgate East or the Circle and Metropolitan Line to Aldgate.

**LOOK OUT FOR.....**



- Happy is next to a small park.
- Adler Street (at the Whitechapel Road end) is opposite Tesco Metro.

For details of how to find us if you would prefer to walk please either call us or visit [walkit.com](http://walkit.com) for a detailed map.

## Fenchurch Street

### 20 minute walk 0.7miles 1.1 km

You can catch a District Line tube from Tower Hill to Aldgate East.

To walk, start out along Fenchurch Place, heading north, after 87 yards turn right onto Fenchurch Street. You'll pass the National Bank Of Canada and then Lloyds Register Business Facility. After 150 yards, continue straight onto Aldgate at the Pumphouse. After 150 yards continue onto Aldgate High Street where you'll pass Aldgate Underground Station. Please follow the directions above from Aldgate Underground Station.

## By Bus

Aldgate East	25	Ilford to Oxford Street	About every 4-8 minutes
<b>These buses stop outside the Park opposite Adler Street</b>	205	Mile End Park to Paddington	About every 6-8 minutes
	254	Aldgate Station to Holloway	About every 5-7 minutes
Aldgate	15	Paddington to Blackwall Station	About every 5-8 minutes
	40	Aldgate to Dulwich	About every 6-8 minutes
	67	Aldgate to Wood Green	About every 8-12 minutes
	78	Nunhead to Shoreditch	About every 8-12 minutes
	100	Elephant and Castle and Shadwell	About every 5-8 minutes
	205	Paddington to Mile End	About every 6-10 minutes
Whitechapel	106	Whitechapel to Finsbury Park	About every 11-13 minutes
	D3	Bethnal Green to Docklands	About every 8-11 minutes

## Parking

Limited parking is available behind the training centre in Fieldgate Street off Plumbers Row (£7 per day), they are not contactable by telephone and spaces are allocated on a first come first served basis. The nearest NCP car park is off Whitechapel High Street, Spreadinge Yard, E1 7PJ (to contact them call 08706067050)

## Disabled Parking Bays

We have limited pre bookable spaces for holders of a Disabled Persons Parking Concession Permit. Please call Happy for availability, details of how to access the car park and information for access to the building.

In Tower Hamlets Blue Badge holders can park on meters, and in pay and display bays for an unlimited time, as well as in disabled bays and on yellow lines in accordance with national guidelines.

Our nearest Pay and Display Bays are located in Mulberry Street, Plumbers Row and Greenfield Road.

## Bicycles

These can be brought into the office and stored safely.

**Cityside House, 40 Adler Street, London, E1 1EE**  
**Tel 020 7375 7300 fax 020 7375 7301**  
**email: [happy@happy.co.uk](mailto:happy@happy.co.uk) web: [happy.co.uk](http://happy.co.uk)**

What do you think of these directions? Were they helpful in locating our training centre? How could we make them clearer? If you have any suggestions or comments for improvements to this please email [happy@happy.co.uk](mailto:happy@happy.co.uk) with these with the word Map in the subject field.