

Finding Happiness

Directions to Happy training centre

Happy are based at 3rd Floor of 9 Alie Street, London, E1 8DE

USING THE UNDERGROUND

From Aldgate East Station (Hammersmith & City, District lines)

5 minute walk Take the Lemn Street exit (Exit 1). Turn right onto Lemn Street. Stay on the right hand side of the road and take the second right into Alie Street and continue along the right hand side until you reach 9 Alie Street.

From Aldgate Station (Metropolitan, Circle lines) **5 minute walk** On exiting the station, cross to the opposite side of Aldgate High Street and turn left. Turn right into Mansell Street and cross to the left hand side as soon as possible. Continue along Mansell Street until you reach Alie Street on the left hand side. Turn left into Alie Street and remain on the left hand side, continue until you reach 9 Alie Street.

From Whitechapel Station (15-20 minutes walk) Turn right out of the station onto Whitechapel Road. Continue for $\frac{3}{4}$ of a mile past the Altab Ali Park on your left. Keep walking until you get to the Lemn Street exit for Aldgate East Station and follow the directions as above.

USING THE OVERGROUND

Liverpool Street (20 minute walk) Walk down Middlesex Street to Aldgate or catch the Hammersmith & City line to Aldgate East.

Fenchurch Street (15 minute walk)

Turn right out of the station and right into Aldgate. Continue ahead onto Aldgate High Street, passing Aldgate tube. Then please follow the directions above.

BY CAR

Parking Car parking is normally available at NCP, Spreadeagle Yard, Commercial Street, E1 7PD Telephone 0845 0507080.

Disabled Parking Bays Disabled badge holders can park in the Pay & Display Bays in Alie Street. Please note there is a small step into the building, an access ramp will be provided on request. Please do contact us for full details of how to access our building or if you have any other requirements.

BY BUS

Stopping at Aldgate Underground Station and Aldgate Bus Station

15	Paddington to Blackwall Station
40	Dulwich to Aldgate
42	Sunray Ave to Appold St
67	Wood Green to Aldgate
78	Nunhead to Shoreditch
100	Elephant & Castle to Shadwell
115	East Ham to Aldgate
135	Crossharbour Asda to Moorfields Eye Hospital
205	Paddington to Mile End
254	Caledonian Road to Aldgate

BICYCLES

There is secure bicycle parking behind the building. Collect the key from reception at 9 Alie Street and then lock up your bike in the enclosed bike container.



If you get lost please give us a call on

020 7375 7300