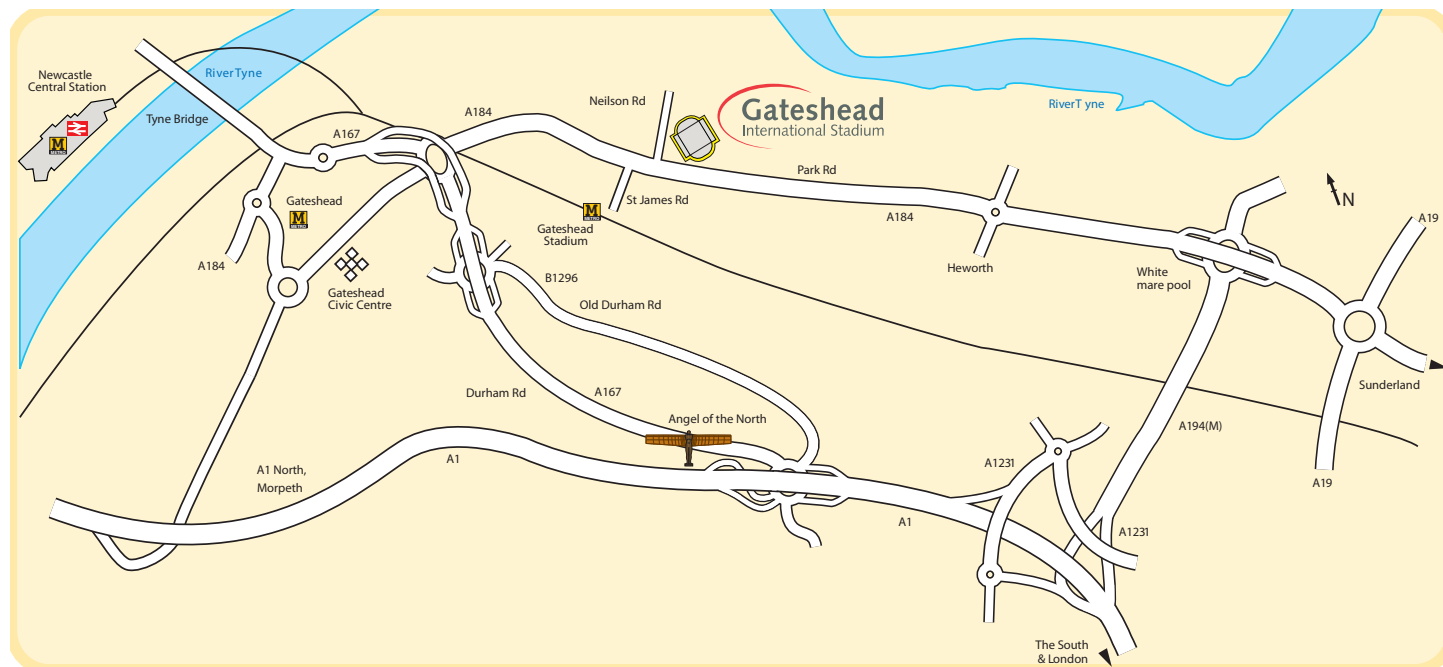


How to get to Academy for Sport at Gateshead International Stadium



GATESHEAD COLLEGE



Travel Guide

Situated on the A184 (Felling bypass), our Academy for Sport at Gateshead International Stadium has excellent travel links including by public transport, cycle ways and footpaths. Travelling to and from Gateshead International Stadium:

Neilson Road
Gateshead
NE10 0EF

By Foot

The Academy is well served by footpaths and is conveniently accessible for pedestrians through the surrounding residential areas. A path runs along the Academy the length of the A184 (Felling bypass) on the adjacent side to GIS from Heworth to Gateshead Town Centre (approx 15 min walk from each). A dedicated crossing at the front of the Academy and a pedestrian bridge approximately 200 metres from the entrance, over the A184 (Felling bypass) give safe and easy access. A footpath / cyclepath (The Boulevard) leads directly from Gateshead Stadium Metro station, through St. James Village housing estate to the Academy (approx 5 min walk).

By Bicycle

There is a network of dedicated cycleways around the Academy. Hadrian's Way (National Cycle route 72) runs along the north bank of the River Tyne (the opposite side to the Academy) from Wylam to

Tynemouth. For access from Hadrian's Way to GIS, use either the dedicated cycle route over Gateshead Millennium Bridge or the Tyne Tunnel Cycle Path. Keelman's Way (National Cycle route 14) links to the Derwent Walk and runs along the south bank of the River Tyne, directly behind the Academy.

A cyclepath/footpath (The Boulevard) leads directly from Gateshead Stadium Metro station, through St. James Village housing estate to the Academy (approx 2 min cycle). Please note - cycles are not allowed on the Metro system but cycle lockers are available at both Gateshead Stadium and Gateshead Interchange Metro stations (contact Nexus for details).

There are 32 covered spaces within the cycle shelter and 8 more uncovered spaces next to the entrance at the Academy. Lockers and shower facilities are available in the building.

For information about cycling in Gateshead contact **Gateshead Council (0191) 433 3108**.

By Bus

93/94 THE LOOP

The following buses operate to and from Neilson Road/Old Fold Road bus stop. For more information on these services or assistance in planning your journey, call **Traveline** on **0871 200 22 33**.

From Gateshead Interchange to the Academy -	Service 93
From Heworth Interchange to the Academy -	Service 94
From the Academy to Gateshead Interchange -	Service 94
From the Academy to Heworth Interchange -	Service 93

The above services operate every 15 minutes.

These Interchange stations provide transport links via bus and Metro to all local destinations as well as Newcastle Airport, Newcastle Central Station and Sunderland Train Station.

By Metro

Gateshead Stadium Metro station is approx 5 minutes walk from the Academy. A footpath leads from the Metro station, through St. James Village housing estate to the Academy. The Tyne and Wear Metro system has 60 stations throughout Newcastle, Gateshead, South Shields and Sunderland including Newcastle Airport, Newcastle Central Station and Sunderland Train Station. Metro trains to and from Gateshead Stadium station run throughout this network on a fast and frequent basis. The frequency of Metro trains on weekdays is 17 trains an hour during peak times, 10 trains an hour during the day and 8 trains an hour in the evenings.

By Rail

The nearest train station is Newcastle Central Station (East Coast Line). Newcastle Central Station provides a focus for national, regional and local rail networks (see "by bus", "by car" or "by taxi" for onward journey details). Local rail travel from Sunderland, Teesside, Tyne Valley and stations to Carlisle call at Heworth Interchange, for onward connection to the Academy. Travel from Newcastle Central Station to Gateshead Stadium Metro station and vice versa via the Tyne and Wear Metro System.

By Motorcycle

See "By Car" for directions. The Academy has secure motorcycle storage on site. There are 3 ground anchors which provide storage for a total of 6 motorbikes, mopeds or scooters.

By Taxi

The Academy has a freephone taxi booking service located in reception and a number of taxi companies operate nearby. There are taxi ranks at key local sites including Heworth Interchange, Gateshead Town Centre, Newcastle Central Station and Newcastle Airport.

The nearest airport is Newcastle Airport. See "by car", "by taxi" or "by Metro" for your onward journey details. Journey time is approximately 30 minutes.

By Car

Gateshead International Stadium is signposted from major roads in the area.

From the North

Follow the A1 Southbound until the turn off for the A184 (Gateshead Town Centre). Keep following the A184 until you come to the Academy on the left. Follow these directions from Newcastle Airport.

From the South

Follow the A1 Northbound until the turn off for the A167 (Gateshead South). You will pass the Angel of the North on your left. Follow the road towards the centre of Gateshead and take the sliproad underneath the flyover. Go straight over the roundabout and then turn right onto the A184 at the next roundabout. Keep following the A184 until you come to the Academy on the left.

From the West

Follow the A69 until you meet the A1.
From there follow the directions as from the North.

From the East

Follow the A19 until you reach Whitemare Pool roundabout and then turn on to the A184 (Gateshead). Continue on the A184 over Heworth roundabout and GIS is on the right.

Parking

There are 3 car park areas providing 258 free parking places. We urge visitors to use other forms of transport to single car occupancy. This will help the environment, and parking at the Academy is limited.

Disabled car drivers

There are 16 car parking spaces, at the enlarged standard size, for disabled drivers displaying a disabled badge. There are 9 standard sized bays marked as reserved for disabled parking. Dropped kerbs and tactile pavements are provided at safe crossing points.

Useful contacts:

Traveline 0871 200 2233
www.travelinenortheast.co.uk
(for public transport times and fare information for all operators)

Nexus: www.nexus.org.uk
(links with Journey Planner and Tyne and Wear public transport timetables)

Public Transport Operator contacts:

Arriva Northumbria	0191 281 1313
Go North East	0845 606 0260
Stagecoach	0191 276 1411
Network Ticketing	0191 276 3706
Metro	0191 203 3333

Travel Passes

Metro, Arriva, Go North East and Stagecoach all offer their own season tickets. If your journey involves using more than one type of bus, bus and rail, or Metro, a network Traveleticket may save you money. For further ticketing information please call the appropriate operator.

Gateshead College 0191 490 2246
www.gateshead.ac.uk/sport

