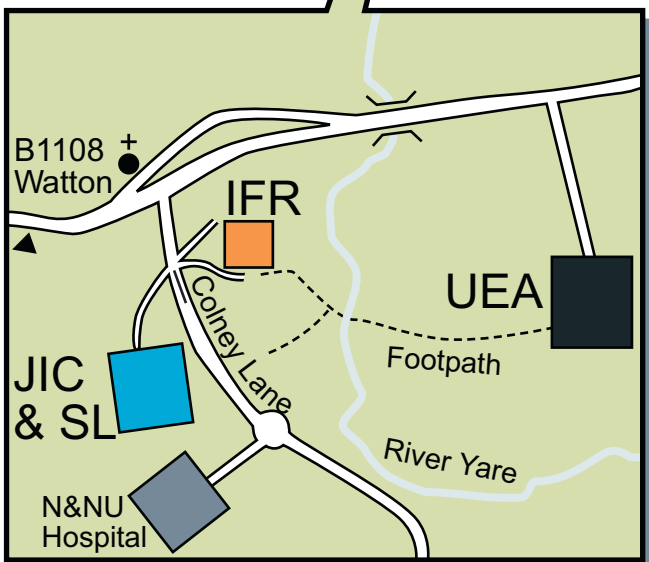
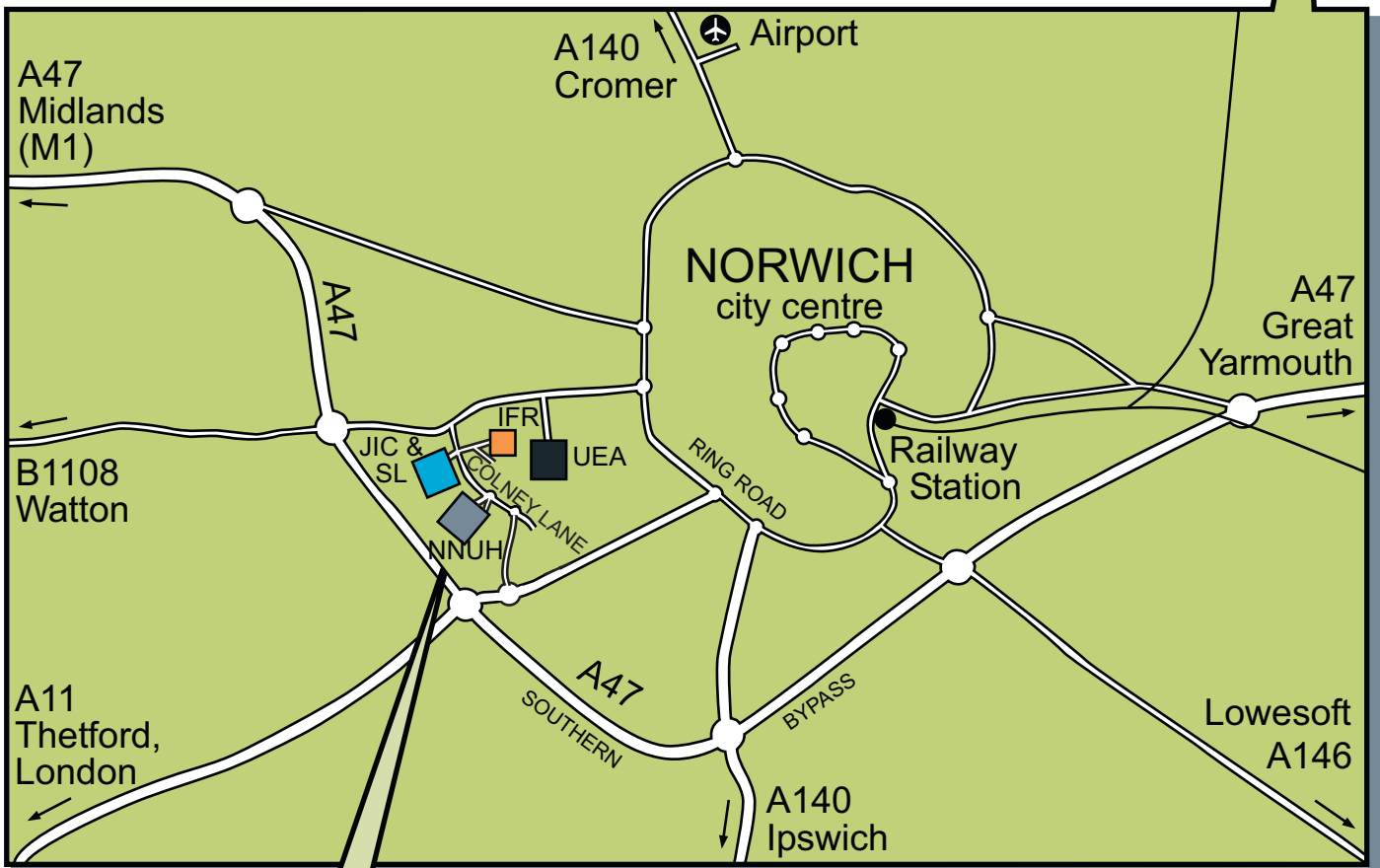
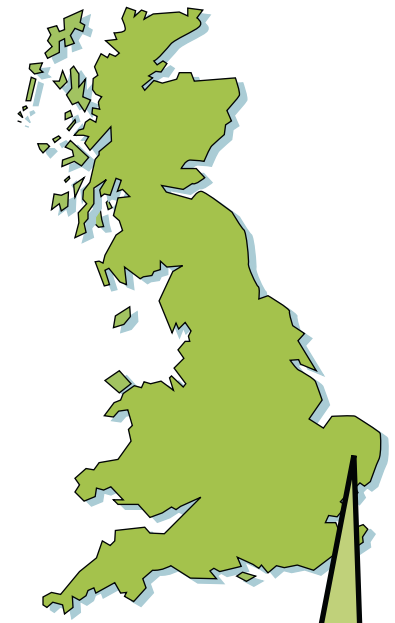


Directions to the

John Innes Centre



By car: Norwich is 111 miles (155km) from London, 184m (258km) from Manchester and 485m (680km) from Glasgow. The easiest way to reach the NRP is to follow the A47 Southern Bypass until you reach the B1108 turnoff. Follow the B1108 towards Norwich for about 1 mile (1.6km) and take the righthand turn at the sign 'Norwich Research Park'. This is Colney Lane. The main entrance to JIC and SL is about 100 yard (0.1km) on the right, just over the brow of the hill. The entrance to IFR is at the same point but on the left. To reach the UEA continue on the B1108 for another mile and the main entrance to the university campus is on the right.

By train: Norwich is 2 hours by train from London Liverpool Street Station. There is an intercity link with the Midlands and the North via Peterborough. All trains arrive at Norwich Thorpe Station. The service from London is approximately hourly, except on Sundays when the service runs every 2 hours. See [Railtrack Timetable](#) for train times and the [Underground Journey Planner](#) to plan your route on the London Underground trains to get to Liverpool Street Station. The easiest way to reach the NRP from the station is by taxi (4-5 pounds) or bus (see information above).

By plane: [Norwich airport](#) has regular direct flights to Amsterdam-Schipol (approximately 45 minutes flying time) providing good connections to worldwide international flights. Within the UK regular flights serve Aberdeen, Edinburgh and Manchester. A taxi from the airport to the Norwich Research Park (NRP) is around £10.

By bus: The number 25 bus runs from the train station to both UEA and the JIC via the city centre. The city centre bus stops are on St. Stephens street

By coach: The journey [by coach from London](#) takes about 3 hours. The coach stops in the main bus station in Norwich. Coaches also run to and from most major UK cities. The easiest way to reach the NRP from the bus station is by bus or taxi (see information above).

By sea: The east coast port of Harwich has regular sailings to and from Holland and Belgium. There is a regular train service to Norwich from the port via Ipswich.