

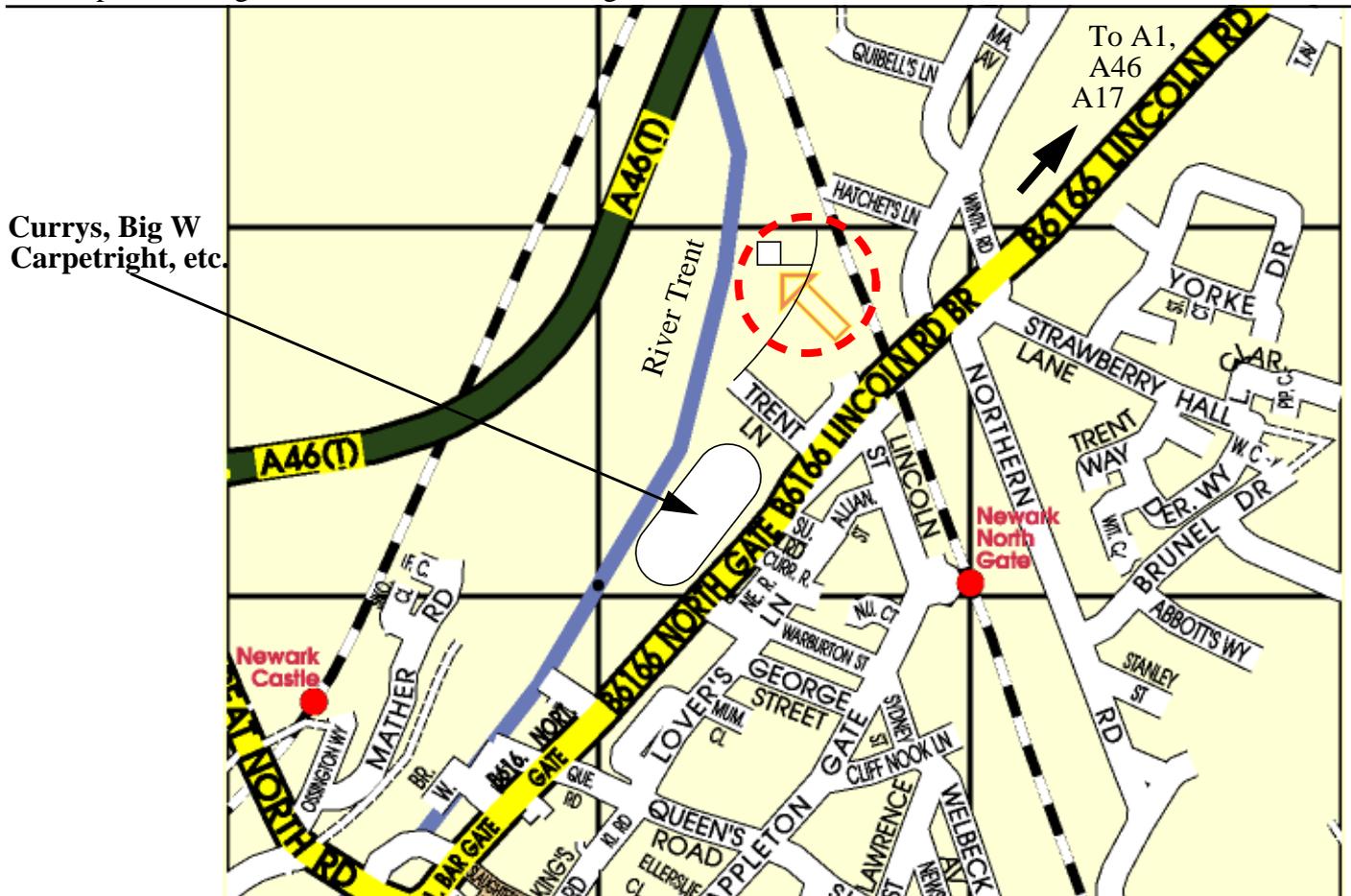
How to find the First Alternative Training Centre

First Alternative Training courses take place at the training facilities of Hoval Ltd., Northgate, Newark, Notts NG24 1JN Telephone Number: 01636-893673 (or 07736-475838)

See map and directions below if travelling by car.

Travelling by train.

Newark Northgate provides regular services to Kings Cross (c 1h 15m) and also to various parts of the midlands and the north of the country. The station is about 5 minutes walk from the centre. **Newark Castle** station provides regular services between Nottingham and Lincoln, and is a similar distance from the centre.



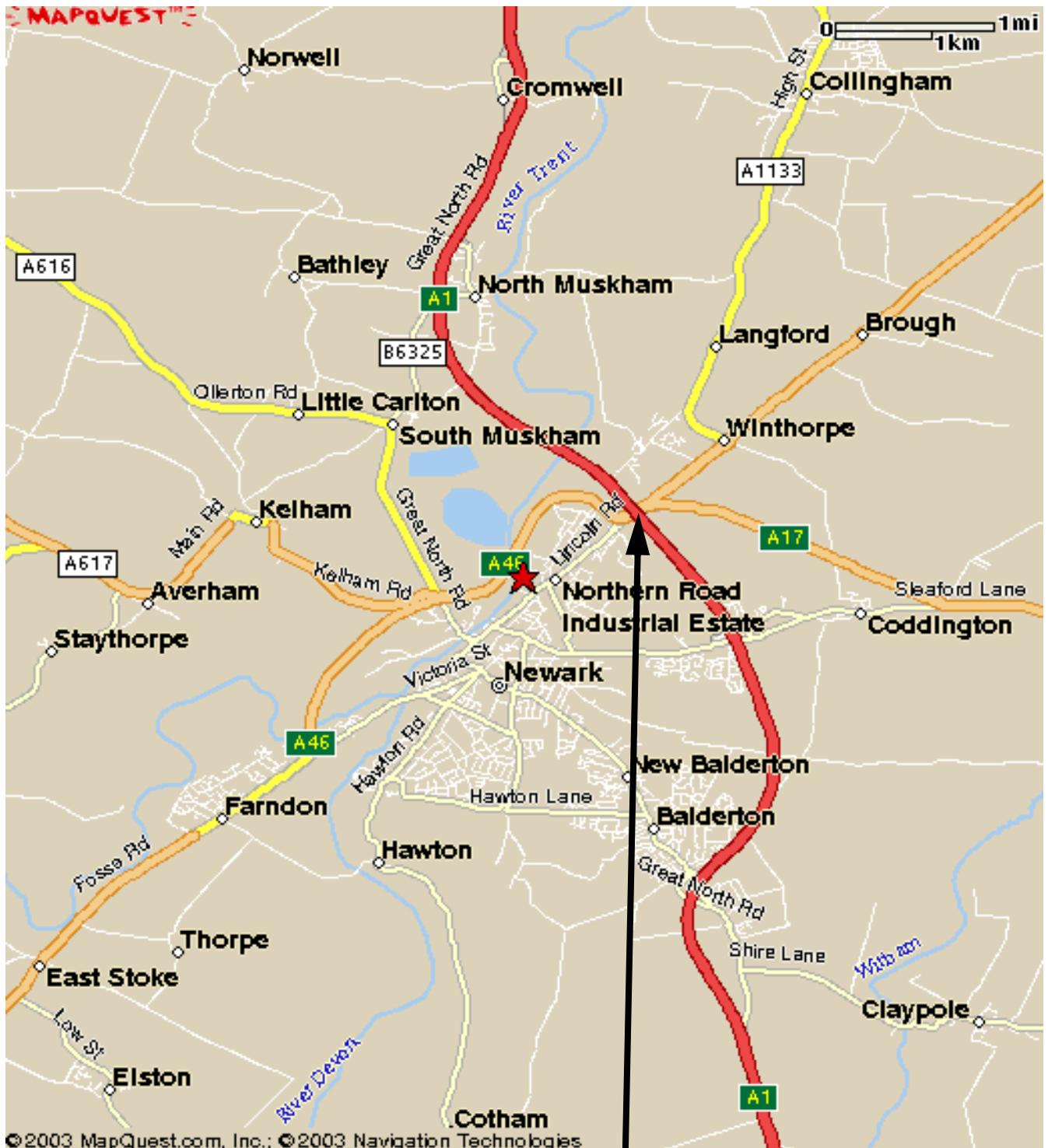
Walking directions from Northgate station: Turn right out of the station, around a sharp left-hand bend. At the T junction turn right on to Northgate, then immediate left into Trent Lane. With Currys on your left and Homebase on your right, walk down Trent Lane, and turn right into the main Hoval complex behind Homebase. After about 100 yards turn left and the training centre is in a new building straight ahead. (It is clearly signposted). Note that the approach to the centre is through an industrial area, but the center itself is in a modern building on the banks of the river Trent.

Driving directions. From A1 South and North take the “Newark (Northgate Station)” exit. (From other directions head for the A1 North/South junction, which intersects the A1, A46 and A17 trunk routes) Follow signs to Newark town centre. This is Lincoln Road. Cross two sets of lights, over railway bridge, and take the first right into Trent Lane. This is next to a large retail area with Currys, Big W, etc. Now see walking directions above. There is visitor parking available at the centre.

About Newark: Newark is a fine historic market town, with many superb buildings and an impressive market square dominated by the church. The river Trent flows past the town, with the old castle ruins (another prominent feature of local history) standing guard on the river bank. There are many fine pubs and restaurants, plus cinema and theatre, making Newark an excellent location at any time of year.

Accommodation: There is a range of hotels and guest houses locally. There is a guest house Albert House, Albert Street, phone 01636 705525). Hotels include Millgate House Hotel, 53, Millgate, 01636 704445 (7-8 minutes walk), Rutland Arms Hotel, 13 Barnby Gate, 01636 611718 (10 minutes walk). The closest is Ye Olde Market, 19 Castle Gate, 01636 702255 (5 minutes walk). Other hotels slightly further away include The Deincourt, phone 01636 602100), the Travel Inn on 01636 640690 and the Grange on 01636 703399. Trvllodge and similar types of hotel are also available - see their web sites for details.

General Newark Area Map



A1, A17 and A46 main junction for exit to Newark town centre