



## Getting to the Hand to Elbow Clinic:

The Hand to Elbow Clinic is conveniently sited near the centre of Bath. It is easily accessible from many car parks, the Newbridge Park and Ride, Bath Spa Railway station and the Bus station.

**By Car:** The road is one way but broad so it is easy to drive along and stop by the Hand to Elbow Clinic. There is a loading bay outside the Clinic so you should be able to drop off and pick up with almost no walking. There is parking on James St West but it is all permit parking. There many good places to park:

The most convenient if you are shopping there is to park in Sainsbury's Car Park (as shown on the map). The pedestrian exit is virtually opposite the Clinic. There is a 90 min parking time limit in Sainsbury's Car Park.

The car park in Kingsmead square is also very close but small.

The main car parks that are reasonably near are in Charlotte Street and by the river off Corn St.

**Park and Ride:** A very easy alternative is the Park and Ride at Newbridge. The bus from the Park and Ride stops almost outside the clinic in James St West at the marked bus stop. Newbridge is on the A4 on the way out of Bath towards Bristol. [Find out more](#)>

**By Train:** Bath Spa railway station is about 10 mins walk from the Hand to Elbow Clinic. There are usually taxis outside the station which will take less than 5 mins to reach the Clinic.

**By Bus:** The central bus station is less than 10 mins walk from the Clinic. There is also a bus stop 50 yards down the road from the Clinic.