



Information for the *Taoist Tai Chi*TM European Centre

Please note the arrangements for booking accommodation at the hotel

By car: See maps and directions provided.
There is plenty of car parking available.

By air: Stansted Airport is the closest airport to the Centre and we endeavour to pick up anyone who lands there. There are airport buses from Heathrow or Gatwick that will bring you to Stansted for the pick-up. When your travel arrangements are confirmed, you will be told of the airport pick up point and given an emergency phone number.

Pickup at Stansted will generally be from the mid-stay car park, reached by using the mid-stay bus (free).

Please have a *Taoist Tai Chi*TM logo clearly visible for the pick-up.

By train: Colchester North Railway Station is only about 15 minutes away and is on the main line out of Liverpool Street Station in London.

By bus: Colchester Bus Station is also close by.

Pick-ups can be arranged from train and bus.

Accommodation at the Centre is available in dormitory rooms; bedding is provided, just bring a towel.

Accommodation at the hotel is to be booked directly with the hotel, by email to:

gm@express-colchester.com and

dgm@express-colchester.com

Quote 'TTCS' to benefit from our negotiated discounted rates.

Holiday Inn Express Colchester, Birchwood Road, Dedham, Colchester CO7 6HX
www.hiexpress.com

To be sure of accommodation at the Centre or the hotel, it helps to book early; otherwise you may have to make your own arrangements elsewhere.

If camping, you'll need to provide your own bedding; we have a limited number of bed mats.

The Centre is a single storey building with level access to all the facilities. There are wheelchair-accessible toilets and showers.

Please bring indoor shoes to change into when in the Centre (no bare feet or socks please). The practice hall is carpeted, and participants often sit on the floor during workshops.

There are fire exits throughout the building and, for your own safety if you are staying at the Centre, please familiarise yourself with the fire procedures that are displayed on the dormitory doors.

Please note that smoking is not allowed anywhere in the building.

If you decide to leave the Centre, please let the organisers know before you leave and when you arrive back.

Catering: For participants who can't eat the regular and vegetarian meals provided, the kitchen provides plain meals (plain food with nothing added).

If none of the food options are suitable or sufficient for you, please bring your own food. There is a microwave you can use.

Please enjoy all the meals, at your own risk, and keep to the meal type you requested on your booking form so that there is enough food for everyone.



Bookings: Your online booking will be confirmed automatically. If you don't receive confirmation, it means we didn't get your booking, or your email address wasn't right, so please contact us at the email address given on the poster, or by phoning the centre on +44 (0) 1206 576167.

Payment: We encourage participants to pay in advance, by BACS to:

- Taoist Tai Chi Society GB
- Sort code: 80-91-28
- Account number: 06020422

The amount due will be advised once you've booked

Help: Workshops would not be possible without the work that is done by volunteers before and after. If you can come earlier or stay longer and help out that would be greatly appreciated and valued.

Directions to the European Centre, Colchester

From the A12 take the Cambridge exit (formerly the A604) and follow signs to Mersea (B1025) then straight across the two mini roundabouts and turn right at the traffic lights into Straight Road.

Continue past the mini roundabouts until you reach the double mini roundabout and then turn left and then right into Gosbecks Road. Still follow the road to Mersea.

At the end of Gosbecks Road you will come to another set of double mini roundabouts and this time turn right and then left into Berechurch Hall Road.

Continue along until you come to crossroads with KD Radcliffe (formerly the Maypole pub) on your right, which is on the corner of Bounstead Road. Turn right, and the Centre is about 300 metres on your right.

For satellite navigation, the full address of the Centre is:

*Taoist Tai Chi*TM European Centre,
Bounstead Road, Blackheath, Colchester
CO2 0DE

