Travelling to:	From:	By Rail:	By Car:
Southampton	**London Heathrow**	Take a Railair link from Terminal 4 to Woking Station. From Woking take a direct train to Southampton Central Station. (Journey time 2 hours 10 minutes). Alternatively take a train to Central London. Transfer to London Waterloo and from here take a train to Southampton Central Station. (Journey time 1½ hours).	On leaving Heathrow join M4 and then M25 anti-clockwise towards Gatwick. Exit M25 at junction 12 to join M3. Stay on M3 until signposts for Southampton. From here follow map 2.
Southampton	**London Gatwick**	Take a train from Gatwick to Worthing. Then take a direct train from Worthing to Southampton Central Station. (Journey time 2 hours).	On leaving Gatwick join M23 towards Brighton. Continue onto A23, then exit onto A27 westbound, signposted Worthing. Stay on A27 west until it automatically becomes the M27. From here follow map 2.
Southampton	**Southampton (Eastleigh)**	Take a direct train from the airport to Southampton Central Station. (Journey time 10 minutes). For further information please phone National Rail Enquiries on 08457 484950.	On leaving airport join A335 to Southampton. From here follow map 2.

(From Southampton Centre) Travelling to:	By Rail:	By Bus:	By Car:
(MAP 1) **Southampton Solent University East Park Terrace**	To East Park Terrace from Train Station take a 10 minute walk via Western Esplanade across Above Bar Street, along New Road then left turn into East Park Terrace. Alternatively a short taxi ride can be taken from Southampton train station at an approximate cost of £3.00.	*N/A*	*N/A*
(MAP 2) **Hardmoor Playing Fields (Stoneham)**	*N/A*	*N/A*	To Hardmoor playing fields from Southampton Central by car take the A335 Onslow Road leading into Thomas Lewis Way. Take right turn into Burgess Road continuing down the A335. At the traffic lights take a left turn into Bassett Green Road (A27) and then at the set of traffic lights take a right turn into Stoneham Lane. Continue down Stoneham Lane, through the underpass of the M27 and Hardmoor playing fields can be found on the left. Alternatively Southampton Institute transport is arranged for organised events. Please note that there is no transport to Hardmoor by public transport.