

TRAVELLING TO THE HEALTH & WELLBEING INNOVATION CENTRE



We are committed to reducing our environmental impact. One way of achieving this is to encourage staff and visitors to use 'green' or sustainable transport when and where possible. There are a number of green options for delegates and visitors;

Bus Travel

First Bus and Western Greyhound operates a number of frequent service bus routes linking the major towns in Cornwall with many including links to Treliske. Timetables can also be downloaded. Visit www.firstgroup.com and click on Cornwall or www.westerngreyhound.com

Train Travel

There is a regular bus service from Truro train station to Treliske Hospital. From there it is a five minute walk to the Health and Wellbeing Innovation Centre (HWIC).

Cycling

We provide both free cycle storage and showers for cyclists. Please note that cycle storage is in an open shelter and you are advised, therefore, to bring your own method of securing your bike.

Car Sharing

www.carsharecornwall.com provides a free service for passengers and drivers to link up and share car journeys. Just log on and register either a regular commute or a one-off journey. The database will then search for a match. If your journey is not matched straightaway then keep visiting the website as new people register journeys every day. Car sharing can be fun and you could potentially save yourself hundreds of pounds a year if you can make regular car sharing journeys. Click on to the 'Cost Calculator' on the www.carsharecornwall.com website to work out how much you could be saving.

Parking

If you are arriving by car we primarily recommend that you use the *Park for Truro* park and ride as car parking is limited at HWIC. For further information and rates please go to the Cornwall Council website: www.cornwall.gov.uk.

There are a very limited number of car-parking spaces at HWIC and access is gained through number-plate recognition system. If you require an assisted parking space for your meeting or event, please request a space by emailing your specific access requirements and number plate information to zoe.prosser@plymouth.ac.uk. Please note that, whilst every effort is made to support your request, availability of an on-site assisted place cannot be guaranteed.