



From M25

Leave the motorway at junction 6 (signed East Grinstead, Eastbourne & A22). Join the A22 and continue for 37 miles for Eastbourne, until the Cophall roundabout junction, north of Polegate. At this roundabout, take the first exit on to the A27. Continue to the next roundabout junction and take the second exit, re-joining the A22. Remain on the A22 towards Eastbourne town centre. Join the A259 (Upperton Road) and continue to the Station roundabout. Turn right onto Grove Road. Turn left onto South Street. Turn left onto the A259 (Gildredge Road). We are located on the right hand side of the road.

By Rail

Eastbourne is served by trains from Brighton, Hastings, Ashford International and from London Waterloo and Victoria stations. We are a short walk from the station.

