

# How to find Us

## Directions to Rowcroft:

From Plymouth follow the A38 or from Exeter follow the A380 to Newton Abbot. At Newton Abbot follow signs for Torquay along the South Devon Highway. Bear left at the traffic lights at the end of the South Devon Highway and join the A3022 to Torquay. Follow signs for Torquay seafront. At Torre railway station (on your right), go into the right hand lane, past Halfords (also on your right) and onto Avenue Road. Half way along Avenue Road, opposite the Bancourt Hotel, is the turning to Rowcroft. This narrow, long and bendy stretch of lane will take you up to the Rowcroft site.

If you are using Sat Nav our postcode is **TQ2 5LS**.

**Rail** - Rowcroft is only a few minutes taxi journey from both Torre Station and Torquay Station. However, if you intend to walk, the easiest stop is Torre Station.

**Walking** - If you decide to walk up to Rowcroft, please note that the drive is a steep hill with no pavement (allow at least 20 minutes if you are walking).

## Directions to Education events:

The first building on your left is our Inpatient Unit, please do not go to this building, continue along the road and bear right following the signs to Rainbow House.

The building on your left with green windows is our Outpatients Centre and Rainbow House is on your right. Please use the car park behind the Outpatients Centre. Please enter Rainbow House using the main door at the front, up the steps.

**Exit** - When you leave the site you may use the same driveway back to Avenue Road or you can carry on past Rainbow House and use the Shiphay Lane exit, which is one way.

## Site Map



Please adhere to the site speed limit, which is 15 mph, at all times.