



The National Access and Rescue Centre

training for work at height, difficult access and rescue

how to find: The National Access and Rescue Centre, Kendal, LA9 6NH

By road:

From the south: leave M6 at J36 on A590, signposted to Kendal and South Lakes. Carry on 6 miles past Kendal South exit, until end of carriageway at roundabout. Turn at roundabout signed Kendal North and continue 1.5m into Kendal. Follow signs for A6 Shap and Penrith North. Keep left under railway bridge, you are now on Shap Rd. Pass Mintsfeet Ind Est and pass Texaco garage on left. You should now be able to see Lake District Business Park tower (with clock). It is in this building, unit 23 that training takes place. Please find black door to the left of the building with "NARC" sign.

From the north: leave M6 at J39 Shap. Head south towards Kendal on A6 for 12 miles. As you enter Kendal the training centre is located on the 3rd right hand turning. You should now be able to see Lake District Business Park tower (with clock). It is in this building that training takes place. Please find door at rear with "NARC" sign.

By rail: The west coast mainline station of Oxenholme is approx. 2 miles taxi journey from the centre. Please ask for the Climbing wall or the old Farley's factory, You should now be able to see Lake District Business Park tower (with clock). It is in this building that training takes place. Please find door at rear with "NARC" sign

The buildings;

As you drive down Mintbridge Rd from the A6 Shap Rd the obvious tall building with a clock is the training centre (the training division of The heightec Group).

Take the second right onto the business park

All candidates should park in front of the tall building and enter via the black door on the far side of the building.

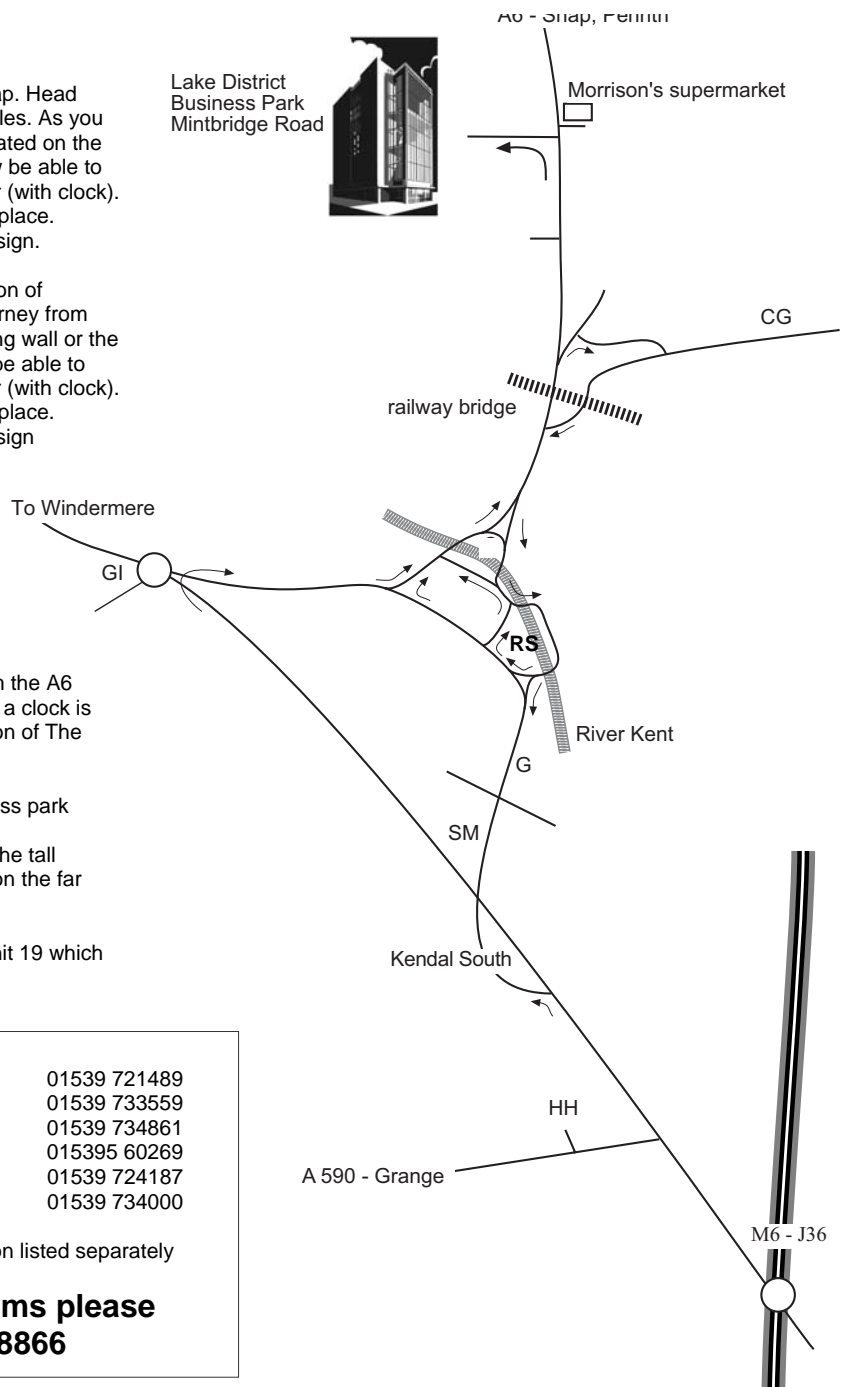
The heightec offices are located at Unit 19 which is approx. 75m on the right.

Key to accommodation on map:

G	Glenholme guest house	01539 721489
SM	Stonecross Manor	01539 733559
RS	Riverside Hotel	01539 734861
HH	Heaves Hotel	015395 60269
GI	Gateway Inn	01539 724187
CG	Castle Green	01539 734000

Please see full list of accommodation listed separately

If you have any problems please phone us on 01539 728866





The National Access and Rescue Centre

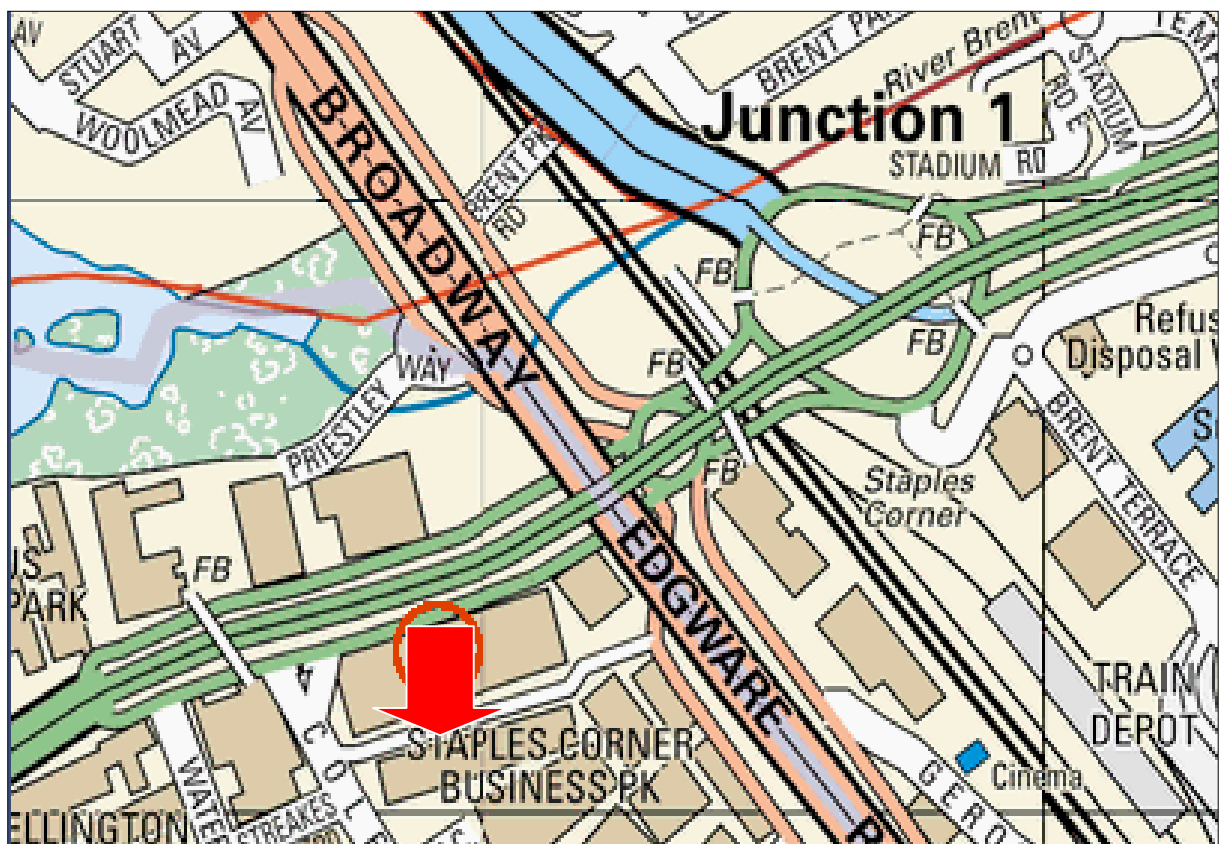
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how to find: The National Access and Rescue Centre, London NW2 7JP

NARC London Training Centre:

Situated at Staples Corner Business Park, at the end of the M1 on the A406 North Circular.

Unit 11 Staples Corner Industrial Park - NW2 7JP



By Car: From roundabout at the end of the M1 follow signs for A4088 Wembley. Go straight across Staples Corner roundabout. Travel 100m up the hill and turn left into Staples Corner Industrial Estate. A further 90m down through the estate, midway on the right is unit 11. NARC.

The National Access and Rescue Centre, Unit 11, Staples Corner Business Park. 1000 North Circular, London NW2 7JP
Tel: +44 (0)1539 728866 fax: +44 (0)1539 728833 email: admin@narc.co.uk

NARC is a division of The heightec Group Limited – Company no. 3435385 – registered in England and Wales

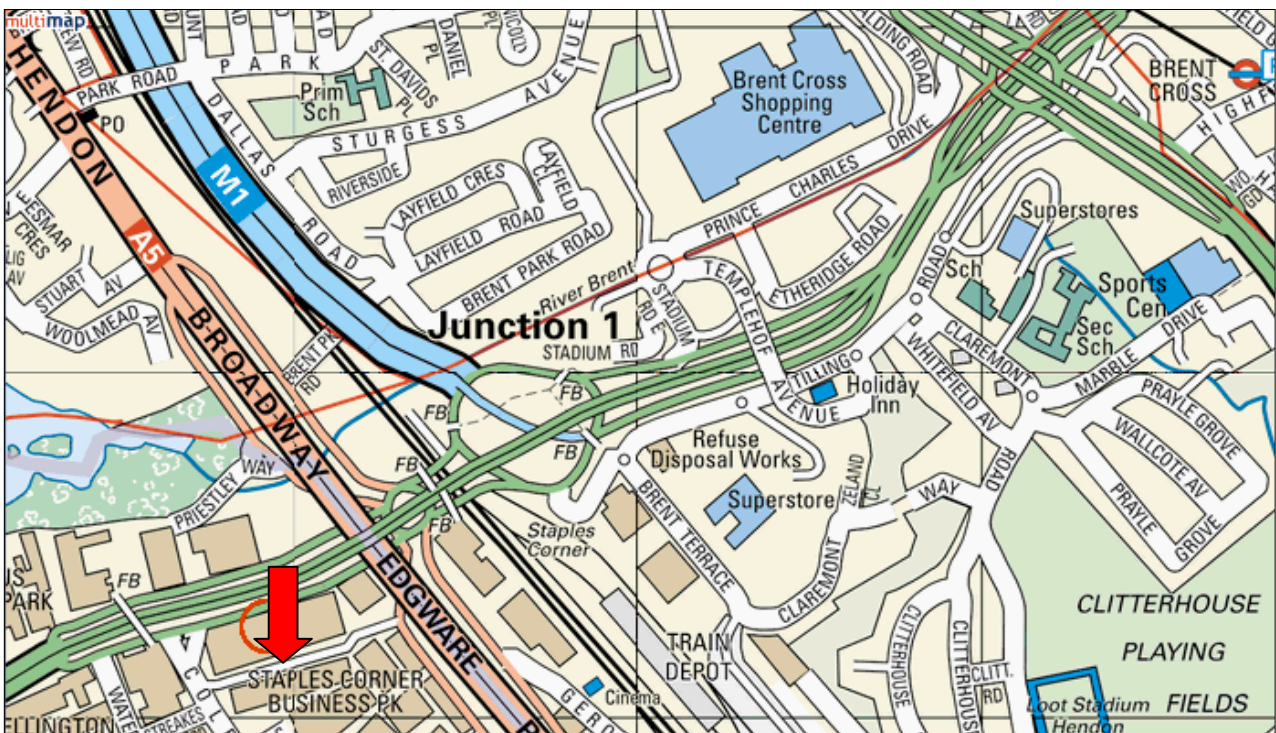


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how to find: The National Access and Rescue Centre, Unit 11 Staples Corner Industrial Park, London NW2 7JP

By rail: Mainline railway stations to London.
London Underground Tube - Northern Line to Brent Cross.



By foot from Brent Cross station (1.5 kilometre- 25 minutes):

By foot from Brent Cross station (1.5 kilometre- 25 minutes):

Exit the station and turn right along Highfield Avenue to end junction.
Turn right and follow this, turning left under the flyover.
Follow this road for 700 metres passing Tesco and Holiday Inn
At last shopping complex (Next etc) cross the road and go up the aerial walkway on the right.
Follow the pathway on the other side and over the next stairway on the left.
Follow the roadway under the railway.
Take the next stairway left over the roundabout.
Cross the road to Staples Stationary store.
Walk up through the estate for 50metres to unit 11 on the left.

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