By-Road

From: Bexhill-on-Sea, Eastbourne, and Brighton

Take A259 coast road travelling east. At Bexhill-on-Sea continue along A259 (King Offa Way, De La Warr Road) until you reach Glyne Gap (Ravenside Shopping Centre on right at roundabout), continue along A259 into Bexhill Road for approximately 2 miles. At the first junction with traffic lights, turn left into Harley Shute Road, signposted "General Hospital, Folkestone, Rye and Battle". Follow this road until you reach a roundabout. Turn left into Crowhurst Road. This leads into Queensway. Keep going along this road for approximately 2 miles. At the junction at the end of Queensway, turn right onto the Ridge West. Continue straight on until you reach a mini-roundabout. Go straight ahead onto The Ridge. Follow the road for approximately ½ mile. The Conquest Hospital / Woodlands / St Anne's Centre/House is on the right at the next roundabout.

Please note: the car parks are pay and display.

From London, Tunbridge Wells, Maidstone

Take the A21 south to Hastings (exit 5 from M25). When entering Hastings you will go underneath a road bridge. Take next turning immediately on right - Junction Road - signposted General Hospital, Rye and Battle. (If you reach Sainsbury's you have gone too far!) Follow the road round. Turn right (to go over the bridge) - The Ridge West. Continue straight on until you reach a mini-roundabout. Go straight ahead onto The Ridge. Follow the road for approximately ½ mile. The Conquest Hospital / Woodlands / St Anne's Centre/House is on the right at the next roundabout.

Please note: the car parks are pay and display.

From Ashford, Tenterden

Take the A28 to Hastings. At the end of A28 Westfield Lane turn left onto the A21, go underneath the road bridge. Take next turning immediately on right - Junction Road - signposted General Hospital, Rye and
Battle. (If you reach Sainsbury's you have gone too far!) Follow the road round. Turn right (to go over the bridge) - The Ridge West. Continue straight on until you reach a mini-roundabout. Go straight ahead onto The Ridge. Follow the road for approximately ½ mile. The Conquest Hospital / Woodlands / St Anne's Centre/House is on the right at the next roundabout.

Please note: the car parks are pay and display.

**From Dover, Folkestone, Rye**

Take the A259 to Hastings. As you enter Hastings, (Rye Road) Hillcrest Comprehensive School is on the left and B&Q is further along on the right. Turn right at the traffic lights onto The Ridge (signed posted Battle). Continue along this road for approximately 3 miles and the Conquest Hospital / Woodlands / St Anne's Centre/House is on the left at the roundabout.

Please note: the car parks are pay and display.

**By Rail**

From Charing Cross, main line trains run regularly to Hastings. The Conquest Hospital / Woodlands / St Anne's Centre/House are 3 miles from Hastings Station.

From Victoria, main line trains run regularly to Hastings. The Conquest Hospital / Woodlands / St Anne's Centre/House are 3 miles from Hastings Station.

**Rail timetables.** Check out the Rail Track Website at [www.railtimetable.co.uk/bin/query.exe/en](http://www.railtimetable.co.uk/bin/query.exe/en)

**By Bus**

For information about local bus services in our area, contact East Sussex County Busline on (01797) 223053 or (01273) 474747.
Conquest Hospital - The Ridge, St Leonards-on-Sea, East Sussex. TN37 7RD.