Skin Clinic | Academy

# VISITORS GUIDE

Welcome to Bio-Therapeutic Skin Clinic | Academy!

We're delighted you'll be visiting us soon. This guide is designed to help make your trip as smooth and enjoyable as possible, whether you're travelling from near or far. Inside, you'll find information on travel options, local hotels, restaurants, and scenic walks, as well as nearby train stations, airports, and taxi services. We've also included tips on parking, accessibility, local attractions, and helpful "insider" advice to make the most of your time in the area. Our goal is to ensure your visit is seamless, comfortable, and tailored to you - so you can relax and focus on your experience with us.

Bio-Therapeutic Skin Clinic | Academy
Unit 21
The Wren Centre
Emsworth
PO10 7SU

## PARKING INFORMATION

If you're driving, you can park by the back field, spaces 1–8 by our unit (unit 21).

## ACCESSILIBILTY

Our Skin Clinic | Academy  is mostly wheelchair-friendly, with step-free access throughout the main treatment areas. There is a small threshold at the entrance, but it can be easily managed with care. Please note that our toilet facilities are located a short walk from the clinic, and there is a small step up into the toilets. If you require any assistance during your visit, our team will be happy to help.

## CLINIC FACILITIES

Our training academy is designed for your comfort. We have a welcoming waiting area, complimentary refreshments, free Wi-Fi, umbrellas in case of rain, charging points for phones, a fridge for lunches, cutlery and plates.

## PHARMACY/HOSPITAL

Emsworth Pharmacy
Address: 2-4 Central Buildings, West Street, Emsworth, Hampshire PO10 7DU.

Rowlands Pharmacy Westbourne
5 The Grove, Westbourne, Emsworth PO10 8UJ.

Queen Alexandra Hospital Emergency Department (A&E)
Hunter Rd, Cosham, Portsmouth PO6 3LY
Open 24 hours

## CLOTHING

Please attend in your uniform. Our team will be capturing photos and videos during the session that you can use as content for social media.

## PUNCTUALITY

Please arrive at least 15 minutes before the training start time, but no earlier than 30 minutes prior.

## AIRPORTS

Southampton Airport (SOU)

- Located approximately 19.6 miles (31.6 km) west of Emsworth.

London Gatwick Airport (LGW)

- Located about 38–40 miles (60–65 km) from Emsworth.

London Heathrow Airport (LHR)

- Roughly 47–50 miles from Emsworth in a straight line.

## TRAIN STATIONS

Emsworth Station

- Address: North Street, Emsworth, PO10 7PN

Warblington Station

- Very close to Emsworth (roughly 2 km).

Southbourne Station

- About 2.2 km from Emsworth.

Havant Station

- A larger junction: provides interchange between the West Coastway Line and the Portsmouth Direct Line.

## TAXIS

VEEZU
023 9235 0350

UBER
0808 189 7190

## HOTELS/ACCOMODATION

Click on the hotel names for booking links.

The Ropemaker - A Heartwood Inn

Shepherds Hut with Alpaca Views

Millers House Boutique B&B

The Emsworth

Premier Inn

Travelodge

Independent Studio in Emsworth

## RESTAURANTS

Click on the restaurant names to be directed to their website.

The Deck

Nicolino'ss Italian Restaurant

The Cricketers

JJ's

36 On The Quay

Royal Darbar

Woodmancote Pub

Fat Olives

Blooms Restaurant & Tearoom

## WALKS

Coastal and harbour walks

- Nutbourne Marshes and Cobnor Peninsula Coastal Circular: An easy circular walk offering coastal views within the Chichester Harbour National Landscape.
- Thorney Island Shoreline Walk: A flat, beachside dog-friendly walk with great views of the harbour.
- Emsworth Harbour to Langstone Bridge: A popular path that takes you along the harbour with views of Langstone Bridge.
- Chidham Peninsula Coastal Circular: A loop that explores the coastline of the Chidham Peninsula.
- Hayling Billy Circular Walk: A route along the former railway line, offering a mix of coastal and nature reserve scenery.

Inland and park walks

- Stansted Park Circular: An inland walk that takes you around the grounds of Stansted Park.
- Stansted Maze and Walderton Circular: A slightly longer route that includes the maze at Stansted Park.
- Staunton Country Park Circular: A walk around the grounds of this country park.
- South Downs National Park: While further afield, this provides access to many longer walks and trails.

Village and scenic routes

- Emsworth Circular: A walk that explores the Emsworth area, including its millponds.
- Westbourne Church to Emsworth Millpond Circular: A shorter, quiet route that passes through scenic countryside and connects Westbourne to the Emsworth millpond.
- Emsworth, Westbourne, and Southbourne: A popular route linking these villages and often taking in coastal sections of the Chichester Harbour.

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