

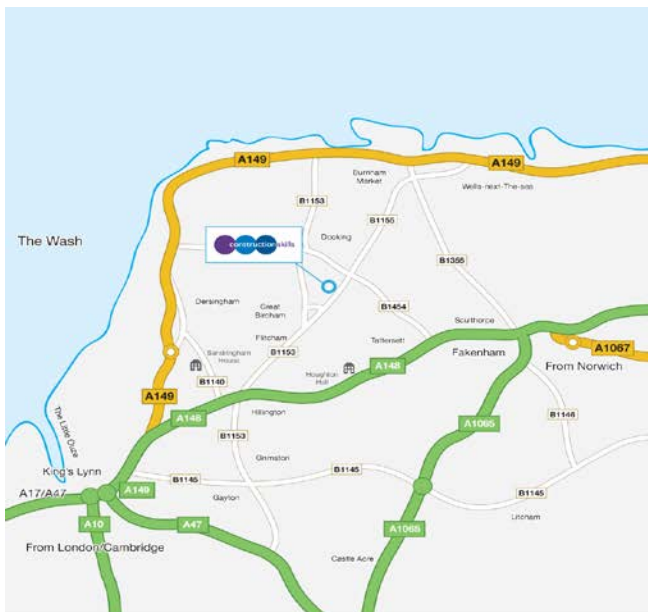
CITB & The National Construction College

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From Cambridge (M11 J14)

Follow A10 towards King's Lynn. At King's Lynn take 4th exit off the Hardwick roundabout (enormous roundabout) onto the A149 towards Hunstanton. *Turn right at the second roundabout onto the A148 towards Fakenham, After about 4 miles travel through the village of Hillington and turn left onto B1153. Continue for about 7 miles travelling through Fitcham.

From Norwich

Follow the A1067 and signs for Fakenham On reaching Fakenham follow the A148 (signed King's Lynn). Continue on the A148 for approx. 6 miles, and turn right onto the B1454 (see inset)

From the North

Take the A47 or A17 to King's Lynn and then A149 towards Hunstanton. Then follow directions as for Cambridge *

Car Parking

There is parking on site.

Sports Facilities for Delegates

Our Sports Hall is available for 5-a-side football, basketball and badminton, tennis and squash courts can be booked.

Activity programmes and information are available from The Club ext 7478. Rackets and balls can be provided. For walking and running, there are 10 mapped routes suggested, detailing distance, terrain and the suitability for walking or running.

Swimming Pool

Monday	4.30pm to 6.15pm
Tuesday to Thursday	5.00pm to 6.15pm
Friday	3.00pm to 5.15pm
Sunday	9.00am to 12.45pm

Fitness Room

Monday to Friday	5.00pm to 10.00pm
Saturday and Sunday	9.00am to 10.00pm

