



Milton Keynes Nuffield Health.

Getting to Milton Keynes Nuffield Health couldn't be easier with regular trains into Milton Keynes Central and the number 5 bus that drops off right outside the building.

NUFFIELD HEALTH IS LOCATED IN THE XSCAPE BUILDING

Upon entering the Xscape building

If you come in through the main Xscape entrance, please walk to the end and Nuffield Health is located in the top right corner next to the Ski slope.

You can gain access through this entrance from 8.00am. If you come through the side entrance next to KFC, please walk to the end and Nuffield Health is located in the top left corner next to the ski slope. You can gain access through this entrance from 8.00am.

If you need access to Nuffield Health before 8.00am we have our own entrance around the back of the building. Once you come through the rear Xscape doors that are open from 6.00am, Nuffield Health is the first on the right. We have a door on the right hand side just before the shutter (shutter opens at 7.45am) you can use this to gain entrance.

 **Nuffield Health**
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BY CAR

From the M1

Leave M1 at Junction 14 and take the A509 towards Central Milton Keynes. At the first roundabout take the second exit H6 Childs Way. Stay on this road over the next 5 roundabouts (the Xscape building is now on your right), at the 6th roundabout (South Secklow roundabout) turn right. At the first set of traffic lights turn right onto Avebury Boulevard, Xscape is now on your right. Please drive into the car park at the rear of the building, if you go into Nuffield Health they will issue you with a complimentary car park token.

From the A5

Leave the A5 at the exit towards Milton Keynes Central (A509) and take the third exit on the roundabout, signposted A509. Cross 3 roundabouts, and at the fourth, take the third exit onto Secklow Gate. Take the next left at Silbury Boulevard. Take the next left at North 13th Street. Turn right onto Marlborough Gate. Xscape is now on your left.

Parking

Nuffield Health customers can park at the back of the Xscape building for free. You need to come into Nuffield Health and collect a car park token to go in our own parking metre. Please note, if you park around the front of the building or you do not come in and get a free car park token you will get a parking ticket from Vinici car park management.

BY TRAIN

Xscape is 5 minutes from Milton Keynes Central Station. Trains depart every 15 minutes from Euston Station and every 30 minutes from Birmingham. Taxis and buses are both available that will take you to the Xscape building. If however you decide to walk it is 1.5 miles – 20-25 minutes.


From the central station

- Head Southwest towards route 51
- Turn left onto route 51
- Turn left onto Elder Gate/route 51
- Turn left onto Mid-Summer Blvd/route 51 for 0.7miles
- Carry on Mid-Summer Blvd across the roundabout
- Turn right onto Saxon Gate for 0.1 miles
- Turn left onto Avebury Blvd for 0.4miles
- Nuffield Health is in the Xscape building on the left hand side

BY BUS

Xscape is serviced by several local bus routes. The stop directly outside the Xscape building is A6, the most common bus is the number 5. For further bus information contact Milton Keynes Metro on **01908 668366**.



 **Nuffield Health Fitness and Wellbeing Centre**
Avebury Boulevard, 602 Marlborough Gate,
Xscape Central Milton Keynes MK9 3XS

 **01908 298 800**

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