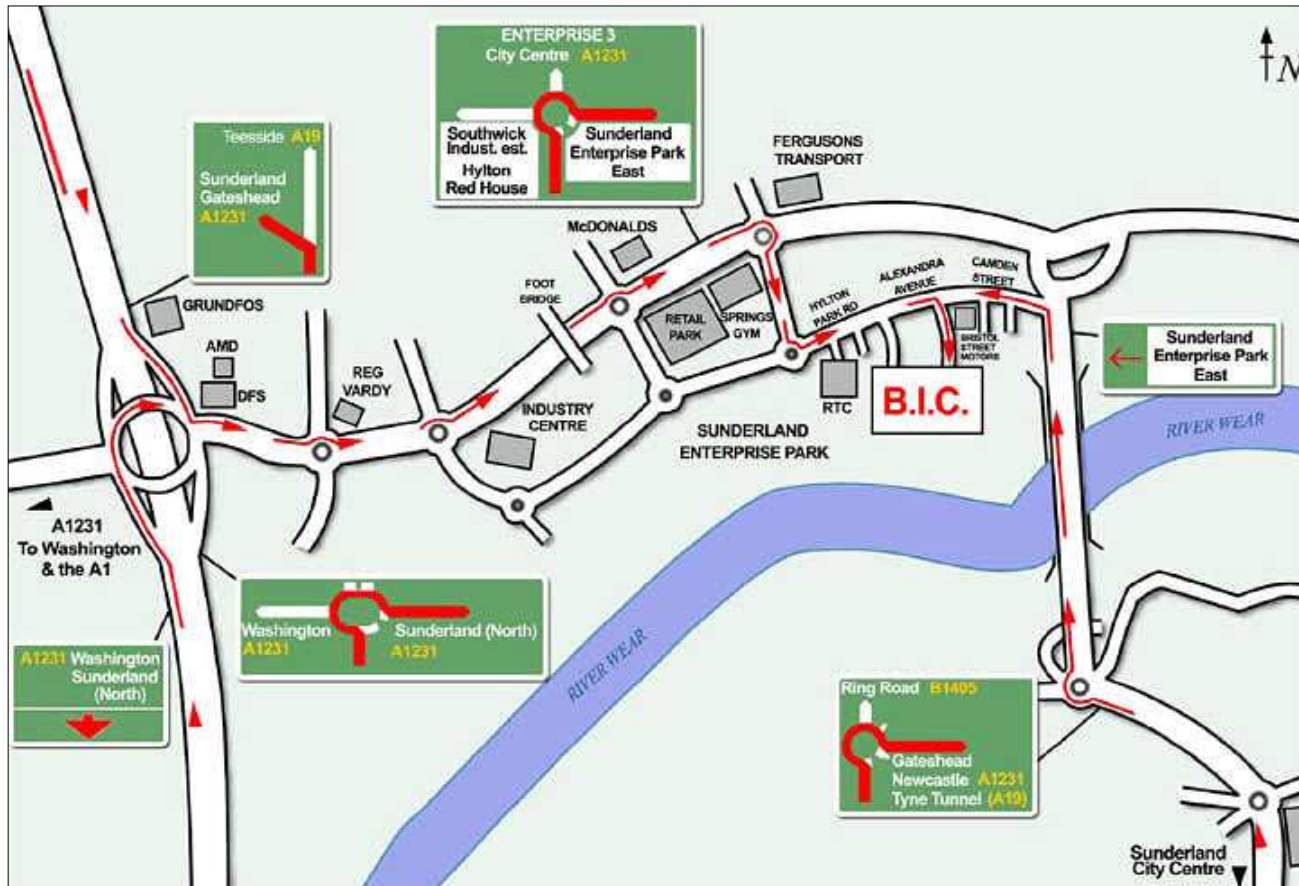
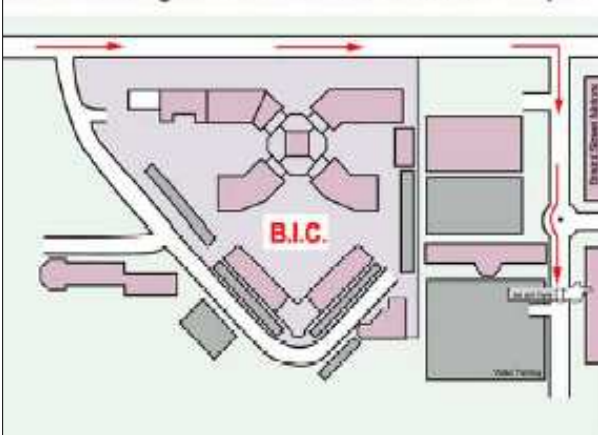


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Sunderland
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North East of England Business & Innovation Centre - Site plan



By Rail (Sunderland Station)

Connection to Sunderland is via Newcastle Central Station. Trains run approximately every 20 minutes. Taxis are available from outside the station. The drive will approximately take 10 minutes.



By Bus (Sunderland Interchange)

The only direct service is the number 190 from stand K. This service runs approximately every 30 minutes at 05 and 35 minutes past the hour.



By Aeroplane

International flights (arrival from outside the UK)
On leaving international arrivals turn left and make your way to the far end of the airport.
Domestic Flights (arrival from within the UK)
Turn immediately left as your exit out of customs. The airport Metro Station is situated at the far left end of the airport as you face the entrance / exit doors to the car park. Once on the metro follow the instructions below.



By Metro. (Park Lane Interchange).

The Metro service is fast, frequent (A service to and from the Airport operates every 7.5 minutes at peak periods.) and connection to Sunderland is via any Metro Station. VisiTech International is situated on the yellow route bound for South Hylton. If you are coming from the airport you should change at Heworth station. The closest Metro Station is Park Lane, this is one stop after Sunderland Central. From here you can catch either the number 190 bus (stand to your left) or a taxi (rank to your right).