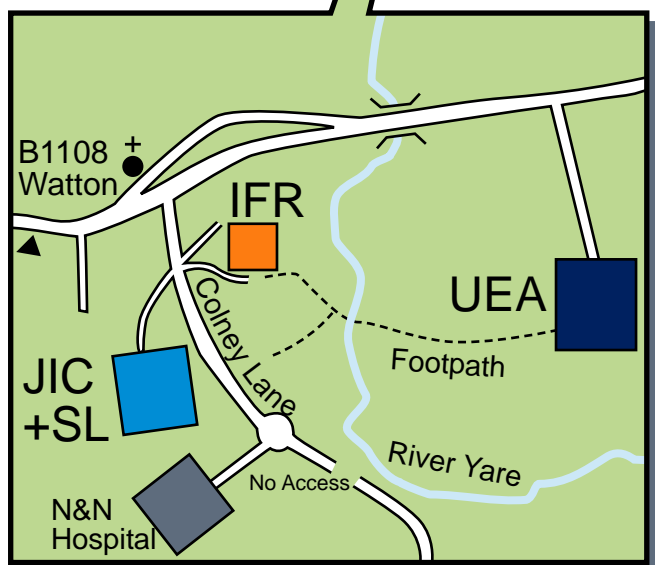
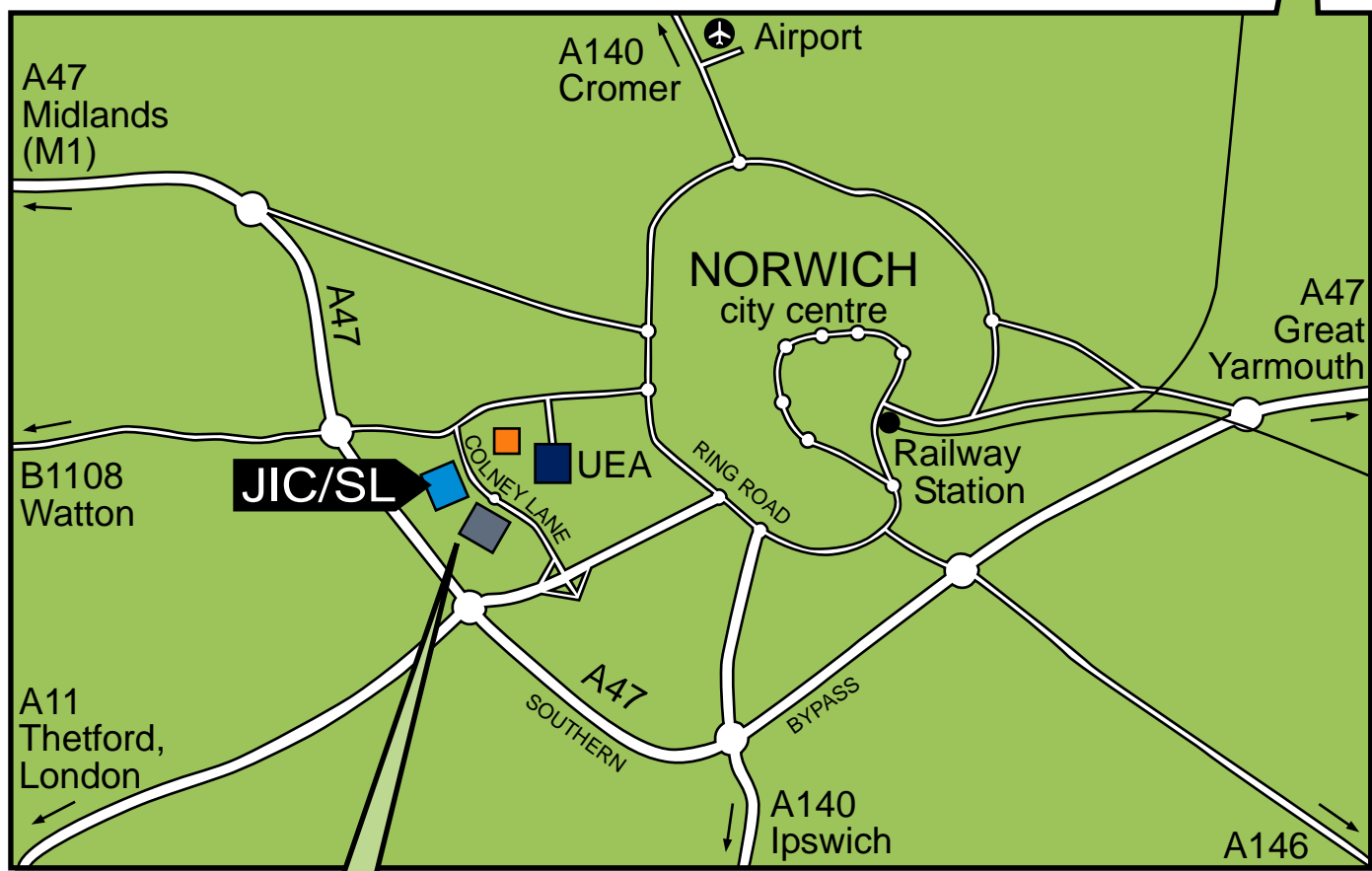


Directions to the  
**John Innes Centre and  
 Sainsbury Laboratory**

Norwich Research Park, Colney, Norwich, UK, NR4 7UH  
 Tel: +44 1603 450000  
 Fax: +44 1603 450045

The John Innes Centre (JIC) and Sainsbury Laboratory (SL) are located four miles west of Norwich, on the Norwich Research Park, adjacent to the Institute of Food Research (IFR) and five minutes walk by footpath from the University of East Anglia (UEA) campus.



**By Road:**

**From London/the South** - take M11 north, then A11/A14 northeast to Norwich. At 'Thickthorn' roundabout, take second exit onto A47, take exit off A47 onto the B1108 (Norwich). To enter Colney Lane take the right turn at the first set of lights (signposted Norwich Research Park). The main entrance to JIC/SL is the first turn right at the next set of traffic lights.

**From Birmingham/Midlands** - A47 to Norwich, and take B1108 exit (Norwich). To enter Colney Lane take the right turn at the first set of lights (signposted Norwich Research Park). The main entrance to JIC/SL is the first turn right at the next set of traffic lights.

**By Air:**

Norwich Airport is linked to major UK provincial centres and internationally to Schiphol (Amsterdam). Norwich Airport is north of the city, approximately 20 minutes by taxi from JIC. London Gatwick and London Heathrow airports are linked by Underground rail to central London (journey time approximately 1 hour). Alternatively, a Jetlink bus service operates between London's Heathrow, Gatwick and Stansted Airports and Norwich.

**By Train:**

Trains leave hourly from central London (Liverpool Street station) to Norwich (journey time approximately 2 hours). Taxis are available from the station, approximately 15 minutes journey to JIC.