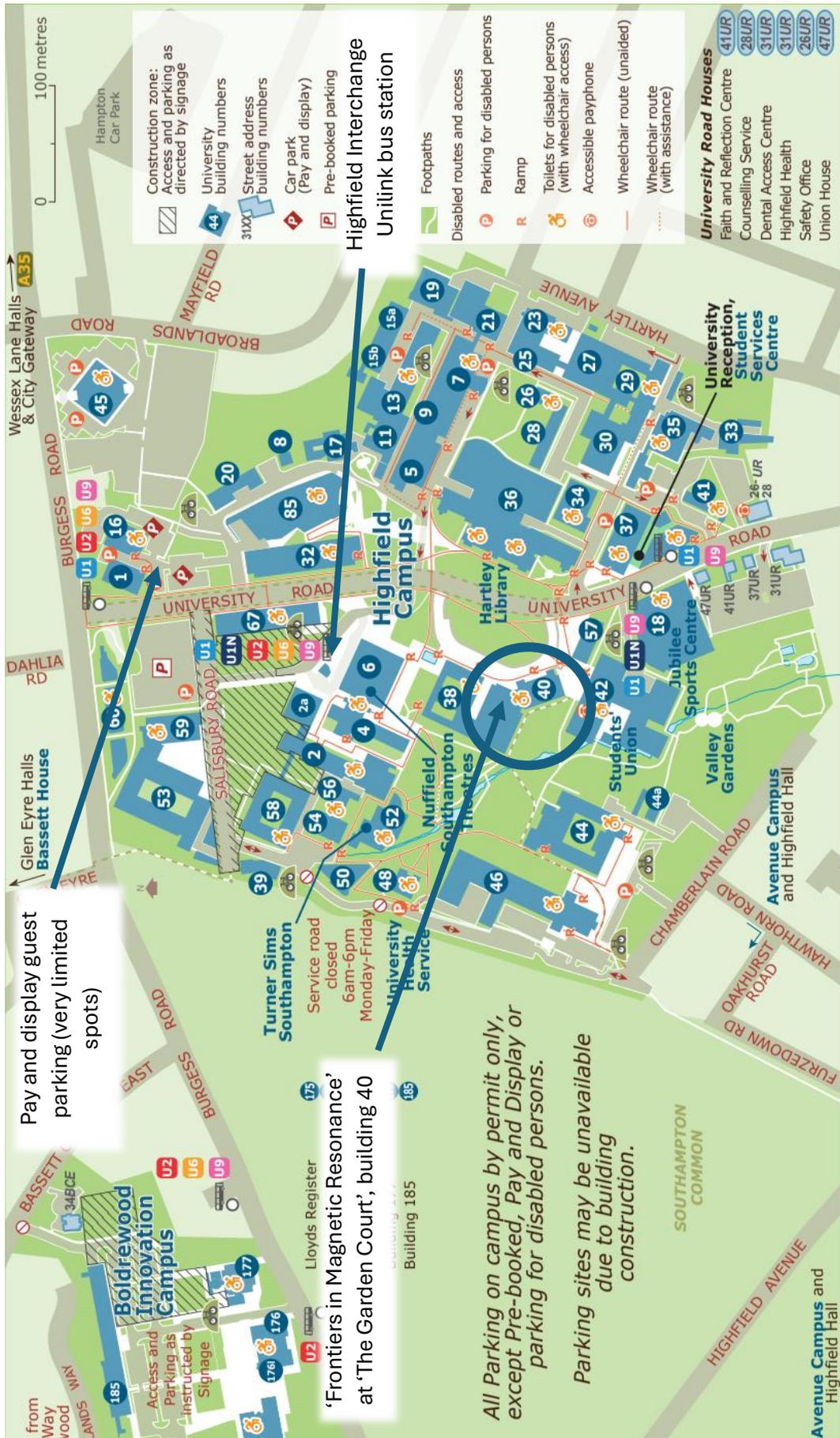


NMRDG Spring Meeting 2025

‘Frontiers of Magnetic Resonance’

Table of Contents

Travelling to Highfield Campus	4
How to find us by Bus	4
How to find us by Train.....	4
How to find us by Coach.....	4
How to find us by Car	4
Parking.....	4
Driving on M3:	4
From the M27:	5
How to find us by Air.....	5
Southampton Airport	5
Heathrow Airport	5
Gatwick Airport	5
How to find us by Taxi	5
Staying in Southampton.....	6





Travelling to Highfield Campus

How to find us by Bus

Highfield Campus is the home to the 'Highfield Interchange' bus station which is connected to most unilink bus routes which connect to all major transport hubs and have frequent services into the town centre (please visit their website for timetables and interactive bus stop maps www.unilinkbus.co.uk)

Prices: £2.00 per adult for a single journey £3.50 for a "dayrider", adult unlimited travel for one day

How to find us by Train

Southampton has two main train stations: Southampton Airport (Parkway) or Southampton Central Station. Both stations are serviced by a bus route to the Main Campus provided by the Unilink bus service: U1E and U8 routes for Southampton Airport Parkway, U2 (and assorted other routes) for central station

How to find us by Coach

National Express provides regular coach services to Southampton from central London, Heathrow, Birmingham, Bournemouth and the north.

Southampton Coach Station is at Western Esplanade, in the city centre. Some coach services also stop at Highfield Campus. From Southampton Coach Station you will need to walk to the nearby Civic Centre, where you can continue your journey to Highfield Campus by the Unilink (U1A) bus service.

How to find us by Car

Parking

Visitor parking: There is a Pay and Display car park for visitors, accessed from University Road. Please note that it can fill up very quickly during the morning. If possible it is advised to make use of public transport.

Driving on M3:

- Postcode for satnav: SO17 1BJ
- At Junction 13 take right-hand lanes to continue forward onto the M3 (signs for Southampton A33)
- Leave the M3 at junction 14, then merge onto the A33
- At Chilworth Roundabout take the 2nd exit onto the A33
- Follow the A33 (Bassett Ave.) take 1st exit on next roundabout – continue along A33, keep in left hand lane
- At major intersection, turn left at traffic lights onto A35 (Burgess Road)
- Continue through two set of lights past Shell garage on left hand side
- Keep in right hand lane – at third set of traffic lights turn right into University Road

From the M27:

- Postcode for satnav: SO17 1BJ
- Leave the M27 at junction 5
- If coming from the east, take the 1st exit off the roundabout; if coming from the west, take the 4th exit (onto A335)
- Follow the A335 dual carriageway through 2 sets of traffic lights
- At the 3rd set, turn right onto A35 (Burgess Road) - McDonald's will be on your left
- Continue through one sets of traffic lights
- Keep to left hand lane and turn left at the traffic lights onto University Road

How to find us by Air

Southampton Airport

Information can be found at www.southamptonairport.com

Heathrow Airport

It is possible to take a coach from any Heathrow terminal direct to the University of Southampton. Please see www.nationalexpress.com for further information.

It is also possible to take the underground to central London from Heathrow, and then take a direct train from London Waterloo to Southampton.

Gatwick Airport

There is an hourly direct service from Gatwick to Southampton Central Monday-Saturday. Trains on a Sunday will require a change. Again, please see www.nationalrail.co.uk for information.

It is also possible to take a coach from Gatwick direct to Central Southampton coach station. Please see www.nationalexpress.com for further information.

How to find us by Taxi

Local Taxi's also operate outside the train stations.

Travel time approximately 10 –15 minutes from the University of Southampton. The charge is approximately £7-£10.

You don't usually need to pre-book taxi's but if you want to book - here are a couple of numbers you may like to try:

Local Taxi Numbers:

Radio Taxi's – 023 8066 6666

Streamline Taxi's – 023 8022 33 55

West Quay Cars – 023 8022 3450

Staying in Southampton

Unfortunately, the Highfield Campus isn't blessed with a wide range of nearby hotels however the convenient unilink bus service is highly recommended to link to hotels in the city centre area (shown in map on page 3) (Please see 'How to find us by Bus').

Below are a selection of recommended hotels close to or with good transport links to the conference venue, sorted by price low to high*:

Name	Price*	Onsite Parking?†	Travel time to campus (mins)	
			Walking	Public Transport
Ibis Budget Southampton Centre	£42	Yes	60	~30
Premier Inn Southampton	£42	No	50	~25
Ibis Southampton Centre	£49	Yes	60	~30
Leonardo Hotel Southampton	£64	No	45	~25
The Moxy	£69	Yes	60	~30
Novotel Southampton	£80	Yes	60	~30
Leonardo Royal Southampton Grand Harbour	£97	Yes	65	~30

*1 adult in a standard room for 1 night with no breakfast included as of 08/01/24

†Please check parking charges