



THERAPY - TRAINING - SPACE TO THINK

How to get to Headspace via public transport

We acknowledge that most of our clients travel to Headspace via a car. As part of our green initiative we would like to encourage and promote other ways to get to Headspace. This information sheet provides some alternatives.

Buses:



The orange circle on the map indicates where Headspace is located. From this image above you can see the Route 1 and the Kite service are the most convenient bus services.

- Getting to Headspace from Guildford Bus Station (Friary Bus station) take the Stagecoach Bus route 1 heading towards Stoughton. This usually departs from Stand 5 at the bus station. The Bus departs Guildford mains station every 10 minutes from 9am until 6.30pm and from 6.30pm every 15 minutes until 7.30pm. This bus goes via the University of Surrey. The bus stop closest to Headspace is Peterborough Road Rydeshill which is roughly a two-minute walk from Headspace. To return catch the bus from the opposite side of the road on Peterborough Road Rydeshill. This bus comes every 15 minutes and departs at 01, 16, 31 and 46 past the hour. Information can be found at the bus stops regarding the exact timings



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which are subject to change. There is also a Stagecoach app that can give directions to and from Headspace.

The most convenient way to get to Headspace from Guildford train station would be to get the bus from Guildford town centre. This would be Bus Route 1 which stops at the rear entrance of the train station and will take you through the University of Surrey.

- Headspace can also be accessed via the stagecoach Kite service. This runs from the Guildford bus station and is the bus heading towards Aldershot. This is a frequent service that runs every 15 minutes during the day. The closest bus stop to Headspace on this bus route is the Clock House. Which is roughly 2-3 minutes from headspace. This service from Guildford bus station roughly takes 10 minutes.

If travelling from Aldershot direction, then the nearest bus stop to Headspace is also the Clock House bus stop but on the opposite side of the road. The service from Aldershot runs at 20, 35, 50 and 5 past the hour from 9am until 4.50pm. Then 5.10pm, 5.30pm, 6pm, 6.30pm, 7pm, 7.35pm, 8.35pm. Returning to Aldershot from Headspace take the bus from the opposite side of the road. These buses are roughly every 15 minutes. Full details can be found on the stagecoach website and app. This service roughly takes 35 minutes in each direction.

- If you are unsure about buses, then google maps is a useful tool to help discover the nearest and quickest way to get to Headspace. Google maps also has a feature to put in a time that you want to arrive at a destination meaning you can plan your journey around your appointment time.

Walking

- It will take 50 minutes to walk from the centre of Guildford to Headspace (roughly 2.3 miles).
- It will take 20 minutes to walk from the University of Surrey to Headspace (roughly 1 mile).
- It will take 40 minutes to walk from Guildford Train Station to Headspace (roughly 1.9 miles).
- It will take 25 minutes to walk from the Royal Surrey Hospital to Headspace (roughly 1.3 miles).

We are happy to advise you on public transport if you have any queries.