



ANNUAL UK CONFERENCE 2009
LEADING THE MIND INTO THE HEART:
the path of Christian Meditation
Friday 12th June - Sunday 14th June
University of Stirling, Scotland

FULL TRAVEL INFORMATION

BY ROAD The campus is located on the A9 between Stirling and Bridge of Allan. If travelling from the south, via the M80/M9, or from the North via the A9, take the Bridge of Allan turn-off at the Keir roundabout (junction 11). The campus is located 2.5 miles away (go through Bridge of Allan). Park initially in Cottrell car park, leave your luggage and walk to Queens Court (signed) – about 150 yards – and go into the Andrew Miller building and up stairs to register. You will be directed to another car park nearer to the accommodation after registration.

BY RAIL Stirling is connected to Glasgow Queen Street (3 trains/hour, journey time 25- 40 minutes) and Edinburgh Haymarket and Edinburgh Waverley (2 trains/hour, journey time 50 minutes). Trains from the south to Glasgow arrive into Glasgow Central: it is a walk of a few hundred yards from Central to Queen Street. Trains from the south to Edinburgh stop at both Haymarket and Waverley: for Stirling, it is better to change at Haymarket.

BY AIR Glasgow and Edinburgh airports are the obvious routes. In Glasgow, the airport bus takes you to various city centre stops. You need Glasgow Queen Street station, not Glasgow Central. Buses run every 10 minutes, journey time about 20 minutes, return fare £6.50. In Edinburgh, the airport bus calls at Haymarket en route to Waverley, its terminus. Every 10 minutes, journey time 20/25 minutes, fare £5 return. If coming this way, we recommend that you alight at Haymarket: this is advertised as the airport link station and will save you time. The driver usually announces when

he is arriving at the Haymarket bus stop. From Stirling Station, either take a taxi (2 mile journey) or walk a hundred yards or so to Murray Place where you can catch any one of buses 50, 53,54, 58, 62 or 63 – all of which will set you down at Queens Court just outside the Andrew Miller building. Go in and up the stairs to register.

A note for disabled participants: if you come by car, drive straight to Queens Court where there are disabled setting down spaces. After entering the Andrew Miller building, look for the lift to avoid the stairs.

Eco-reminder: please consider the environmental impact of your travel choice. The main airlines flying to Scotland offer easy to use carbon offset schemes.

MORE INFORMATION

For more info about travel, facilities for the less able, or other queries, *but not for booking*, please contact Margaret McLaughlin 0141 569 7767 or Roger Layet roger.layet@btinternet.com

EXTENDING YOUR STAY

If you are interested in staying longer at Stirling, the University would be pleased to give you more information, or to send you its Visitors Guide brochure, which includes a list of local attractions such as Stirling Castle, Bannockburn battle site and the Falkirk Wheel. Contact holidays@stir.ac.uk or 01786 467142 or Commercial Operations Department, University of Stirling, Stirling, Scotland FK9 4LA. Website www.holidays.stir.ac.uk



Christian Meditation Trust UK (part of WCCM)
Reg. Charity 1101900