

## Directions to your seminar at Allen Carr's Easyway

Mercure Exeter Rougemont Hotel, Queen Street, Exeter, EX4 3SP

Telephone: 0208 944 7761 (bookings); 01392 312 269 (hotel direct)

*If you have any last-minute issues with attendance over a weekend, please leave a message for the Allen Carr therapist at the hotel reception.*

### By Car

From the M5 Junction 30 follow signs to Services at the first roundabout, then take the first left towards the city centre. Once in the city centre, follow directions to the Museum and Central Station: Mercure Exeter Rougemont Hotel is directly opposite. Limited free parking is available at the hotel or Guildhall Car Park.

### By Public Transport

Exeter Central station is 1 minute walk

