

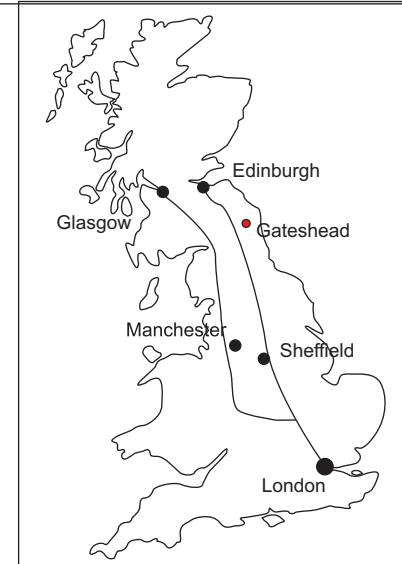


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Directions from South:

- 1) Continue forward on A1(M) (signposted Newcastle)
- 2) Keep in right hand lane, then bear right onto A194(M) (signposted Tyne Tunnel, South Shields)
- 3) At White Mare Pool roundabout take 1st exit, then merge onto A184 (signposted Gateshead)
- 4) Turn left toward A184 (signposted Gateshead, Newcastle, A184, Springwell, B1288)
- 5) Take ramp onto A184
- 6) Turn right at Albany Road
- 7) At roundabout, take 3rd exit and stay on Albany Road for Baltic Business Centre.

Directions from North:

- 1) Continue on A1 (signposted Newcastle)
- 2) At roundabout take 1st exit onto A167 (signposted City Centre)
- 3) Continue onto A167(M) (signposted City Centre, East and South, A167(M))
- 4) Continue onto City Road - A167
- 5) At 2nd roundabout, take 1st exit onto A184 (signposted Sunderland, South Shields)
- 6) Turn left onto Stadium Road
- 7) Turn right onto Saltmeadows Road

Directions from Central Station and Metro:

- 1) Get off metro after 2 stops, at Gateshead Stadium
- 2) Head northeast on St James' Road toward Foster Drive
- 3) Turn right at A184/Park Road
- 4) Turn left to stay on A184/Park Road
- 5) Turn right to stay on A184/Park Road
- 6) Turn left at Stadium Road
- 7) Turn right at Saltmeadows Road