Please note: There is no student parking for PAHC students. Limited Pay & Display spaces are available in this car park only.
How to get to the Peninsula Allied Health Centre (PAHC)

PAHC is located on the campus of the University of St Mark and St John in the north of Plymouth. Plymouth is accessed via the A38 Devon Expressway which links to the motorway network at Exeter (M5).

From the M5, you can join the M4 to London (approx 4 hours drive) and South Wales, or the M6 to the Midlands and the North. Our nearest airport is at Exeter and there is a good coach link between the two cities.

### BY ROAD FROM CORNWALL
- Cross the Tamar Bridge, carry on along the A38 and exit at Manadon (Signposted City Centre & Tavistock A386).
- At Manadon Roundabout take the second exit (signposted Tavistock A386 and A&E).
- Continue to the Derriford roundabout and take the third right following the signs to the University.
- Take the left into Derriford Road and finally the third right on to the campus.

### BY ROAD FROM EXETER
- Coming from Exeter, take the A38 and exit at Manadon (signposted City Centre & Tavistock A386).
- At Manadon Roundabout take the second exit (signposted Tavistock A386 and A&E).
- Continue to the Derriford roundabout and take the third right following the signs to the University.
- Take the left into Derriford Road and finally the third right on to the campus.

### BY ROAD FROM TAVISTOCK
- Follow signs for City Centre (A386) to Derriford Hospital.
- Continue past the Toby pub/restaurant at Roborough then take the new left turning onto Runway Road, signposted to Marjon which takes you alongside the airfield.
- At the end of the road, turn left and then turn right into the campus.

### BY RAIL FROM CORNWALL
- There are a number of services for those making a journey from or to Cornwall.
- The main line runs to Penzance from Plymouth with branches out to Newquay, St Ives, Falmouth and Looe.

### BY RAIL FROM LONDON
- Frequent rail services link Plymouth and London Paddington, including high-speed services (just over three hours) and an overnight service.
- To travel to London Waterloo, change at Exeter St David's.

### BY RAIL FROM BRISTOL, WALES AND THE NORTH
- For South Wales, change at Bristol Temple Meads and for North Wales, and for the North change at Birmingham New Street.
- Typical journey times are two hours to Bristol Temple Meads and three and a half hours to Birmingham New Street.