



# VALIDATE 5<sup>th</sup> Annual Meeting 2023



## Travel Guide

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## The Venue: BMA House

VALIDATE's 5th Annual Meeting will be held at [BMA House](#), the home of the British Medical Association. BMA House is located in the iconic Tavistock Square, in the stunning Bloomsbury area of central London. London, in general, and central London, in particular, have excellent public transport links, and the venue is well-served by rail, underground, and bus services.



**Address:** BMA House, Tavistock Square, London WC1H 9JP ([Google maps](#)) (Map Ref 51.5259207,-0.12896)

- [Directions to BMA House Guide](#)

## Useful Travel Apps

**[Google Maps](#):** We highly recommend that you download Google Maps. Not only does it provide accurate directions, but it is also updated with live bus, train, and underground information.

**Important Tip:** You can download a map of London to use offline on [Android](#) and [Apple](#)

**[Transport For London \(TFL\)](#):** Transport for London's map also allows you to plan your journey around London and provides live travel information. You can also set up an Oyster card and pay for bus, underground, and some train journeys using your phone.



Google Maps



# Getting to London

## By Plane

The most convenient airports are London Heathrow and London Gatwick, due to better transport links into London itself and a greater array of international flights landing at these main airports. However, London Stansted, London City, and London Luton are also within reasonable distance. All airports have coach or train options to get to the centre of London, from where you can take public transport to BMA House.

- **London Heathrow** is on the London Underground Piccadilly Line, which goes directly to Russell Square. You can also take the brand new Elizabeth Line to Paddington, then change to the Circle Line to Euston.
  - **There are some Tube closures on Saturday 4<sup>th</sup> March. You can take the Elizabeth Line to Tottenham Court Road then change to the Northern Line to Euston.**
- **London Gatwick** has direct trains to Waterloo via the Gatwick Express, Thames Link, and Southern Rail. From Waterloo, you can take the Underground to Euston via the Victoria Line.
- **London Stansted** has the Stansted Express, which goes to Liverpool Street Station. From Liverpool Street, you can take the tube to Euston Square.
- **London Luton** provides a 10-minute shuttle bus to Luton Airport Parkway train station, which is a 40-minute train ride to Blackfriars station in London. From Blackfriars, you can take the Underground to Euston via the eastbound Circle Line (this may seem counterintuitive, but the Circle Line doubles back and heads westwards to Euston)

## By Train

London is home to dozens of Rail Stations, is a major hub for the UK train network, and even connects to France and Belgium via the Channel Tunnel to St Pancras International.

There two Rail Stations within easy walking distance from BMA house.

- **Euston** ([5 minute walk](#)): Euston is the main London station serving cities in the North West of UK, including Birmingham, Manchester, Liverpool, Glasgow and Edinburgh.
- **Kings Cross St Pancras** ([15 Minute Walk](#)): Kings Cross St Pancras serves cities in the North East of the UK including York, Newcastle and Edinburgh. The “St Pancras International” terminal is also the UK main Eurostar terminal with direct services to and from Paris and Brussels.

All other major stations are served by public transport links and you can plan a route using the [Google Maps](#) or [TFL](#).



## Coaches

Coaches provide a cheaper alternative to the expensive British Rail System. Most coach services stop at Victoria Coach Station, which is close to the Victoria Underground where you can travel directly to Euston on the Victoria Line.



The main national coach companies are:

- **National Express:** [www.nationalexpress.com](http://www.nationalexpress.com)
- **Megabus:** [uk.megabus.com](http://uk.megabus.com)

## Getting Around London

### London Underground (“The Tube”)

London has an excellent public transport network that can get you anywhere you need to be in the UK capital. You can pay for buses, the Tube, Overground, and some trains using a contactless card. You can register your payment card with TFL, track your journeys, and monitor your spending (useful for claiming receipts). You can also order an Oyster Card or buy one at some Tube stations and top it up as needed.



BMA House is a short 5 – 6 minute walk from [Euston](#) and [Russel Square](#) London Underground stations. A bit further away you can find [Euston Square](#) station, a 9 minute walk, and [Kings Cross St. Pancras](#) is a less than 15 Minute Walk Away.

You can find walking directions on Google Maps below:

- [Walking from Kings Cross St. Pancras](#)
  - Or use BMA House’s [Clean Air Route](#)
- [Walking from Euston](#)
- [Walking from Russel Square](#)

**You can plan your journey with [Google Maps](#): or [TFL](#) or download the famous [Tube Map](#).**

### London Buses

The iconic red London busses are a cheap and effective alternative to the Underground for those willing to work out the complicated route system. They are very regular, provide a great way to see the city, and can often get you closer to your destination than the Underground.



However, buses can take a bit longer and are often subject to traffic delays. Google maps is by far the best app to use when working out bus routes.

There are two stops right outside BMA House on either side of Tavistock Road.

- [Tavistock Square Stop N](#) (heading South East Towards Waterloo)
- [Tavistock Square Stop K](#) (heading North West to Euston)

Both stops are served by bus routes **59 68 91 168 N91**

## Taxis

The famous Black Cabs of London are extremely expensive and, given the excellent public transport in London, we recommend only using them if there is no better public option.



[Uber](#) is well established in London and can be cheaper than normal taxis.

If you do take a taxi, please only use licensed taxis for your own safety.

## Weather

In early March the UK is at the end of the winter and it can still get quite cold with typical temperatures of 6-12°C during the day (colder at night). The UK tends to get more rain than usual at this time of year, so we would recommend bringing an umbrella and a coat!



That being said, the British weather is known for its unpredictability, so for a more accurate weather estimate closer to the meeting date, do check the BBC's forecast for London on the days you are staying: <http://www.bbc.co.uk/weather/>.

## Accommodation

There are a number of hotels located around Bloomsbury area, many of which are less than a mile from the venue. Please find below some suggestions of hotels within that area. Unfortunately, we cannot guarantee their quality, but we have only suggested places with good online reviews.

### Ambassadors Bloomsbury Hotel

- 12 Upper Woburn Pl, London WC1H 0HX
- Tel: (+44) 020 7693 5400
- [reservations@ambassadors.co.uk](mailto:reservations@ambassadors.co.uk)

### Tavistock Hotel | near Oxford Street & King Cross

- 48-55 Tavistock Square, London WC1H 9EU
- Tel: (+44) 020 7636 8383
- [info@imperialhotels.co.uk](mailto:info@imperialhotels.co.uk)

### Hilton, Euston

- 17-18 Upper Woburn Place, London, WC1H 0HT
- Tel: (+44) 020 7943 4644
- Email: [miriam.nascakova@hilton.com](mailto:miriam.nascakova@hilton.com)

### Holiday Inn, Bloomsbury

- Coram St, London, WC1N 1HT
- Tel: (+44) 0871 942 9222 F 020 7713 5954
- Email: [reservations-bloomsbury@ichotelsgroup.com](mailto:reservations-bloomsbury@ichotelsgroup.com)

### The Montague on the Gardens

- 15 Montague St, Bloomsbury, London WC1B 5BJ
- Tel: (+44) 020 7958 7731 F 020 7612 8430
- Email: [bookmt@rchmail.co](mailto:bookmt@rchmail.co)

If you cannot find a hotel from this list that you would like to stay at, or, if booking late with no rooms available, we recommend searching on either [TripAdvisor](#) or [Airbnb](#).

