

Getting to the Heart Centre
Bennett Road, Headingley
Leeds LS6 3HN

By bike – good quality bike racks and on-site shower is available.

By bus – regular buses run from Leeds City centre to Headingley, Headingley Lane/ Otley Road. Brown Line 1, Skyline 6 & Service 95 stop opposite the Original Oak public house, only a couple of minutes walk from HEART. Carry on in the same direction after getting off the bus, crossing the road by the war memorial and continue along the main road. Bennett Road is first on the left. Other buses travel along to the Otley Road and yet more travel from the centre to the Headingley Stadium which is 5 minutes walk away.

Find out the latest bus timetable information at:

<http://www.wymetro.com/BusTravel/bustimetables/001>

A lot of bus, and other, information is available at the West Yorkshire Metro site: <http://wymetro.com/>

By rail – There is the small Headingley railway station on the Leeds-Harrogate line, Heart is about a 15 minutes walk up Kirkstall Lane & North Lane.

By foot – See the 'WalkIt' website at:

http://walkit.com/walk/?city=leeds&from=railway+station&fuid=2924214_3314639&to=Bennett+Rd+headingley&tuid=1878487_2137942&rta=old&direct=0

By car – access is only from North Lane, end of Bennett Road and NOT Otley Road. There is limited on-street parking. Two disabled parking spaces are available on site.

The Heart Centre telephone number is 0113 275 1080.