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**By Car - From South (M1) Exit Junction 25 (A52) north-east to city centre for 5 miles to roundabout at Nottingham University Hospital. Take 1st exit to (A6005)Abbey Street and follow for 1.6 miles. Turn left at A6008/Greyfriar Gate and follow. At roundabout take 2nd exit to A60 and continue for 400 metres. Double-back left before Junction at Lower Parliament St on to Heathcoat Street. Optimax is 50 metres on the left.**  
**From North (M1) Exit Junction 26 (A610) heading to Nottingham for 4.6 miles at the roundabout, take the 1st exit onto A6008/Upper Parliament St. After 5 miles turn right onto A60/Milton Street. Turn left onto Heathcoat Street, Optimax is on the Left.**
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**Parking** - Parking is available at King's Place which is halfway up Stoney Street, and also available halfway up George Street. Both are approximately 3 minutes walk from Optimax.
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**By Bus** - Optimax is served by the City Loop Buses (No 6/7/8/9/10 or 11). Alight at George Street, cross the road and the clinic is a short walk from there.
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**By Rail** - Nottingham Station connects to the Tram system. Alight at Lace Market. And is also served by the City Loop Buses (Opposite side of road to the Railway Station towards the Canal).