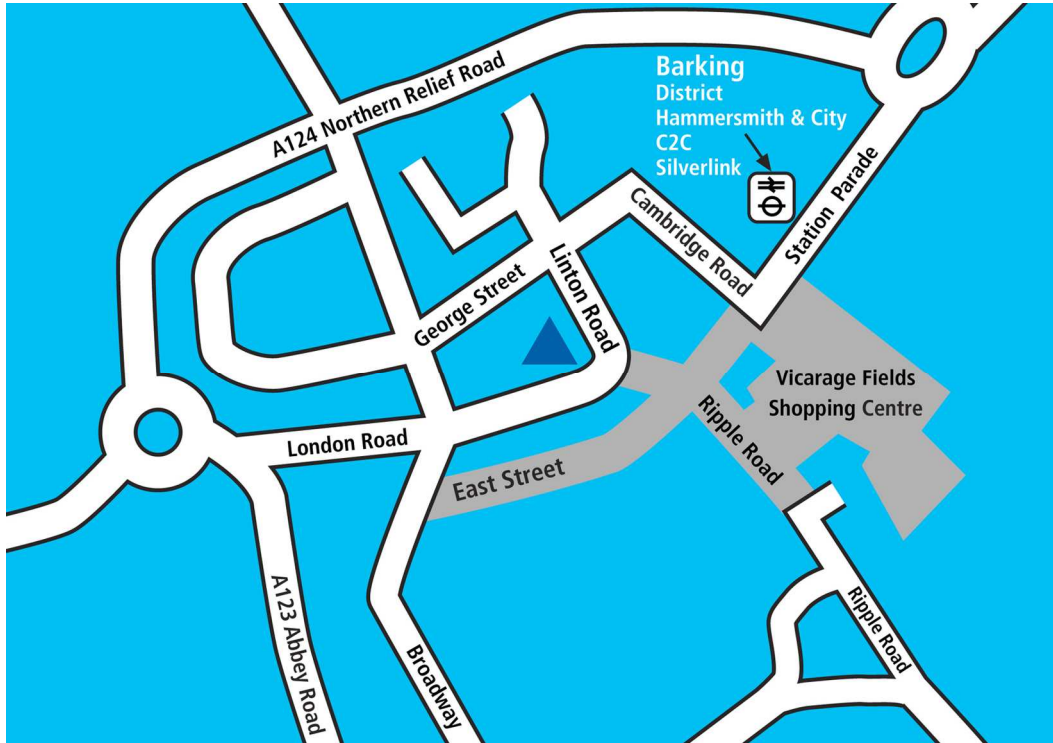


Barking

Fifth Floor, Maritime House, 1 Linton Road, Barking, Essex IG11 8HG

Tel 08456 120 021 Fax 020 8709 1184 www.shgroup.org.uk

How to find us



By train

Maritime House is in the town centre of Barking, just a short walk from Barking station. Turn right on exiting the station and continue straight until you reach the town centre. Barclays Bank and Boots will be on your left, turn right and cross the zebra crossing. Maritime House is then directly in front of you on the corner of Linton Road.

By bus

Buses along Station Parade: 5, 62, 87 and 387.

By car

From central London east bound or M25 west bound follow the A13 and taken the A406 at the uncton of the Bekcton roundabout (signposted North Circular Road). At the next junction take the third exit for Barking. At the roundabout with the Shell petrol station proceed straight ahead and then take the first turning on your left into London Road. This will in turn join Linton Road. The main public car park is in London Road adjacent to the bus depot.