

**Institute of Occupational Medicine**  
**Research Avenue North**  
**Riccarton**  
**Edinburgh**  
**EH14 4AP**  
**Tel: 0131 449 8000**

The IOM premises are located at Heriot-Watt Research Avenue North, next to the university's Edinburgh Campus, and are easily accessible by car and bus both from the centre of Edinburgh (6 miles away) and from all major routes leading to the city. Most major routes entering the city access the A720 City of Edinburgh By-pass, which is a dual carriageway skirting Edinburgh.

#### **Coming from EDINBURGH CITY CENTRE**

1. Head west from Princes Street along Shandwick Place, taking a mandatory left turn and immediate right onto Torphichen Place (signposted Glasgow M8). At next traffic lights take immediate right towards Haymarket.
2. Follow the signs for Kilmarnock (A71) onto Dalry Road.
3. At the end of Dalry Road bear right onto Gorgie Road (A71).
4. Gorgie Road becomes Stenhouse Road and then Calder Road. Continue straight ahead.
5. Continue straight ahead through four roundabouts.
6. At the Hermiston Junction roundabout go left (signposted for Heriot Watt University, Balerno, Currie [at Park and Ride]).
7. At the next roundabout (Gibson Craig Junction) take the second exit onto Riccarton Mains Road (the entrance is directly opposite the Park and Ride)
8. Take the next left onto Research Avenue North.
9. The IOM building is about half a mile along the road and is the last on the left hand side. Parking is available at the front and rear of the building.

#### **Coming from the A720 CITY OF EDINBURGH BY-PASS**

1. Exit at the Calder Junction, taking the A71 ramp towards *Edinburgh West /Kilmarnock/ West Calder* onto Calder Road (first exit from roundabout).
2. At the Hermiston Junction roundabout go left (signposted for Heriot Watt University, Balerno, Currie) [at the Park and Ride].
3. At the next roundabout (Gibson Craig Junction) take the second exit onto Riccarton Mains Road (the entrance is directly opposite the Park and Ride)
4. Take the next left onto Research Avenue North.
5. The IOM building is about half a mile along the road and is the last on the left hand side. Parking is available at the front and rear of the building.

#### **Coming along the M8 from GLASGOW:**

1. Exit at the Calder Junction, taking the A71 ramp towards *Edinburgh West /Kilmarnock/ West Calder* onto A71/Calder Road (third exit from roundabout) and follow the signs for Heriot-Watt University.
2. At the Hermiston Junction roundabout go left (signposted for Heriot Watt University, Balerno, Currie).

3. At the next roundabout (Gibson Craig Junction) take the second exit onto Riccarton Mains Road.
4. Take the next left onto Research Avenue North.
5. The IOM building is about half a mile along the road and is the last on the left hand side. Parking is available at the front and rear of the building.

#### **Coming from WEST LOTHIAN (along the A71 heading east):**

1. Shortly after the A71 becomes Calder Road, follow the signs for Heriot-Watt University.
2. At the Hermiston Junction roundabout take the third exit (signposted for Heriot Watt University, Balerno, Currie, at the Park and Ride).
3. At the next roundabout (Gibson Craig Junction) take the second exit onto Riccarton Mains Road (directly opposite the entrance to the Park and Ride)
4. Take the next left onto Research Avenue North.
5. The IOM building is about half a mile along the road and is the last on the left hand side. Parking is available at the front and rear of the building.

#### **Bus directions:**

The X25, 25 and 34 bus routes serve the University. The X25 and 25 stop opposite the Research Park at the Park and Ride and the IOM facility is then half a mile along the road and is the last building on the left. The 34 stops outside the IOM building.

The 25 is the most frequent service (every ten minutes at peak times) and comes from the centre of Edinburgh along Princes Street. This is the most convenient service for those connecting at Waverley and Haymarket railway stations.

#### **Rail**

The two main stations that serve Edinburgh are Edinburgh Waverly and Haymarket. Edinburgh Waverley is at the east end of Princes Street and Haymarket station is at the west end. There are three smaller station situated within a couple of miles from the IOM (South Gyle, Westerhailes and Curriehill). Please note that these stations are quite isolated, so onward travel to and from the IOM by taxi/bicycle are advisable.

#### **Hotels**

**Courtyard Marriott Edinburgh West (4 star)**– 14 minute walk / 5 minutes by taxi  
2 Research Ave South, Edinburgh, Currie EH14 4BA  
<https://www.marriott.co.uk/hotels/travel/edihw-courtyard-edinburgh-west>

**Hotel Novotel Edinburgh Park (4 star)**– 7 minutes by taxi  
15 Lochside Ave, Edinburgh EH12 9DJ  
<http://www.novotel.com/gb/hotel-6515-novotel-edinburgh-park/index.shtml>

**Premier Inn Edinburgh Park (3 star)** – 13 minutes by taxi  
1 Lochside Ct, Edinburgh EH12 9FX  
<https://www.premierinn.com/gb/en/hotels/scotland/lothian/edinburgh/edinburgh-park-the-gyle.html>

**Dalmahoy Hotel & Country Club (4 star)** – 13 minutes by taxi  
Kirknewton EH27 8EB  
[https://www.dalmahoyhotelandcountryclub.co.uk/?utm\\_source=google&utm\\_medium=local&utm\\_campaign=knowledgegraph](https://www.dalmahoyhotelandcountryclub.co.uk/?utm_source=google&utm_medium=local&utm_campaign=knowledgegraph)

