



engaging your community

## HILTON LONDON METROPOLE HOTEL 122 EDGEWARE ROAD, LONDON, W2 1JU

Tel: 020 74024141

Website: [www.hilton.com](http://www.hilton.com)

Website: [www.engagetoday.org.uk](http://www.engagetoday.org.uk)

Saturday 21<sup>st</sup> November 2009

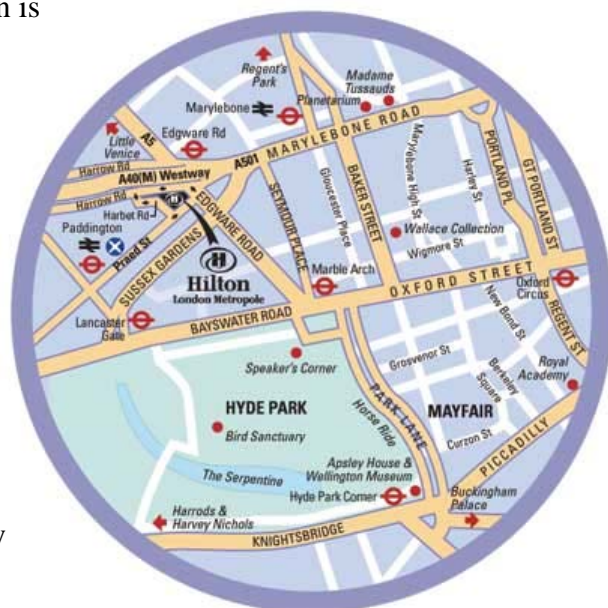


The Hilton London Metropole Hotel is located in the heart of central London, yet outside the congestion charge zone. The hotel is just a 10-minute walk from Oxford Street and 20 minutes drive from Heathrow Airport. The Heathrow Express terminates at Paddington Station, which is just 2 minutes by taxi from the hotel. The nearest underground station is Edgware Road (Circle/District Line and Bakerloo line), directly opposite the hotel. The Hilton London Metropole is located outside of London's Congestion Zone and boasts a secure car park with 170 spaces.

### Maps and Directions:



The hotel is ideally situated on the intersection of major link roads to key motorways [M40, M1 and M4].





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**From the M4:** Follow the M4 towards London merging onto the A4. Continue on the A4 for roughly three miles, bearing left onto the A 3220/Warwick Rd. After two miles go through the roundabout and take the 2nd exit onto the A40 ramp to W End. After 1.3 miles merge onto the A40/Westway and then onto Westbourne Terrace. At the end of the road turn left at A4206/Bishop's Bridge Rd. After 300 yards take a slight right at A4205/Eastbourne Terrace then turn left at A4205/Praed St. Turn right onto the A5/Edgware Rd. The hotel will be on the right

**From the M1:** Follow the M1 taking the exit toward Wembley/A40/M4. Merge onto North Circular Rd for less than a mile and then take the first exit off the roundabout onto the A5/Edgware Rd ramp. Take a slight right at the A5/Edgware Rd and continue for roughly four miles. The hotel will be on the right

For detailed maps and further directions go to [www.multimap.com](http://www.multimap.com) and put the Hilton London Metropole postcode **W2 1JU** into the 'Find A Map' search box. For more detailed direction click on the 'Get Directions' box in the Multimap tool bar and add your starting address postcode in box 'A' and the Hilton London Metropole postcode **W2 1JU** in box 'B' and click Find. For further directions and maps log onto either Google Maps, [www.theaa.com/route-planner](http://www.theaa.com/route-planner), [www.streetmap.com](http://www.streetmap.com) or [www.Upyourstreet.com](http://www.Upyourstreet.com)



**By Rail:** The Hilton London Metropole is a short walk from London Paddington Station and an even shorter two minute taxi ride.

Timetables for trains into and out of Paddington Station can be found on [www.nationalrail.co.uk](http://www.nationalrail.co.uk).



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**By Tube:**

Edgware Road tube station is a name shared by two separate stations on the London Underground. One station serves the Circle Line, District Line and Hammersmith and City Line. The other, Edgware Road is a station on London Underground's Bakerloo Line, between Paddington and Marylebone stations. Both serve the Hilton London Metropole well being less than 100 yards from the entrance to the hotel.

Both stations have entrances on Edgware Road, approximately 150 metres apart but neither of the Edgware Road stations should be confused with Edgware station at the northern end of the Northern Line. The underground is linked to all major railway terminals in London.

For more information on the London underground log onto [www.tfl.gov.uk](http://www.tfl.gov.uk)

**Coach**

**Buses:**

London buses run regularly into and around the Paddington area and the nearest bus stop to the venue is on Edgware Road a short three minute walk to the Hilton London Metropole.

**Airport**

**By Air:**

**Heathrow Airport** is a 60 minute 18 mile drive to the Hilton London Metropole.

However, alternatively from Heathrow Airport take the 15-minute Heathrow Express to London Paddington, where taxis are available to take you directly to the Hilton London Metropole. The taxi ride from Paddington to the hotel forecourt takes 2 minutes.

**Gatwick Airport** is a 75 minute 35 mile drive to the Hilton London Metropole

However, alternatively from Gatwick Airport take the 30-minute Heathrow Express to London Victoria, where there is a direct underground line to Edgware station, directly opposite of the Hilton London Metropole hotel.

**London Stanstead Airport** 75 minute 48 mile drive to the Hilton London Metropole

However, alternatively from Stansted Airport take the 45-minute Heathrow Express to London Liverpool Street, where there is a direct underground line to Edgware Road station, directly opposite of the Hilton London Metropole hotel.

**Taxi Information**

**By Taxi:** There are numerous taxis available outside all railway and underground stations.



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### **General Information**

Complimentary tea and coffee will be available during the registration process at the beginning of the day and again at the end of the conference. Bottled water will also be available mid morning and mid afternoon.

All delegates will be provided with a packed lunch. Vegetarians will be catered for as a matter of course but if you have any medical dietary requirements please contact any member of the Care for the Family events team on 029 2081 1733 who will be happy to arrange an alternative option. Teas, coffees and soft drinks will be available to purchase from the venue at lunchtime. Please do not bring your own food or drink into the venue. We regret that this event is unsuitable for children and small babies.

### **Information for those with additional Needs**

Care for the Family staff and staff at the Hilton London Metropole and have been made fully aware of disability-related issues. However, if you have any specific requests please contact any member of the Care for the Family events team on 029 2081 0800 and we will do our utmost to make your visit to the Engage conference a pleasant and enjoyable experience.



### **Parking**

There is a secure 24 hour underground car park at the hotel capable of holding more than 170 cars. The entrance to the hotel car park is at the rear of the hotel in Harbet Road. Please note that car park spaces cannot be reserved by delegates in advance but there are usually spaces available. There is a height restriction of 1.9 Metres. A Weekend Rate [Friday 6.00pm – Monday 8.00am] is priced at £15 per day. For further information on parking matters ring 020 8543 3281 or 020 7892 3608. There is Blue Badge Parking available within the car park and a lift will take you to the hotel foyer.

**Further parking options close to the Hilton London Metropole are listed below and have been selected purely on their location to the conference and not on the recommendation of Care for the Family.**

**Car Park:** National Car Parks [0.1 miles South East of the Hilton London Metropole]

**Address:** Water Gardens, Paddington, London, W2 5HL

**Tel:** 0845 050 7080

**Car Park:** National Car Parks Ltd [0.3 miles East of the Hilton London Metropole]

**Address:** 43A Crawford St, London, W1H 1JR

**Tel:** 020 77062273

**Car Park:** Euro Car Parks [0.4 miles North East of the Hilton London Metropole]

**Address:** 30 Dorset Sq, London, NW1 6QJ



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**Tel: 0870 907 9777**

**Car Park:** National Car Parks Ltd [0.3 miles East of the Hilton London Metropole]

**Address:** 44A Crawford Street, London, W1H 1HA

**Tel:** 020 72906313

**Car Park:** Britannia Parking [0.1 miles East of the Hilton London Metropole]

**Address:** 300-308 Old Marylebone Road, Marylebone, London, NW1 5RG

**Tel:** 020 7258 3549

### **Seating**

Reserved seating for those with mobility concerns can be set aside if arranged in advance. Contact a member of the Care for the Family events team on 029 2081 0800 to reserve your seat.

### **Unaccompanied wheelchair users**

The venue is suitable for wheelchair users who are attending Engage on their own. Should you require any assistance we can allocate a member of staff to help you settle in. Toilets at the venue are wheelchair adapted.

### **Lift**

There are several lifts available to all floors of the hotel

### **First aid**

Should you feel unwell during your visit, please contact any Care for the Family staff member who will locate the nominated first aiders.

### **Freetime Holiday & Travel Insurance Cover:**

For the highly unlikely occurrence of the event being cancelled or a delegate being unable to attend due to unforeseen circumstances.

Freetime Holiday & Travel Insurance is a policy arranged through Brokers AT Bell and is available from [www.freetime-travel-insurance.com](http://www.freetime-travel-insurance.com) **Tel:** 0208 462 0769.

AT Bell is not a part of Care for the Family.

### **Accommodation**

**Hotels in the Paddington area close to the Hilton London Metropole are listed below and have been selected purely on their location to the conference and not on the recommendation of Care for the Family.**

**Hotel:** Hilton London Metropole Hotel

**Address:** 225 Edgware Road, London, W2 1JU



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**Tel:** Hotel & Reservations 020 7402 4141

**Email:** [reservations.londonmet@hilton.com](mailto:reservations.londonmet@hilton.com)

Hotel location and facilities include:

Five minutes from Paddington Station where the Heathrow Express rail service takes 15 minutes to Heathrow Airport

Ten minutes from Eurostar terminal at St. Pancras International Station

Ten-minute walk to London's Oxford Street and Marble Arch

Edgware Road tube station right opposite the hotel

On-site parking facilities for 170 cars

1,054 air-conditioned bedrooms including Deluxe, Executive and Apartment rooms

Executive Floor and Lounge

24-hour room service and laundry facilities

Fiamma Restaurant and Sport Bar, coffee shop, lounge bar Concierge Desk

Nippon Tuk Restaurant and Bar - Thai fusion cuisine in luxury surroundings and fantastic views of London

LivingWell Health Club with 12.5-metre pool, exercise area, steam room, sauna and sports shop

Contrasti Hair Salon offering hair and beauty treatments

NB The hotel is outside the London Congestion Zone!

**Hotel:** Pavilion Hotel [0.1 miles from the Hilton London Metropole]

**Address:** 34-36 Sussex Gdns, London, W2 1UL

**Tel:** 020 72620905 [www.Pavilionhoteluk.com](http://www.Pavilionhoteluk.com)

**Hotel:** Winrose Hotel Ltd [0.1 miles from the Hilton London Metropole]

**Address:** 24 Sussex Gdns, London, W2 1UL

**Tel:** 020 77235656 [www.winrosehotel.co.uk](http://www.winrosehotel.co.uk)

**Hotel:** Ventures Hotel [0.1 miles from the Hilton London Metropole]

**Address:** 12-14 Sussex Gdns, London, W2 1UL

**Tel:** 020 77060846 [www.ventureshotel.co.uk](http://www.ventureshotel.co.uk)

**Hotel:** Hotel Four Stars [0.1 miles from the Hilton London Metropole]

**Address:** 26-28 Sussex Gardens, London, W2 1UL

**Tel:** 020 7402 5523

**Hotel:** Cecil Court Hotel [0.1 miles from the Hilton London Metropole]

**Address:** 16 Sussex Gardens, Paddington, W2 1UL

**Tel:** 020 7262 3881 [www.cecilcourt.com](http://www.cecilcourt.com)

**Hotel:** Hilton London Paddington Hotel [0.2 miles from the Hilton London Metropole]



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**Address:** 146 Praed Street, London, W2 1EE

**Tel:** 020 7850 0500 [www.hilton.com](http://www.hilton.com)

**Hotel:** Hamilton's Hotel [0.1 miles from the Hilton London Metropole]

**Address:** 32 Sussex Gdns, London, W2 1UL

**Tel:** 020 77068642 [www.hamiltonshotel.co.uk](http://www.hamiltonshotel.co.uk)

For further last minute accommodation log onto [www.laterooms.com](http://www.laterooms.com)