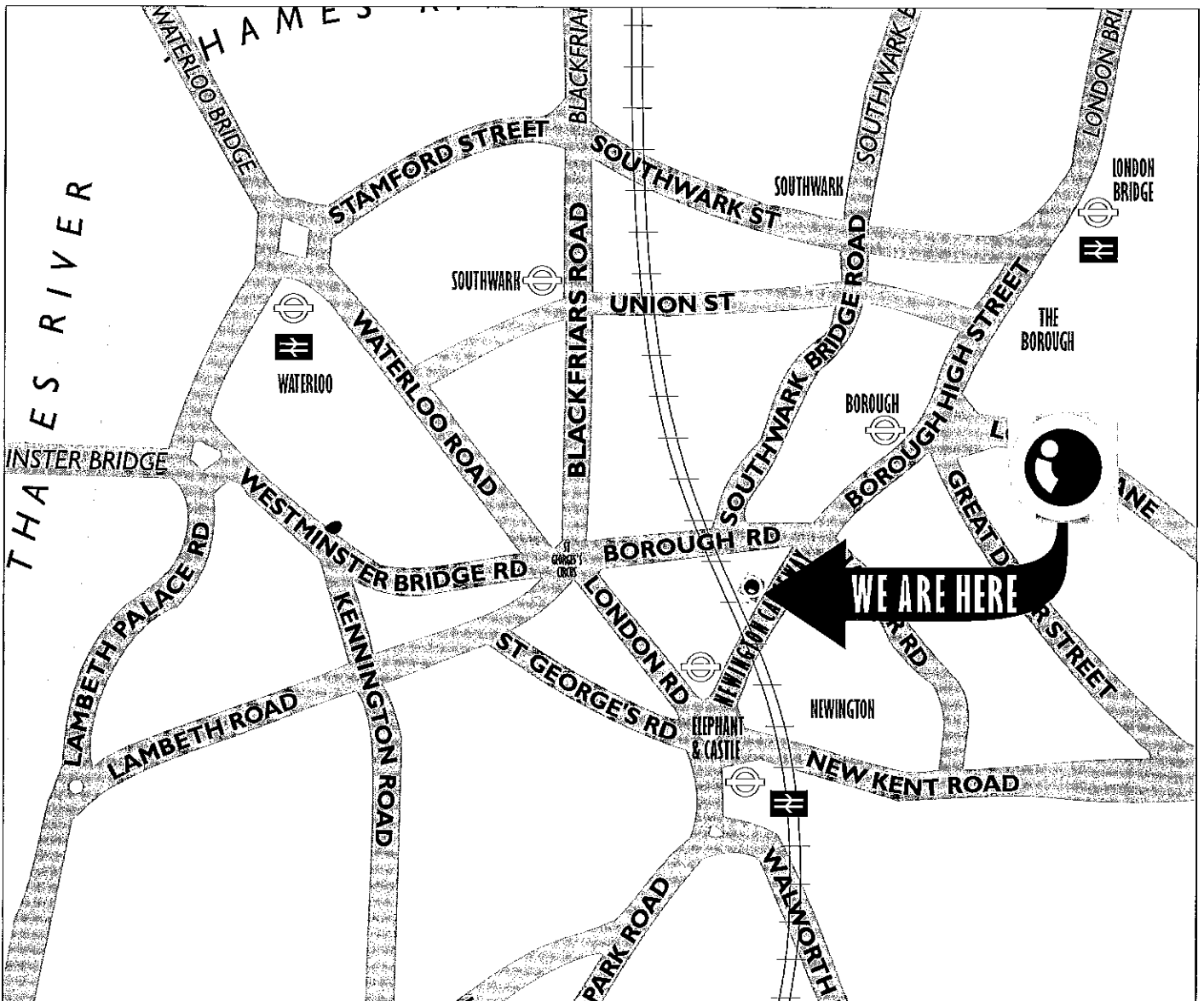
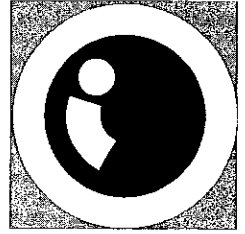


THE INSTITUTE OF OPTOMETRY

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DIRECTIONS

(To be read in conjunction with the map overleaf)

By Rail

Waterloo and London Bridge are in easy reach with numerous buses to and from The Elephant & Castle. Both stations are about 15 minutes walk.

The Elephant & Castle main line station is on the Shopping Centre first floor. When coming from the station turn right into the main part of the Centre, go to the ground floor and exit at the northern end heading for the underpass which is signed at its entrance for Newington Causeway and then follow the signs in the underpass for Newington Causeway north side. The Institute is the next building after the railway bridge.

By Bus

From London Bridge Station the alternatives are the 343 which leaves from Tooley Street by the entrance to the London Dungeon (both are signed within the station), or the 35, 40 and 133 which leave from the south side of London Bridge itself.

Buses from Waterloo include the 188, 172, 176 and 171.

Buses from Waterloo stop on the London Road side of the Elephant circuit; those from London Bridge stop in Borough High Street at Southwark Police Station, or at the Elephant (the Institute is about equidistant from both).

By Underground

The Elephant & Castle is on the Bakerloo and Northern Lines. From the platform follow signs out of the station for South Bank University, not the Shopping Centre. When out onto the street turn left and you will come to Newington Causeway.