

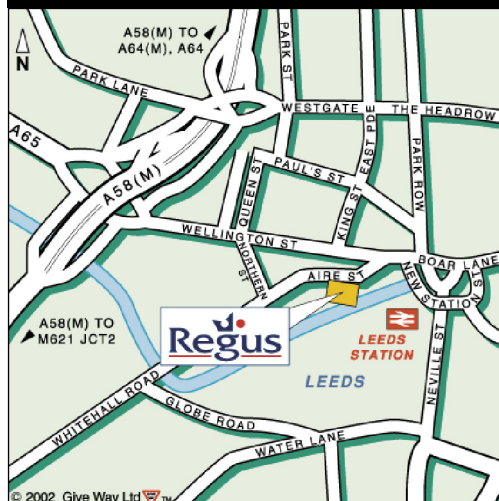
## Location details

### The Regus Centre

Princes Exchange · Princes Square · Leeds · LSI 4HY  
Tel: 0113-280 5800



### LOCATION MAP



The Henshall Centre rents training rooms from the Regus Centre in Princes Square in the very centre of Leeds.

Princes Exchange (pictured) is an ultra-modern building, right alongside Leeds' newly refurbished railway station.

The River Aire runs alongside the building. A waterside plaza and multi-storey car park were built at the same time as Princes Exchange. If you arrive by train you will see all this as you pull in to the station.

Once inside the building, follow the signage to the Regus reception desk. Reception staff will direct you to the room we are renting. Tea and coffee are served inside the room on your arrival.

### Staying near the Princes Exchange Regus Centre

Leeds' city centre is full of excellent hotels. Three to note: The Art Deco Queens Hotel has been a landmark in the centre of Leeds, alongside the station, since 1937. It is very elegant, with a plush restaurant and a piano lounge. Three minutes walk away, the Hotel Metropole has a Grade II listed terracotta facade. Very Victorian. Inside, it has just had a £6m luxurious facelift. Ten minutes walk away is a Premier Travel Inn. Like the others in this chain, it is cheap, cheerful and reliable. It has free parking and an on-site TGI Fridays. What more could anyone ask?

### Getting to the Princes Exchange Regus Centre

#### BY ROAD

##### FROM THE NORTH - A1

Exit A1 at A64 Leeds/York turn off. Follow the A64 to Leeds/Leeds City Square. Then follow the signs for the train station. Princes Exchange is on the left, opposite the train station.

##### FROM THE SOUTH - M1

Exit M1 Junction 43. Take the M621 - Leeds Central to Leeds Central/City Centre and Train Station. Go straight on at the Hilton Hotel (Victoria Road Round-about). Keep to the left going under the bridge. At the traffic lights keep left into Wellington Street. Princes Square is the first left after the Queens Hotel.

#### BY TRAIN

Princes Square is just two minutes from the train station. Walk past the ticket office. At the Wetherspoons, turn left, taking you outside the station. Princes Exchange is just across the road.

#### BY BUS

First Traveller Buses operate bus services in the centre of Leeds. Look for those that stop at the train station.