

Location details

The Regus Centre

8 Exchange Quay · Manchester · M5 3EJ

Tel: 0161-932 1111



LOCATION MAP



The Henshall Centre rents training rooms from the Regus Centre in Exchange Quay in Manchester's stylish Salford Quays district.

Building 8 (pictured) is a modern, inviting, well-appointed business centre overlooking the Manchester Ship Canal and the Old Trafford grounds.

Once inside Building 8, go to the Regus reception desk. They will direct you to the room. Tea and coffee are served inside the room.

Staying near the Exchange Quay Regus Centre

The Salford Quays development is full of excellent hotels. Two to note: The four star Copthorne Hotel is very well-appointed. It has a picturesque waterfront location, less than half a mile from the Exchange Quay Regus Centre. It includes the rather posh *Chandlers* restaurant and *Clippers* Bar and Brasserie. The hotel has complimentary guest parking. The Metrolink stops directly outside. An aside: the first ever Henshall Centre course ran in this hotel. About three-quarters of a mile from the Exchange Quay Regus Centre there is a Premier Travel Inn. Like others in this chain, it is cheap, cheerful and reliable. It, too, has a waterfront location and a rather less posh, but perfectly nice *Beefeater* restaurant.

Getting to the Exchange Quay Regus Centre

METROLINK

Manchester's signature trams, the Metrolink service, stop directly outside the complex. This is the Exchange Quay stop. It is on the Eccles line and takes approx. 15 mins from Manchester city centre

CAR

If you are not familiar with Manchester, you need to be aware that at peak times, its traffic jams stand comparison with London's fiercest gridlock. No matter which point of the compass you approach from. And Salford Quays is not far enough from the centre to escape that.

There is a multi storey car park at the Exchange Quay. When parking, tell the attendant you are with the Regus Centre and you will be directed to an available Regus parking spot.

TRAIN

The Metro Shuttle, a complimentary bus, runs from each of the Piccadilly, Victoria, Deansgate and Oxford Road train stations to the Metrolink centre. The Metrolink Eccles line stops right outside the Exchange Quay Regus Centre.