

## HOW TO FIND US

### Wellness Medical Laboratory – Waltham Cross Hub

**Address:** 8 Regent Gate, High Street, Waltham Cross, EN8 7AF

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#### **Location Overview**

Wellness Medical Laboratory is located in the **Regent Gate** building on the High Street. We are centrally located and easily accessible via public transport or car.

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#### **Arriving by Train**

We are situated between two major train stations, both within a short 10-minute walk.

##### **Option 1: From Waltham Cross Station (0.5 miles)**

- **Exit the station** and turn left onto Eleanor Cross Road.
- **Walk straight** past the shops until you reach the large roundabout with the Eleanor Cross monument.
- **Turn right** at the roundabout onto the High Street.
- **Continue straight** for about 5 minutes, passing the Bus Station on your right.
- **Regent Gate** will be on your right-hand side.

##### **Option 2: From Theobalds Grove Station (0.5 miles)**

- **Exit the station** and turn right onto High Street.
  - **Walk south** for approximately 8–10 minutes.
  - **Regent Gate** will be on your left-hand side, just before you reach the main town centre shops.
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#### **Arriving by Bus**

The lab is a 2-minute walk from **Waltham Cross Bus Station**.

- **Key Routes:** 217, 279, 310, 317, 491, and 505.
  - **Directions:** Exit the bus station onto the High Street and turn right. Walk for approximately 200 yards; the building is on your right.
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#### **Driving & Parking**

We are easily accessible via the **A10** and the **M25 (Junction 25)**.

## Finding the Car Park

1. Navigate to the **High Street (EN8 7AF)**.
2. Drive past the front of the Regent Gate building.
3. Turn into the **rear access road** (Regent Gate) located at the side of the building.
4. **Allocated parking spaces** for Wellness Medical Laboratory are located at the back of the building.

**Note:** Please ensure you park in the designated "Wellness Medical Laboratory" spaces to avoid any parking restrictions.

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## Upon Arrival

- **The Building:** Regent Gate is a modern red-brick office building.
  - **Entrance:** The main visitor entrance is located at the **front of the building** on the High Street.
  - **Reception:** Once inside, please head to the ground floor reception desk. Our team will be notified of your arrival and will come to meet you.
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## Contact Information

If you have any trouble finding us, please contact our team:

- **Office:** 020 8143 1539
- **Website:** [www.wellnessmedicallaboratory.com](http://www.wellnessmedicallaboratory.com)