



Approaching from the west on the A38 take the Marsh Mills exit (Signposted Plympton, City and Superstore) As you leave the A38 move to the left hand lane. At the roundabout take the first exit into Plymouth Road, move into the right hand lane, stay there until you reach the slip road on your right leading to Cot Hill (Sign posted Cot Hill and Valley Road) after turning right and going through the lights go over the bridge and take the next left into Valley Road, Focus Training is situated at the very far end of Valley Road on the left. Go through the double gates – parking is usually available on site. Focus is situated in Valley House in the far right hand corner.

Approaching from the East on the A38 take the Marsh Mills exit (Sign posted City Centre) Take the Third exit (Sign posted Plympton) into Plymouth Road, move into the right hand lane, stay there until you reach the slip road on your right leading to Cot Hill (Sign posted Cot Hill and Valley Road) after turning right and going through the lights go over the bridge and take the next left into Valley Road, Focus Training is situated at the very far end of Valley Road on the left through the double gates Parking is usually available on site otherwise there is availability on the road.