Transport

Car: The entrance to Bede Tower is on Burdon Road. Set your satnav to SR2 7DL (this is not our actual post code, but it is the best one to use for satnav).

From the South
Drive north along Ryno Road to the traffic lights at the junction with Mowbray Road. After the lights take the right hand lane to filter right onto Park Road. At the next traffic lights turn right and immediately move into the left hand lane. The entrance to Bede Tower car park is 100 metres on your left.

From the North, or West
Follow the A690 to a roundabout at the junction with Stockton Road. Take the third exit on to Stockton Road. Go through the traffic lights near the bus station, and then a second set of lights. The road bears left onto Park Road. At the traffic lights turn right and immediately move into the left hand lane. The entrance to Bede Tower car park is 100 metres on your left.

Metro: The nearest Tyne and Wear Metro station is Park Lane

Rail: Sunderland railway station is about half a mile to the north

Bus: Park Lane bus station is five minutes walk from Bede Tower