



Progress - The Cambridge Centre for Health and Performance

Conqueror House, Vision Park, Chivers Way, Histon, Cambridge, CB24 9ZR

T: 01223 200580 F: 01223 200581 info@progresshealth.co.uk www.progresshealth.co.uk

Progress is situated just off the A14, three miles from Cambridge city centre.

From M11 junction 14

At junction 14, signposted A14 (e) Newmarket and A10 Ely, leave the A14 at the B1049 junction, signposted Cambridge, Histon and Cottenham. Follow local directions below.

From Huntingdon

Take the A14 eastbound to Newmarket, Harwich and Felixstowe. Leave the A14 at the B1049 junction, signposted Cambridge, Histon and Cottenham. Follow local directions below.

Local directions

Progress can be reached from the M11 signposted to Newmarket, leave at junction 14 or from the A14 leave at junction 32 signposted Cambridge, Histon, and Cottenham.

Follow the B1049 towards Histon and Cottenham. Proceed through the traffic lights, past the Holiday Inn on your right and over the bridge.

Continue through the next set of traffic lights then turn left at the following set of traffic lights. Follow the road around to the left, and take the first right into Chivers Way. Take the fourth left, immediately past the coffee shop and Progress can be found on the ground floor of Conqueror house.

By train

Trains run approximately every half hour from London King's Cross or Liverpool Street stations to Cambridge. Taxis are available at Cambridge train station and take about 15 minutes to reach Progress.

By bus

Take the number Citi 8 bus from Cambridge Drummer Street bus station.

By air

London Stansted Airport is approximately 40 minutes drive from Progress. There is also a train and bus service from the airport to Cambridge.

If you need further help to find Progress, call us on 01223 200580.