

Theta Healing courses at The Nurtons in the Wye Valley

Postal address:

The Nurtons
Tintern
NP16 7NX

Telephone: 01291 689 253

Website: www.thenurtons.co.uk

Directions by car

Coming from the South-West on the M5

- Take M5 junction 15 onto the M4 westbound, signed for South Wales
- Then follow the directions below

Coming from the East on the M4

- Take M4 junction 21 onto the M48, signed for Chepstow
- Continue on the M48 across the toll bridge (you will need cash - currently £5.30)
- Immediately after the bridge take junction 2, signed for Chepstow
- At the motorway roundabout take the 3rd exit, signed for Chepstow
- Go for 1 mile on dual carriageway
- At the next roundabout take the 2nd exit, signed A466 Wye Valley
- After about 5 miles on the A466 you will come to the village of Tintern
- Go through Tintern then take a left turn up a long driveway signposted "The Nurtons" opposite the entrance to The Old Station.

Total journey time from the motorway at Chepstow is about 15 minutes.

Coming from South Wales on the M4

- Take M4 junction 23 onto the M48, signed for Chepstow
- Take junction 2 signed for Chepstow
- At the motorway roundabout take the 1st exit, signed for Chepstow
- Then follow the directions above from "Go for 1 mile on dual carriageway" onwards

Coming from the Midlands or the North on the M5

- Take M5 junction 8 onto the M50
- Go for 21 miles until the motorway ends
- At the roundabout take A449 signed Ross-on-Wye and Monmouth (A40)
- The A449 soon turns into the A40, keep going on this for 12 miles until you reach Monmouth

- You need to take a left turn across a bridge, just after some traffic lights, signed A466
- Follow the A466 for 10 miles until you come to the village of Tintern
- Just before you enter Tintern take a right turn up a long driveway signposted "The Nurtons" opposite the entrance to The Old Station. There are also signs to "The Nurtons" as you approach the turning.

Parking

The Nurtons has ample off-road parking.

Coming by train

The nearest train station is Chepstow. You can look up train times and book tickets on www.thetrainline.com

Public transport from Chepstow to Tintern is infrequent but if you let us know when your train will be arriving and we can normally arrange for you to be picked up or to share a taxi with others on the same train.

Coming by air

Cardiff is the nearest international airport. A free shuttle bus takes you to Rhoose Cardiff International Station. Trains run every hour from here to Cardiff Central Station where you can get a direct train to Chepstow (see above).

Accommodation

The Nurtons offers a limited amount of self-contained accommodation. For enquires and bookings please phone 01291 689 253 or email info@thenurtons.co.uk

There are also a number of other places to stay in the area, with these 2 being the nearest:

Wye Valley Hotel
Tintern
NP16 6SQ
01291 689 441
<http://www.wyevalleyhotel.co.uk>

Parva Farmhouse Hotel
Tintern
NP16 6SQ
01291 689 411
<http://www.hoteltintern.co.uk>

Food and refreshments

An delicious organic lunch is included in the price of the course. If you have any special dietary requirements please email these to info@thenurtons.co.uk Hot drinks and biscuits will be provided in morning and afternoon breaks. Spring water will be available throughout.