

**By Road:**

Conveniently located and within easy reach of the M1 and M40

From M40 (Junction 9): Exit the M40 at Junction 9 and head towards Bicester on the A41. Continue through Bicester towards Finmere and Buckingham on the A421. At Finmere turn right at the roundabout along the dual carriageway heading towards Buckingham and Milton Keynes. Go straight ahead at the next 3 roundabouts heading towards Milton Keynes. At the next roundabout turn right - the road bends round to the right past the Focus DIY store. Take the next right into the Swan Business Centre - *i-bodi* is at the end of the road on the left hand side

From M1 (Junction 13): Exit the M1 at Junction 13 and take the A421 towards Bletchley. Stay on the A421 past Bletchley, the next major town is Buckingham. Once you reach Buckingham ring road, take the first exit off the roundabout. Go straight over the next roundabout (Tesco and a petrol station on your left), and at the next roundabout turn left - the road bends round to the right past the Focus DIY store. Take the next right into the Swan Business Centre - *i-bodi* is at the end of the road on the left hand side

From M1 North (Junction 15): Exit the M1 at Junction 15 and take the A508 towards Stony Stratford. When the A508 meets the A5 take the A422 towards Buckingham. At Buckingham ring road turn left at the first roundabout then go straight ahead at the next roundabout. Turn right at the third roundabout. Go straight over the next roundabout (Tesco and a petrol station on your left), and at the next roundabout turn left - the road bends round to the right past the Focus DIY store. Take the next right into the Swan Business Centre - *i-bodi* is at the end of the road on the left hand side

By Rail:

Direct train routes to and from London Marylebone station within the hour to Bicester North - 11 miles from station to *i-bodi*

Direct train routes to and from London Euston station within 1/2 hour to Milton Keynes Central - 14 miles from station to *i-bodi*

By Air:

Close enough to major airports including London Heathrow, Birmingham, Luton and Stansted.