

## Directions to your seminar at Allen Carr's Easyway

The White Rock Hotel  
White Rock  
Hastings TN34 1JU

Telephone: 0208 944 7761 (bookings); 01424 422240 (venue)

*If you have any last-minute issues with attendance over a weekend, please leave a message for the Allen Carr therapist at the venue reception.*

### By Public Transport

The hotel is situated directly on the seafront overlooking the beach close to White Rock Theatre and Hastings Pier. It is a 13 minute walk from Hastings's railway station, and a 1 minute walk from the Pier bus stop.

### By Car

The hotel does not have car parking facilities but there is a council car park directly opposite underneath the pier/promenade

