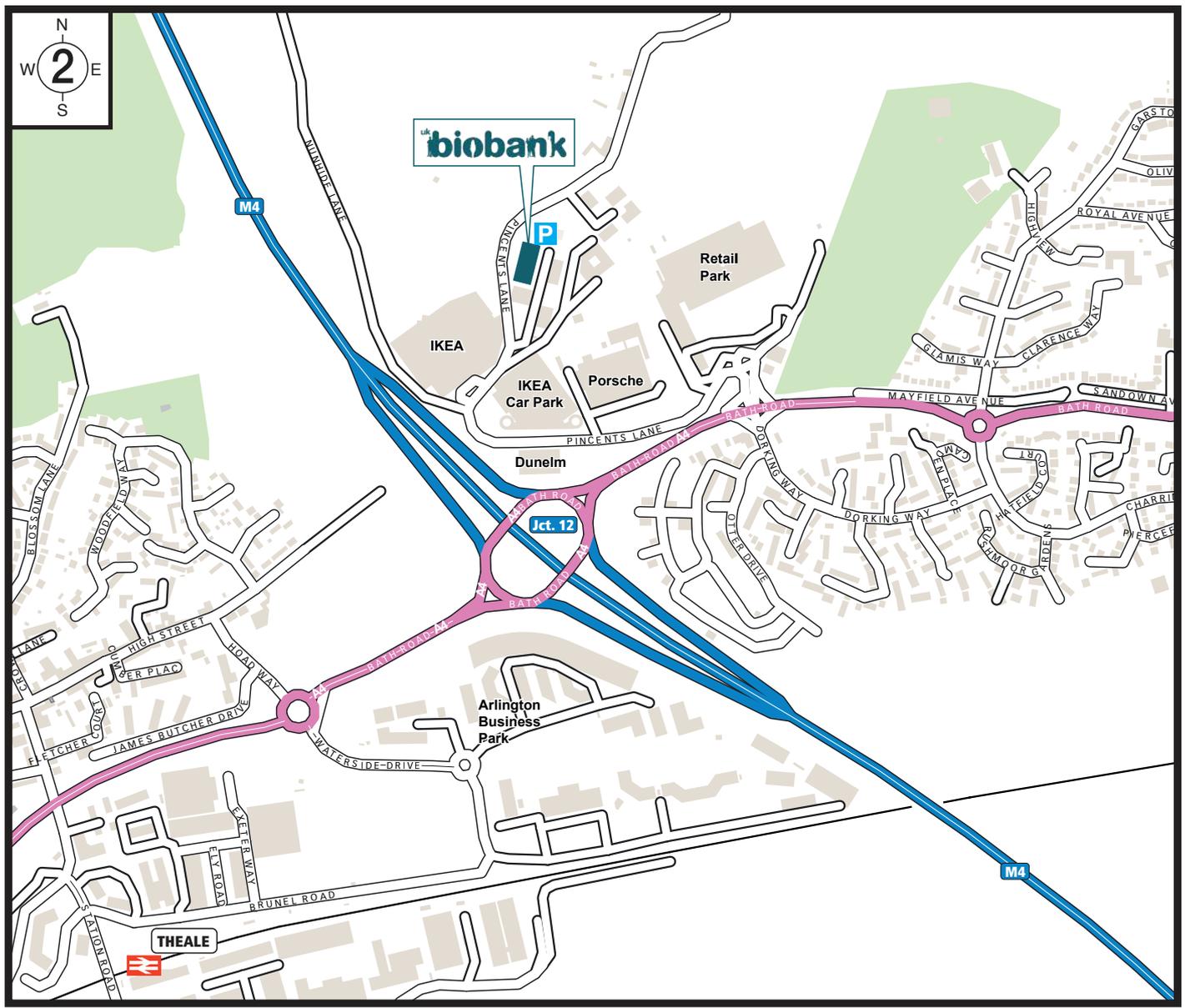
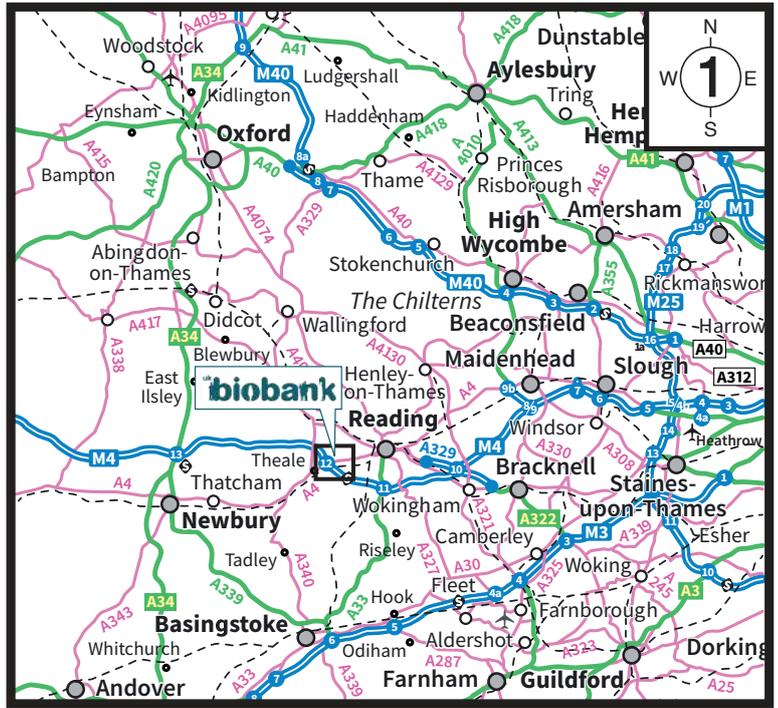


**UK Biobank  
Imaging Assessment Centre  
Unit 3b Pincents Kiln  
Industrial Park  
Pincents Lane  
Theale, Reading  
RG31 7SD**

**Tel 0800 0 276 276  
Web [www.ukbiobank.ac.uk](http://www.ukbiobank.ac.uk)**

**How to find us  
For Sat Nav use postcode: RG31 7SD  
what3words ///brick.meal.chats**



# How to get to the UK Biobank Assessment Centre, Reading

**By Rail:** Reading Railway Station is approximately 5 miles (30 minutes by car) from UK Biobank and is well connected by trains from London, the South West, and the Midlands (GWR and Cross Country). The station has step free access, a well serviced taxi rank and regular bus service.

Theale Railway Station is approximately 1 mile from UK Biobank and has regular services to and from London. The station does not have step free access and is not serviced by a taxi rank.

Reading Imaging Assessment Centre can be reached on foot from Theale station (approximately 1.5 miles). Walk out of the station through the car park, turn left and then take an immediate right at the roundabout onto Station Road, following the road until reaching a Co-operative Food. With the Co-operative Food on your right-hand side, walk forward along High Street, cross the footbridge (over the M4) and turn left onto Pincents Lane. Once on Pincents Lane, Pincents Kiln Industrial Park is your second right after the traffic lights, and from there you should follow the local instructions below.

For details of train times or journey planners, please visit National Rail Enquiries at [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or telephone 03457 48 49 50.

**By Bus:** For further information on Reading bus times and routes, visit [www.reading-buses.co.uk](http://www.reading-buses.co.uk). The Yellow 26 service to Calcot runs every 10 minutes from outside Reading Railway Station, Blagrove Street, Stop EK. The journey takes approximately 30 minutes, and you should alight at IKEA, which is the final stop. Facing away from the store entrance, towards the blue multi-storey car park, walk a short distance left on Pincents Lane and turn right past the raised barrier into Pincents Kiln Industrial Park. The UK Biobank Assessment Centre is located at Unit 3b, which is the final building on the far left of the estate.

**By Cycle:** Advice on cycling can be found by visiting:  
<https://www.reading.gov.uk/vehicles-roads-and-transport/cycling/>

**By Car: For SatNav use postcode: RG31 7SD (to reach the entrance to Pincents Kiln Industrial Park)  
What 3 Words: brick.meal.chats**

The UK Biobank Assessment Centre is located next to junction 12 of the M4, and is easily reached from all directions.

**Via the M4 from the SouthEast:** Take exit 12 onto the A4 towards Theale and Reading. At the roundabout, take the third exit onto the Bath Road towards Reading.

**Via the M4 from the SouthWest (Wales):** Take the exit 12 towards Theale and Reading(W). At the roundabout, take the 1st Exit onto the Bath Road towards Reading.

Stay in the left hand lane and then follow local instructions.

**Local Instructions to UK Biobank:** Filter off Bath Road towards Pincents Kiln Industrial Estate. You will see McDonalds and Sainsburys in front of you as you enter into the retail park. Take the immediate first left and follow the sign for Ikea. Go past the Porsche Garage on your right-hand side and Dunelm Mill on your left-hand side, then past the entrance to the multi-storey car park. Follow the road round past Ikea on your left-hand side. There will be a pedestrian crossing controlled by traffic lights. Go straight over the pedestrian crossing and there will be 2 turnings immediately on your right-hand side. Take the 2nd turning into Pincents Kiln, which should have a small UK Biobank sign at the entrance and follow the road all the way to the very end where UK Biobank is the last unit on the left-hand side.

There is free parking for participants in front of the UK Biobank building. Note: You will require a permit to park at any other location, please enquire at the reception desk if one is needed.

**If you require any special assistance to attend, please let our Participant Resource Centre know by phoning free of charge on 0800 0 276 276.**

