

Document Title: Directions to AHM London Clinic E16
Document Ref: AHMRA-2110667502-236248
Review Due: July 2028

Address: Expressway Studios, 1 Dock Road, Royal Victoria Dock, London E16 1AH

what3words: ///[cotton.snacks.mice](https://www.what3words.com/cotton.snacks.mice) (entrance location)

Expressway building is underneath Silvertown Way (A1020) flyover, directly underneath the cable car, adjacent to Nakhon Thai Restaurant and next to City Hall. On Google Maps, search for 'Perky Blenders @ Expressway' which will guide you to the Expressway entrance.

T: 0207 511 1155 / 01227 451233

[Google maps](#)

On arrival at Expressway, please tell the Receptionist that you are coming to All Health Matters. They may send you straight down to us at F22 or ask you to wait in reception depending on how busy we are.



By Train

From: Stratford International – Royal Victoria (Take the Beckton bound DLR)

- On leaving the train, cross over the footbridge, and follow signs for the “IFS Cloud” cable car.
- On approaching the road junction, the cable car terminal building will be across the road on your left, and the City Hall (black glass building) will be across the road on your right.
- Cross the road towards the City Hall and walk down between it and the water along the cobbled footpath.
- Follow the path round to the right and see Nakhon Thai Restaurant ahead. Our building is attached to the back of Nakhon Thai. All this takes about 3-5 mins from Royal Victoria DLR.

From: Stratford International – West Silvertown.

Turn right onto North Woolwich Road – this becomes Dock Road. Expressway Studios will be found at the top of Dock Road on the right-hand side. The entrance is directly under the IFS Cloud Cable Car where it crosses Dock Road and Silvertown Way (A1020).

From: London City Airport or Woolwich Arsenal DLR – West Silvertown.

Turn left onto North Woolwich Road – this becomes Dock Road. Expressway Studios will be found at the top of Dock Road on the right-hand side. The entrance is directly under the IFS Cloud Cable Car where it crosses Dock Road and Silvertown Way (A1020).

By Car

*We strongly encourage you to use **public transport** when travelling to your appointment as there is no free parking on site. Should you need to travel by car, please see below for important parking information*

Head Office: Castle House, Orchard Close Mews, Orchard Street, Canterbury CT2 8AP

Document Title: Directions to AHM London Clinic E16
Document Ref: AHMRA-2110667502-236248
Review Due: July 2028

PARKING

There is no on site parking available. There may be on street paid parking available, but this is very limited and there are often no spaces available.

Other parking options - We highly recommend booking nearby parking in advance via one of the following sites*:

- <https://www.justpark.com/>
- <https://www.yourparkingspace.co.uk/>

*We are not affiliated with these websites and mention them for your convenience only. All Health Matters accepts no liability for your vehicle, nor can we guarantee parking availability on either website.



Head Office: Castle House, Orchard Close Mews, Orchard Street, Canterbury CT2 8AP