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e: reservations@expressbyholidayinn.uk.net
w: www.meridianleisurehotels.com/southampton



SOUTHAMPTON

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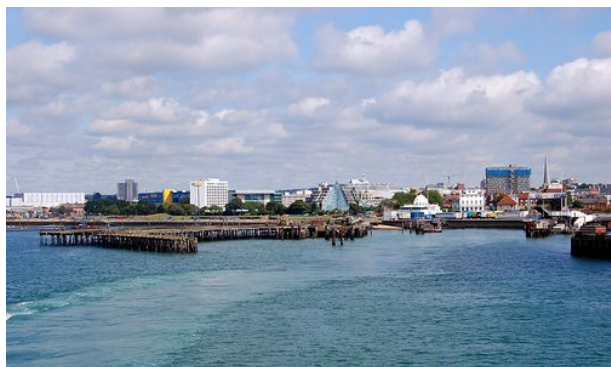
Contents: The City, Do & See, Eating, Cafes, Bars & Nightlife, Shopping, Sleeping, Essential Information, Maps

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Southampton is the cruise capital of Northern Europe. With a cosmopolitan atmosphere borne from centuries of international trade, Southampton is one of the UK's leading ports and liveliest cities, combining medieval walls and buildings, modern shopping and entertainment complexes, marinas, culture and nightlife. Explore the city's rich culture and long history and try the wide range of leisure activities in the beautiful surrounding countryside before relaxing to recount the day in one of Southampton's many harbour side restaurants, cafés and bars.

THE CITY



© Ronald Saunders

Founded by the Romans, there has scarcely been a quiet historical moment in Southampton since they left. The city has witnessed the departure of the Mayflower for the New World, the building of the first submarine, the fateful maiden voyage of the Titanic and the creation of the spitfire fighter plane. To celebrate its nautical traditions, the city is host to some of the world's most prestigious maritime events, drawing hundreds of thousands of people from across the globe to witness the vast array of colourful craft on Southampton water. Today, it is recognised as the country's main destination and departure point for the world's great cruise liners with a constant stream of vast, luxurious floating palaces passing in front of the city's skyline at all times of day and night.



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DO & SEE



© Gary Bembridge

Whether you want to visit one of the best UK art galleries outside London or fancy catching a blockbusting musical, Southampton is place to come to. The city is home to some of the region's best concert halls and venues, boasting three outstanding art galleries and two magnificent theatres. Please visit: www.visit-southampton.co.uk

Southampton's Old Town

The Old Town is a vibrant quarter based on its own historic identity. It has a mix of building design dating from the 12th century, through to high-quality Victorian architecture, to present day contemporary design, and is clearly bordered on three sides by one of the longest surviving stretches of medieval town walls in the country, including The Bargate – one of the country's finest medieval town gates.

This area, full of character, is now home to independent restaurants, wine bars, and hotels. The grade II listed Dolphin Hotel, famous for being regularly visited by Jane Austen in the early 19th century, was recently reopened under the Mercure brand following a £4m pleasant refurbishment. It now offers 4-star quality facilities including 90-bedrooms and restaurant.

Walk in the footsteps of William The Conqueror, Henry V, William Shakespeare, and the Pilgrim Fathers – a paved trail 'Time Line' has been installed to illuminate the rich and fascinating history of the Old Town, commemorating key events from Southampton's history from the early Roman settlement. Guided walks are available run by Southampton Tourist Guides

Association and there are a selection of self-guided trails to follow, such as The Medieval Trail, World War II trail and the Titanic Trail.

See Southampton Tourist Guides Association at:

Internet: www.stga.org.uk

The Tudor House Museum & Gardens

Located in the Old Town is Southampton's oldest museum, The Tudor House & Garden, which was built at the end of the 15th century. This important historic building is currently undergoing a major £5.4m refurbishment, transforming it into an exceptional visitor experience, and will reopen for summer 2011.

Address: Old Town, Southampton

Opening hours: Monday - Sunday 10 am - 5 pm.

(note: closed 10 am - 1 pm on Monday 19 th September)

Medieval Merchants House

This was built in 1290, as the home of a Southampton man who made his fortune trading with Bordeaux, and is one of the earliest surviving merchant's houses in England. It has been restored to its mid-14th century appearance and replica furnishings provide an insight into medieval life. In 2011, The Medieval Merchant's House will be open from April and September.

Address: 58 French Street, Southampton, Hampshire - SO1 0AT

Internet: www.english-heritage.org.uk

Titanic Trail

Southampton will always be associated with the ill-fated liner, RMS Titanic, which set sail from these waters in 1912. The tourist board have devised a walk with an accompanying book around the various memorial and related points of interest of this tragic story.

Phone: +44 23 8083 3333

Tickets: Free

Internet: www.visit-southampton.co.uk

More Info: 10.00 am - 10.15 am Start at the Musicians Memorial (corner of London Road and Cumberland Place).

Solent Sky Aviation Museum

The Southampton Hall of Aviation (Solent Sky) depicts the history of aviation in the Solent area with a collection of authentic aircraft. It houses a Spitfire and a Sandringham Flying Boat among others.

Address: Albert Road South

Phone: +44 23 8063 5830

Tickets: £ 5 adults, £ 3 children

Internet: www.spitfireonline.co.uk

Southampton Maritime Museum

The museum is housed in a 14th-century Wool House. The collection features large model ships as well as a large number of items relating to the Titanic disaster. It houses the Titanic Voices exhibition, and a model of the docks, which was built for the 1939 New York World's Fair.

Address: Town Quay Road

Phone: +44 23 8022 3941

Tickets: Free

Internet: www.southampton.gov.uk

Museum Of Archaeology

This excellent museum is home to one of the most outstanding collections in England. The museum displays artefacts from prehistoric, Roman, Saxon and medieval Southampton.

Address: God's House Tower, Town Quay

Phone: +44 23 8091 5732

Tickets: Free

Internet: www.southampton.gov.uk

Southampton City Art Gallery

The magnificent City Art Gallery has over 3 500 works of art covering six centuries of European culture from the Italian Renaissance to French Impressionism. Its core collection of 20 th century British art is internationally renowned.

Address: Civic Centre, Commercial Road

Phone: +44 23 8083 2277

Tickets: Free

Internet: www.southampton.gov.uk/art

Day Trip To The Isle Of Wight

A short journey from Southampton's Town Quay to this popular holiday island. There are a host of attractions once there. The scenery boasts of contrasts with open down land, woods and forests, wide sandy beaches and chalk cliffs.

Address: Isle Of Wight
Phone: +44 87 0444 8898
Internet: www.redfunnel.co.uk

Bike The Tracks Of New Forest

A 12 minute river crossing from Southampton brings you to the picturesque harbour town of Hythe from where your choice of bike can be collected. You are then free to explore the New Forest with its beautiful scenery, historic castles and famous sea views.

Phone: +44 23 8084 0722
Internet: www.cyclex.co.uk,
ferry crossing: www.hytheferry.co.uk

Southampton's Parks

Southampton is probably the greenest city in Southern England. Close to the Old Town are seven Grade II listed formal parks, which have been fully restored to their former Victorian glory and have their traditional bandstand, rose gardens, elaborate fountains and imposing sculptures which evoke the city's history and civic pride.

The huge 326 acre Common, just a short walk from the city centre, is a haven for flora and fauna and has been designated a UNESCO site of special scientific interest. The Hawthorns Urban Wildlife Centre, based on The Common, gives visitors the opportunity to learn about the local ecology and wildlife.

Hawthorns Urban Wildlife Centre:

Address: Southampton Common
Phone: +44 23 8067 1921

Southampton's Theatres

At the heart of Southampton's performing arts tradition is the majestic Mayflower Theatre, the largest theatre in Southern England. This opened in 1928, and

has recently undergone extensive refurbishment. You can see musicals, ballet, traditional pantomime, operatic productions as well as comedy acts and evenings with celebrities.

Situated on the University campus in the Highfield region of the city is the Nuffield Theatre. It hosts all kinds of drama, from Shakespeare to contemporary, and regularly features international premieres. There are regular concerts at the Turner Sims Concert Hall, the city's premier chamber, classical, jazz and world music venue, while the superb Southampton Guildhall offers a multipurpose venue.

Address: The Nuffield Theatre
WorkUniversity Road
Southampton SO17 1TR,
The Mayflower, Empire Lane, Southampton SO15 1AP.

Bike the Tracks of the New forest

A 12 minute river crossing from Southampton brings you to the picturesque harbour town of Hythe which is just on the edge of The New Forest. There is something for everyone in The New Forest, whether you're looking to relax, explore or just enjoy, The New Forest is an ideal location. There is a wealth of places to visit from award winning gardens, wildlife parks and farms and The New Forest is a haven for the cyclist, horse rider and walker.

Address: Hythe, Southampton
Internet: www.hytheferry.co.uk and www.thenewforest.co.uk

Other Leisure

Sports – Southampton offers a wide range of sports facilities including golf (The Municipal Golf Course), Tennis (David Lloyd Tennis Club), sailing, canoeing/kayaking, swimming and diving, and general leisure centre activities. St Mary's Stadium is home to Southampton Football Club.

EATING



© Marijke Blazer

Southampton's world trade links through its harbour are reflected in the wide choice of international cuisine on offer in its restaurants: Oriental, Indian, Mediterranean, American, Mexican or new and traditional British are all represented. Deep within the old town, Oxford Street has developed a reputation as the new home of cosmopolitan chic with its collection of eateries, bars and cafés. Bedford Place also offers an equally enticing dining experience to Oxford Street. It is home to a number of restaurants, cafés and bars.

Orange Rooms

Established in 2001, Orange Rooms is winner of Southampton's Best Bar Award and offers a menu full of great food and retro-inspired decor. A great place for a burger (be sure to try the Lamb far-kofta), or to unwind with a cocktail (or two) and soak in the music and good times. Orange Rooms feature blues music every Monday and various other concerts and DJs throughout the week. Reservations available online or by telephone.

Address: 1-2 Vernon Walk, Southampton
Phone: +44 23 8023 2333
Internet: www.orangerooms.co.uk/southampton

Yuzu Lounge Bar

Yuzu Lounge Bar is a new, fresh and smartly designed lounge and late night venue serving tasty Asian fusion cuisine in a comfortably modern ambience. Complete with a "plush" VIP area, Yuzu is the perfect place to impress your date or friends. Resident DJs create the cool soundtrack to your evening so you can sit back and enjoy yourself. Be sure to check out their smashing

happy hour deals, too!

Address: 29 Bedford Place, Southampton
Phone: +44 2380 338 898
Internet: www.yuzulounge.co.uk/southampton-restaurant-bar

Cantina

Cantina restaurant and bar is located in the heart of Bedford Place and offers "fresh tasty and affordable authentic Mexican food." But Cantina is more than that, too—it's rustic, funky and fun charm put you at ease so you can enjoy the delicious food, including a market tapas menu. Be sure to try the slow-cooked chili mole (both in beef and vegetarian options).

Address: 2a-3a Bedford Place, Southampton
Phone: +44 2380 22 0500
Internet: www.cantinarestaurants.com

Kuti's

A lively, bright brasserie in the heart of Oxford Street serving traditional Bangladeshi and Indian cuisine together with a selection of innovative signature dishes.

Address: 39 Oxford Street
Phone: +44 23 8022 1585
Internet: www.kutis.co.uk

The White Star Tavern And Dining Rooms

The White Star is an award winning restaurant and hotel. The restaurant boasts 2 AA Rosettes for food and dining. Here they offer you fresh local produced meal in a classic modern British style. At the bar you can enjoy the very best drinks and cocktails.

Address: 28 Oxford Street
Phone: +44 23 8082 1990
Internet: www.whitestartavern.co.uk

La Margherita

Traditional and modern Italian cuisine served in a lively atmosphere overlooking the water at Town Quay. All products are freshly made on the premises.

Address: 1 Town Quay

Phone: +44 23 8033 3390
Internet: www.lamargherita.co.uk

Ennio's

Ennio's is recognised as one of the finest Italian restaurants in Hampshire. The speciality is fresh fish with 10-12 different varieties daily, the most popular being "Grigliata Mixta," fish and seafood mixed grilled.

Address: 1 Town Quay
Phone: +44 23 8022 1159
Internet: www.ennios.co.uk

Dockgate 4 Bar And Grill

Elegant dining in the former ball room of South Western House. Today elegant dining in this grade II listed building is based on international cuisine with strong British influences.

Address: 1 South Western House
Phone: +44 23 8033 3903
Internet: www.dockgate4.com

Radley's Bar And Restaurant

British and European produce and cuisine heavily influence this famous local meeting place. Enjoy a light lunch or cocktail in the bar.

Address: 37a Oxford Street
Phone: +44 23 8090 8700

Banana Wharf

Modern & atmospheric restaurant on the waterfront, popular with families and mooring yacht folk, that opens from early breakfast all day to late at evening.

Address: Ocean Village
Phone: +44 23 8033 8866
Internet: www.bananawharf.co.uk

Cantina

Lively and atmospheric Mexican restaurant located in the heart of Bedford Place, just north of the main shopping district.

Address: 2a-3a, Bedford Place
Phone: +44 23 8022 0500
Internet: www.la-cantina.co.uk

Tgi Fridays

American themed, family-orientated chain of restaurants that offer value for money both at lunch and dinner times.

Address: West Quay Retail Park, West Quay Road
Phone: +44 84 4692 0265
Internet: www.tgifridays.co.uk

The Olivetree Restaurant

Over 10 years of fresh, natural & seasonal dishes have earned Olivetree its sparkling reputation as Southampton's source of good, honest homemade food. Menus are created around local produce and an ever-changing chalk board of seasonal flavours brings an element of old-fashioned style to the Restaurant. To this day, bread is still baked daily on the premises and you need only to follow your nose to find our charming location in the heart of Oxford Street, Southampton.

Address: 29 Oxford Street, Southampton
Phone: +44 23 8034 3333
Internet: www.olivetree.co.uk

The Oxford Brasserie

Everyone in Southampton who's into food knows the legendary Oxford Brasserie – after all, they've been serving fab food forever! Never wanting to rest on their laurels, they've revamped their restaurant's image to reflect their contemporary menus and understanding of the modern working lunch.

In the evening, the restaurant transforms into an intimate, relaxed oasis where a wonderful evening is guaranteed.

Address: 33-34 Oxford Street, Southampton, Hampshire
Phone: +44 2380 635 043
Internet: www.theoxfordbrasserie.co.uk
More Info: hello@theoxfordbrasserie.co.uk

Merchants Bar & Restaurant and The Boozy Rouge Restaurant

Merchants Bar & Restaurant has been established in Ocean Village for over 10 years, its reputation for Good Food and Live Entertainment is still going strong.

The Boozy Rouge Restaurant is now serving at Merchants, with all the familiar faces and menus back, along with Merchants live music experience. Every weekend the shownights offer fantastic dining and entertainment, perfect for any type of celebration. To cap-off the weekend, try our Sunday Lunch. Open from 12noon offering a great traditional roast with acoustic latin jazz live entertainment.

Address: Merchants Blue Moon - Ironside House - Ocean Village - Southampton
Phone: +44 23 8033 3221
Internet: www.merchantsbluemoon.co.uk
More Info: info@merchantsouthampton.co.uk

CAFES



© Ken Hawkins

Millie's Tearoom

A bow-front window looks out from lace-covered tables dotted with sweet treats that include Danish pastries, passion cake, Peach Melba and apple pies.

Address: 66 Bedford Place
Phone: +44 23 8022 22999

Starbucks Southampton

At Starbucks you can find over ten types of coffee. They also sell selections of sandwiches, croissants,

cakes and muffins. This store has wireless internet access available.

Address: 81 Above Bar Street
Phone: +44 23 802 9516
Internet: www.starbucks.co.uk/en-GB/

Costa

Costa is a chain of Italian coffee shops. In this café you will be served coffee made in the Italian way, slow-roasted for 20 minutes for a fuller richer taste. Costa also offers different types of snacks and cakes.

Address: Unit 19, The Mall,
Marlands Shopping Centre
Phone: +44 23 8022 3023
Internet: www.costa.co.uk

The Art House Southampton

The Art House Gallery Café is a volunteer run, multi-disciplinary arts venue and café. It's located in the heart of Southampton's evolving cultural quarter, and they also offer organic food and drink.

Address: 178 Above Bar Street
Phone: +44 23 8023 8582
Internet: www.thearthousesouthampton.co.uk

BARS & NIGHTLIFE



© Ewan Munro

Like all major towns and cities, Southampton has a burgeoning bar scene. New, fashionable and trendy bars are opening all the time, while the more traditional and quintessential British drinking house – the pubs – remain ever popular. Southampton's vast array of clubs cater for every kind of musical taste, making it major draw for students at the city's two Universities. The compact city centre means you're never that far from a new, pounding dance floor!

Cuccinis

Large fashionable bar on the waterfront offering a choice sofa and bar stool seating inside or a large outdoor decking area from where you can relax.

Address: 31 Town Quay
Phone: +44 23 8033 5054

The Square

This innovative former cinema has been renovated into a vibrant bar which offers great opportunities to people-watch.

Address: 127 Above Bar St.
Phone: +44 23 8022 0926

The Giddy Bridge

Conversation rather than loud music takes precedent in the traditional environment of this Southampton pub.

Address: 10-16 London Rd.
Phone: +44 23 8033 6346

The London

Close to the busy Oxford Street nightlife district, The London is an old fashioned pub that offers entertainment almost every night, including cabaret, pub-quizzes and karaoke. While predominantly gay in nature, the London does attract a mixed crowd and the bar staff are extremely helpful and friendly.

Address: 2 Terminus Terrace
Phone: +44 23 8071 0652

Mono

Two floors of fun and frolics among a distinctly industrial chic décor with an opportunity to dance yourself dizzy.

Address: 3-4 Vernon Walk
Phone: +44 23 8023 3323
Internet: www.monobar.com

The Academy

During the week, the DJs fill the floor with crowd pleasers from the '70s, '80s, and '90s, while on Saturdays house and garage floor fillers dominate the decks.

Address: Unit 17, Lower Banister St.
Phone: +44 23 8033 4280

Kaos

Large nightclub that attracts a large student crowd who enjoy the alternative underground music on offer.

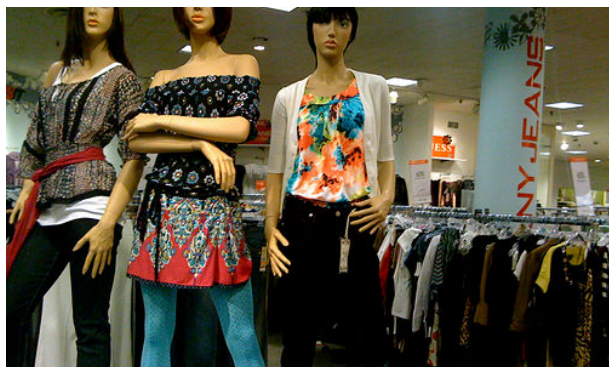
Address: 94-96 St. Mary's Road, Southampton SO14 0AH
Phone: +44 23 8022 0183

The Rhino Club

Established for nearly twenty years now and still going strong, The Rhino prides itself on the number and quality of its guest DJs many who travel to work here from across the Atlantic.

Address: 5/6a Waterloo terrace, Bedford Place, Southampton
Phone: +44 23 8063 0171
Internet: www.rhinoclub.co.uk

SHOPPING



© Quinn Dombrowski

Shops and Markets in Southampton

Southampton has the highest quality of shopping – there is something for everyone. Markets can be found every Friday and Saturday around the Bargate Monument. Traditional brand name street shopping is found on the traffic-free Above Bar Street, and specialist shopping is also available in East Street, High Street, Queensway, Oxford Street, London Road and Bedford Place.

The three main shopping centres in Southampton are: WestQuay, a vast 3-level mall is a hot bed for fashionista's with labels such as French Connection, Karen Millen and Hollister.

Internet: www.west-quay.co.uk

Shops and Markets in Southampton

The Mall shopping centre, north of the centre dedicates itself primarily to high street fashion, lifestyle, furnishings and toys, and now has a number of independent retailers.

Internet: www.themall.co.uk

Shops and Markets in Southampton

Located next to the Bargate Monument, the Bargate Centre attracts the trendy niche market of the young and young at heart with its independent retailers.

Internet: www.bargate.co.uk/

Shops and Markets in Southampton

Southampton's IKEA store opened February 2009, with over 64 inspirational roomsets and over 9 000 products across 4 floors, IKEA Southampton features a complete range of well-designed, functional, home furnishing products readily available at affordable prices.

Address: West Quay Road
Southampton
SO15 1GY
Internet: www.ikea.com/Southampton

SLEEPING



© Gary Bembridge

Holiday Inn Express Southampton M27 Jct7

This modern vibrant hotel in Southampton, set in landscaped grounds offers complimentary parking for all guests and meeting delegates and is ideally located when visiting the area on business, leisure or during Special Events in the surrounding area. Holiday Inn Express offers a contemporary design, comfort and great service.

Address: Botley Road, West End
Phone: +44 2380 606060
Internet: www.meridianleisurehotels.com

De Vere Grand Harbour

The De Vere Grand Harbour is a sumptuous 173 luxury hotel and has a four-star rating.

Address: West Quay Rd.
Phone: +44 23 8063 3033
Internet: www.devere.co.uk

Mercure Dolphin Hotel Southampton

This historic hotel re-opened after a complete transformation. They offer 90 luxury bedrooms and the hotel is located in the heart of the city centre. The Hotel offers also a restaurant, bar, and a coffee lounge.

Address: 34-35 High Street
Phone: +44 23 8033 9955
Internet: www.dolphin-southampton.com

Ibis Southampton Centre

Well priced modern hotel standing between the harbour front and main shops, services and nightlife of the city centre.

Address: West Quay Road
Phone: +44 23 8063 4463
Internet: www.ibishotel.com

Jurys Inn

Built on the crest of a hill in the heart of Southampton the view from the 12th floor is stunning. On a clear day you can see as far as the Isle of Wight.

Address: 1 Charlotte Place
Phone: +44 23 8037 1111
Internet: www.jurysinns.com

Linden Guest House

Small family-run guest house within 5 minutes walk of the city centre. A very family friendly place to relax, as well as offering visitors the opportunity to spend time in a quiet part of the city.

Address: 51-53 The Polygon
Phone: +44 23 8022 5653
Internet: www.lindenguesthouse.net

Amberley Guest House

A small traditional guest house recently redecorated with modern furnishings and fittings and with the added bonus of French and Italian speaking hosts. English or vegetarian breakfast at a very reasonable price.

Address: 1 Howard Road, Southampton, SO15 5BB

Phone: +44 23 8022 3789
Internet: www.amberleyguesthouse.co.uk

Novotel Southampton

Novotel Southampton hotel is a 3-star hotel. Located in central Southampton, your hotel booking puts you close to WestQuay shopping centre as well as the yacht harbour.

Address: 1 West Quay Road
S015 1RA SOUTHAMPTON
UNITED KINGDOM
Internet: www.novotel.com/gb/hotel-1073-novotel-southampton/index.shtml

ETAP HOTEL Southampton Centre

The smart traveller's choice! Our modern, comfortable room can accommodate up to 3 people, with a shower, toilet, and flat-screen TV – all for a very low price.

Address: Western Esplanade
3 West quay road
Hampshire
SO 151RA SOUTHAMPTON
UNITED KINGDOM
Phone: +44 23802 27705
Internet: www.etaphotel.com/gb/hotel-6209-etap-hotel-etap-hotel-southampton-centre/index.shtml

Southampton Park Hotel

The Southampton Park Hotel is ideally located in the heart of this bustling city. Overlooking the tranquil green of Watt's Park, it is equipped with all the facilities that one would expect, whether staying on business or leisure.

Address: Cumberland Place,
Southampton,
Hampshire,
SO15 2WY
Phone: + 44 2380 343 343
Internet: www.southamptonparkhotel.com

ESSENTIAL INFORMATION



© Brian

**KOM IHÅG ATT VÄXLA
INNAN DU RESER!**

Köp valuta utan avgift hos FOREX Bank.

FOREX BANK

Exchange Office

There are more fun things to do on your holiday than look for exchange offices or ATMs. Exchange your currency before you leave and get time to do things that you really want. At Forex Bank you can always buy foreign currency free of charge, at hours that suits you. For more info about Forex Bank visit our website or click:

<http://www.forex.se/sv/Om-FOREX/Bankbutiker/>

Airport

Southampton has its own international airport, serving approximately 50 destinations courtesy of around 12 airlines. It has the closest plane-to-train link of any European airport with frequent services to the city centre (8 minute journey time), London Waterloo station, Bournemouth, Oxford and the rest of the British rail network.

There are two bus services that run between the city

centre and the airport. The journey time from the city centre and the airport is approximately 30 - 40 minutes.

The Uni-Link bus service operates between the airport, Southampton city centre and waterfront. The First Group services run hourly buses between the airport and city centre.

Southampton Airport is easily accessible by car from the M27 and the M3, which is connected to the M25, so to the whole country.

There are over 200 taxi companies serving Southampton airport and the surrounding areas, many of which specialise in airport taxis and can offer great rates.

Phone: +44 23 8062 7100

Internet: www.southampton-airport-guide.co.uk/transport.html

Public Transport

Southampton has a wealth of public transport links to help you get around the city and further afield.

Regular inter-urban services link to and from Southampton operated by First Hampshire, bluestar, Velvet, and Wilts & Dorset buses, and Uni-Link run services around the city area.

More information on public transport in and around Southampton can be found on Southampton City Council's public transport pages including a downloadable public transport map.

Internet: www.southampton.gov.uk/s-environment/publictransport/default.aspx

Taxi

Do not be alarmed if the vehicle is a regular saloon car as opposed to the classic 'black cab' famous in London.

These, while having lots of space for legs and shopping bags, are not as numerous in Southampton as in other major British cities.

Internet: www.taxiregister.com/southampton

Post

Stamps are available from post offices and newsagents. Post offices are generally open Monday-Friday 9.00-17.30. Larger post offices are open Saturdays 9.00 - 12.30.

Pharmacy

All medication is readily available, either over the counter or on prescription.

Boots the Chemist have 2 stores in the city centre:

Address: 19 - 29 Above Bar Street

Opening hours: Open 08.30 - 18.15 Monday - Saturday 10.30 - 16.30
Sunday

Pharmacy

Address: WestQuay Retail Park

Opening hours: Open 08.30 - 20.00 Monday - Friday (19.30 Thursdays)
08.00 - 18.00 Saturday and 11.00 - 17.00 Sunday
Internet: www.boots.com

Health Care

Southampton is home to some of the best healthcare in the country with excellent hospitals and clinics, highly skilled staff and groundbreaking research. Southampton City Primary Trust is the organisation responsible for ensuring you get the NHS care you need.

List of local Doctors:

Internet: www.southamptonhealth.nhs.uk/gplist

Health Care

List of local Dentists:

Internet: www.nhs.uk

Health Care

If you need 24 hour urgent medical care, telephone NHS Direct. They can give you free medical advice and direct you to the nearest hospital with 24 hour accident and emergency department.

Phone: +44 845 4647

Telephone

Country code: +44, Area code: 023

Electricity

230/240V AC, 50Hz. Plugs have three square pins.

Population

236 700

Currency

British pounds, £1 = 100 pence

Opening hours

Monday - Friday: 9 am to 8 pm Saturday: 9 am to 7 pm
Sundays 11 am to 5 pm. Southampton IKEA is open:
Mon-Fri: 10 am - 9 pm, Saturday: 9 am - 9 pm, Sunday: 11 am - 5 pm

Internet

www.destinationsouthampton.com
www.visit-southampton.co.uk
www.thisishampshire.net
www.visit-hampshire.org.uk
www.invest-in-southampton.co.uk

Newspapers

Daily Star
Daily Mail
Independent
Times
Guardian
Southern Daily Echo (giornale locale)

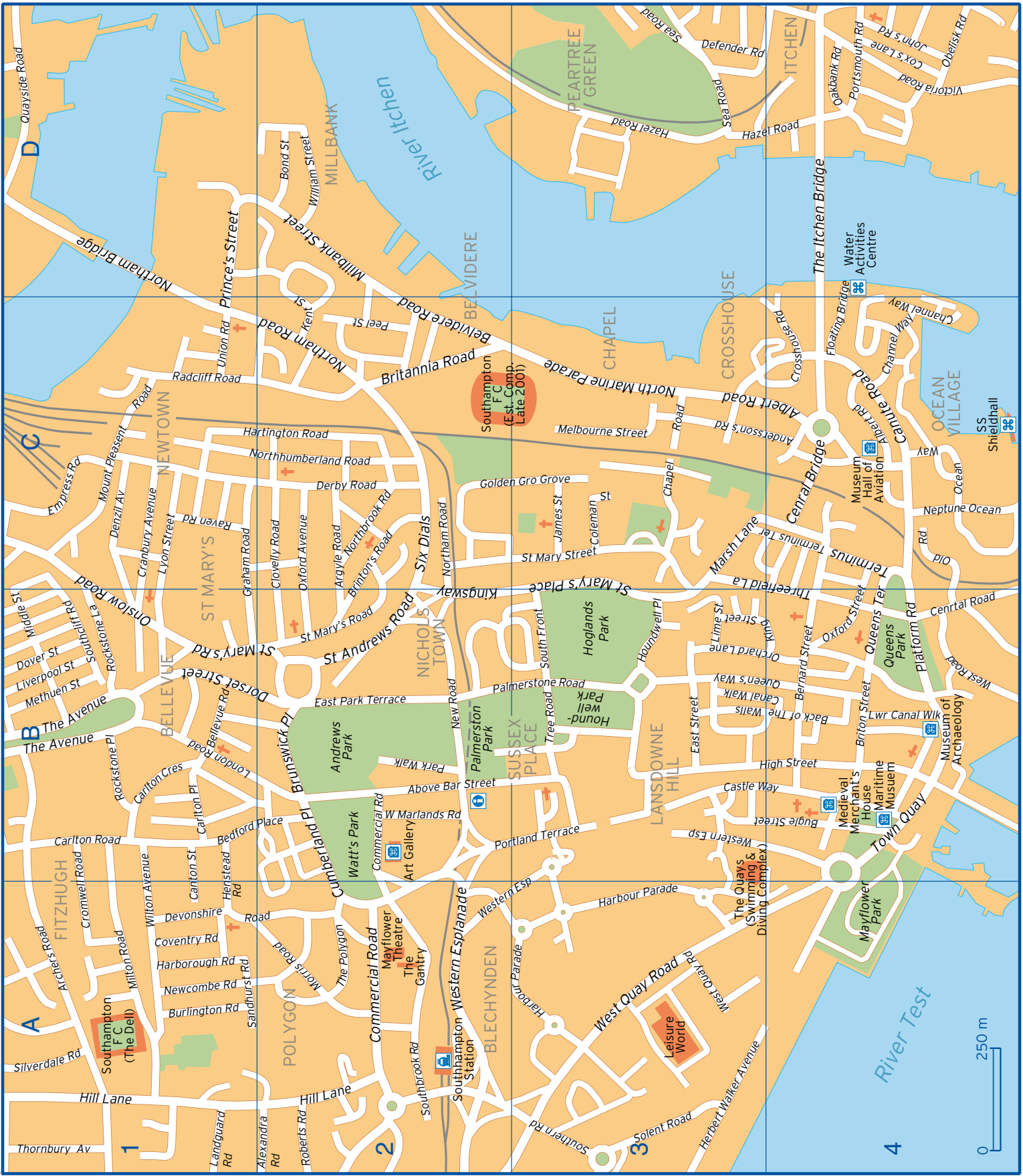
Emergency numbers

999

Tourist information

Southampton Tourist Information Centre.
9 Civic Centre Road, Southampton, SO14 7FJ.
Telephone: +44 023 8083 3333
Email: tourist.information@southampton.gov.uk
www.visit-southampton.co.uk





Above Bar Street	B2	Floating Bridge	C4 D4	Oxford Street	B4 C4
Albert Road	C3 C4	Golden Gro Grove	C2 C3	Palmerstone Road	B2 B3
Alexandra Road	A2	Graham Road	B1 C1	Park Walk	B2
Andersson's Road	C3 C4	Harborough Road	A1	Peel Street	C2
Archers Road	A1	Harbour Parade	A3	Platform Road	B4
Argyle Road	C2	Hartington Road	C1 C2	Portland Terrace	B2 B3
Back of The Walls	B3 B4	Hazel Road	D3 D4	Portsmouth Road	D4
Bedford Place	B1 B2	Henstead Rd	A1 B1	Prince's Street	C1 D1
Bellevue Road	B1	Herbert Walker Avenue	A3	Quayside Road	D1
Belvidere Road	C2	High Street	B3 B4	Queens Terrace	B4 C4
Bernard Street	B4	Hill Lane	A1 A2	Queen's Way	B3 B4
Bond Street	D2	Houndwell Place	B3	Radcliff Road	C1
Brinton's Road	B2 C2	James Street	C3	Raven Road	C1
Britannia Road	C2	John's Road	D4	Roberts Road	A2
Briton Street	B4	Kent Street	C2 D2	Rockstone Lane	B1
Brunswick Place	B2	King Street	B3 B4	Rockstone Place	B1
Bugle Street	B3 B4	Kingsway	C2	Sandhurst Road	A1
Burlington Road	A1	Landguard Road	A1	Sea Road	D3
Canal Walk	B3 B4	Lime Street	B3	Silverdale Road	A1
Canton Street	A1 B1	Liverpool Street	B1	Six Dials	C2
Canute Road	C4	London Road	B1	Solent Road	A3
Carlton Crescent	B1	Lower Canal Walk	B4	South Front	B3
Carlton Place	B1	Lyon Street	C1	Southbrook Road	A2
Carlton Road	B1	Marsh Lane	C3	Southcliff Road	B1
Castle Way	B3 B4	Melbourne Street	C3	Southern Road	A3
Central Bridge	C4	Methuen Street	B1	St Andrews Road	B2
Central Road	B4	Middle Street	B1	St Mary Street	C3
Channel Way	C4	Millbank Street	D2	St Mary's Place	C3
Chapel Road	C3	Milton Road	A1	St Mary's Road	B1 B2
Clovelly Road	C2	Morris Road	A2	Terminus	C4
Coleman Street	C3	Mount Pleasant Road	C1	Terminus Terrace	C3 C4
Commercial Road	A2 B2	Neptune Ocean	C4	The Avenue	B1
Coventry Road	A1	New Road	B2	The Itchen Bridge	D4
Cox's Lane	D4	Newcombe Road	A1	The Polygon	A2
Cranbury Avenue	C1	North Marine Parade	C3	Thornbury Avenue	A1
Cromwell Road	A1 B1	Northam Bridge	D1	Threefield Lane	B4 C3
Crosshouse Road	C4	Northam Road	C2	Town Quay	B4
Cumberland Place	A2 B2	Northbrook Road	C2	Tree Road	B3
Defender Road	D3	Northhumberland Road	C1 C2	Union Road	C1
Denzil Avenue	C1	Oakbank Road	D4	Victoria Road	D4
Derby Road	C2	Obelisk Road	D4	West Marlands Road	B2
Devonshire Road	A1	Ocean Way	C4	West Quay Road	A3
Dorset Street	B1 B2	Old Road	C4	West Road	B4
Dover Street	B1	Onslow Road	B1 C1	Western Esplanade	A2 A3 B3
East Park Terrace	B2	Orchard Lane	B3 B4	William Street	D2
East Street	B3	Oxford Avenue	B2 C2	Wilton Avenue	A1 B1
Empress Road	C1				