

# Travel Guide

## NZHPA Mental Health Special Interest Group Seminar 7th and 8th August 2010

Spencer on Byron Hotel, 9 Byron Avenue, Takapuna, Auckland

### **Shuttlebus to and from Auckland Airport:**

- **Super Shuttle** - 0800 SHUTTLE (748885), [www.supershuttle.co.nz](http://www.supershuttle.co.nz)  
Approximate cost \$41 for one person, one way
- **North Shore Shuttles Ltd.** 09 480 0248, [www.shoreshuttles.co.nz](http://www.shoreshuttles.co.nz)  
Approximate cost \$53 for one person, one way.

### **Taxis**

Approximately \$80 one way to the Spencer on Byron Hotel from Auckland Airport.  
Companies that are recommended are: Alert Taxis (09 309 2000), Co-op Taxis (09 300 3000), North Shore Taxis (09 488 8000)

At Auckland Airport, taxi and shuttle ranks are located outside the arrivals area (door 8) at the international terminal and outside the luggage collection area (door 4) at the domestic terminal. You can pre-book with one of the companies listed or just turn up at the terminal ranks as taxis and shuttles are always available.

### **Public Transport**

Approximately \$20 from Auckland Airport to the Spencer on Byron Hotel.  
The journey will take up to 2 hours depending on connections

Refer to [www.maxx.co.nz](http://www.maxx.co.nz) for details.

### **Parking**

Car parking is complimentary for delegates who have booked accommodation at the Spencer on Byron Hotel.

For everyone else it is \$5 per car per day. All delegates need to see reception on arrival for a parking voucher.

There is 'pay and display' parking in the streets surrounding the Spencer on Byron Hotel.

## **Travel Directions**

### **From the Airport:**

If you are travelling by car from the airport, the following route is probably the simplest and quickest:

1. Take the main exit road (George Bolt Memorial Drive, SH20A) to the intersection with SH20, which will take you on to the motorway.
2. Bear left onto SH20 then follow the signs on SH20 for Auckland City.
3. Leave SH20 at the exit for Queenstown Road
4. Take the third exit off the roundabout (takes you over the motorway)
5. Go straight on at the second roundabout onto Pah Road (SH12). Follow Pah Road, which becomes Manukau Road.
6. Continue along Manukau Road and then turn left at the traffic lights into Alpers Avenue. This junction is quite a way along the road but you will know you are in the right place when you see the motorway flyover immediately in front of you.
7. At the end of Alpers Avenue turn right onto Gillies Avenue and join the motorway into the city (SH1) by turning left.
8. Continue along SH1 towards the city.
9. Go over the Auckland Harbour Bridge.
10. Exit SH1 at the Esmonde Road exit.
11. At the end of the off ramp, turn right onto Esmonde Road.
12. Take the third left onto Burns Avenue (traffic lights).
13. Go straight through the first roundabout on Burns Avenue.
14. At the second roundabout, take the third exit onto Byron Avenue.
15. Spencer on Byron Hotel is on the left hand side of the road.

### **From the North on SH1:**

1. Exit SH1 at the Esmonde Road exit.
2. At the end of the off ramp, turn left onto Esmonde Road.
3. Take the third left onto Burns Avenue (traffic lights).
4. Go straight through the first roundabout on Burns Avenue.
5. At the second roundabout, take the third exit onto Byron Avenue.
6. Spencer on Byron Hotel is on the left hand side of the road.

### **From the South or West on SH1:**

Follow the directions in **From the Airport:** from number 8 onwards.

### **To the Airport**

If you are travelling by car to the airport, the following route (which is clearly signposted with a white aeroplane on a blue square) is probably the simplest and quickest:

1. Turn right out of the Spencer on Byron Hotel onto Byron Avenue.
2. Take the first turning left at the roundabout onto Burns Avenue.
3. At the second roundabout, continue straight on.
4. At the traffic lights, turn right on to Esmonde Road.
5. Take the left hand lanes and join SH1 on-ramp signposted MWY South - Auckland.
6. Go over the Auckland Harbour Bridge.
7. Take the Gillies Avenue exit and turn right onto Gillies Avenue.
8. Turn left at the traffic lights onto Owens Road and at the end of Owens Road turn right at the traffic lights onto Manukau Road (SH12).
9. Follow Manukau Road (SH12), which becomes Pah Road.
10. Continue along Pah Road and then turn left onto SH20 at the roundabout when you come to it. Again this is a long way but it's obviously signposted where you need to go when you get there.
11. Follow SH20 and the Airport signposts, bearing right onto George Bolt Memorial Drive (SH20A) until you get to the Airport, and then follow the signs to your particular destination.

### **To the North on SH1:**

Follow the directions in **To the Airport:** from number 1 to number 4.  
Take the SH1 signposted MWY North - Whangarei on the left hand side.

### **To the South or West on SH1:**

Follow the directions in **To the Airport:** from number 1 to number 5.