



London Wasps advise supporters travelling to Adams Park on matchdays to use the extensive public transport links available. If you are driving, make use of our FREE Park & Ride service operating from just off the M40 at Junction 4, and our FREE Train/Bus & Ride service operating from High Wycombe's train and bus stations.

By Bus: London Wasps free shuttle bus services. This season, the bus service will be operated by Arriva, www.arrivabus.co.uk/shiresessex-home.aspx. Bus services from all around the county connect to this service via the High Wycombe Bus Station. Go online now to plan your route. Arriva buses are able to provide larger capacity vehicles on both routes which will reduce waiting times [depending on local traffic]. There are also two dedicated single decker buses, one on each route, which allow for disabled use. If you're in a wheelchair and would like to use this service then please speak directly to the bus driver per match, or Traffic Marshal on your bus stop post-match and they will arrange getting you access to the single decker bus on its arrival. Please note however, there is only one bus per route allowing access to one wheelchair per journey.

All these buses will be complimentary until further notice. Look out for London Wasps signage on the front of the buses to avoid getting the wrong service. Service will generally begin 3 hours prior to kick off, stop during the match, then run for 2 hours after final whistle – though please refer to the matchday information.

To the Game:

Buses will depart from the High Wycombe Train Station, stopping to pick up passengers at the High Wycombe Bus Station, dropping passengers of just before the roundabout joining Hillbottom Road with Lane End Road.

After the Game:

Buses will depart from the foot of Hillbottom Road to the Town Centre on the final whistle, stopping to drop passengers off at the Bus Station, before concluding their journey at the Train Station. The last bus departing the stadium will be two and a half hours after the scheduled time of the final whistle.

By Road: Traffic is usually very heavy around Adams Park on matchdays, and drivers should expect delays. Supporters are recommended to use our FREE Park & Ride, and Train & Ride services to reduce congestion around the stadium.

Directions from London

Join M25 and head for J16 M25/M40. Join M40 and head to J4/A404 High Wycombe. At Junction 4 take slip road and turn right, over the motorway and then take first exit for A4010 (John Hall Way). FREE Park and Ride is signposted on your left 200 yards from the roundabout. To get to Adam Park please follow the BROWN tourist information road signs showing a soccer ball.

Directions from the west

M40 to J4 M40/A404 At Junction 4 take slip road and turn right, over the motorway and then take first exit for A4010 (John Hall Way). FREE Park and Ride is signposted on your left 200 yards from the roundabout. To get to Adam Park please follow the BROWN tourist information road signs showing a soccer ball.

By Rail: Chiltern Railways operate services to High Wycombe from London Marylebone, Aylesbury and Banbury. Visit their website, www.chilternrailways.co.uk for maps and full timetable information. Show your London Wasps membership card when purchasing your matchday train ticket to get 20% off your train fare, courtesy of Chiltern Railways (offer subject to availability). A FREE Train & Ride service runs between the train and bus stations in High Wycombe town centre and the stadium before and after games. Check individual fixture information for exact bus start and finish times.