

## Directions



Fast Lane Institute for Knowledge Transfer GmbH Gasstraße 4, Gebäude K Otto von Bahrenpark D-22761 Hamburg Tel.: +49 (0)40 / 25 33 46 10 Fax: +49 (0)40 / 25 53 77 20 info@flane.de, www.flane.de

#### Location

Sited between the Elb suburbs and downtown Hamburg, Fast Lane's Hamburg training center is house in a historical monument, an elaborately restored industrial plant in Otto von Bahrenpark. The S-Bahn (interurban train) station Bahrenfeld is nearby. It's about 13 km to the airport. The trip takes about 25 min. by cab, the recommend means of transport.

#### Directions

By car

•

Approaching from the south (A7 Hannover)

Pass through the Elbtunnel and exit the A7 at the HH-Othmarschen junction (no. 29). Turn right into Behringstrasse, staying on it for about 1.5 km. Turn left into Hohenzollernring, staying on it until you reach a train underpass. Immediately after it, turn left into Gasstraße. After about 100 meters, you'll come to the access road to Otto von Bahrenpark on the right.

Approaching from the north (A7 Flensburg)

Exit the A7 at the HH-Bahrenfeld (no. 28) junction and turn left into Von-Sauer-Strasse. Cross the motorway bridge and follow Von Sauer-Strasse until it turns into Bahrenfelder Chaussee. After about 600 meters, turn right onto Bahrenfelder Steindamm, and then after about 100 meters, turn right onto Daimlerstrasse. Stay on this road until you reach Gasstrasse and turn right into it. After about 100 meters, you'll come to the access road to Otto von Bahrenpark on the right.

### With public transportation

- From Hamburg-Hauptbahnhof central station Take the S1 or S11 train towards Blankenese and after seven tations (16 min.), exit at Bahrenfeld station.
- From Hamburg-Altona

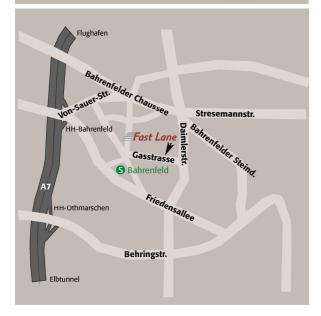
Take the S1 or S11 train towards Blankenese and after one station (4 min.), exit at Bahrenfeld station.

• From Fuhlsbüttel airport

Take the S1 train train towards Blankenese / Wedel and after 17 stations (approximately 45 min.) exit at Bahrenfeld station.

Take the center exit to leave Bahrenfeld station. Turn right into Hegarstrasse, and when it ends, turn left into Bahrenfelder Kirchenweg. The first street on the right is Gasstraße.







# **Hotel Recommendations**

Hotel NH Hamburg-Altona Stresemannstr. 363-369 22761 Hamburg	<b>25hours Hotel</b> Paul-Dessau-Straße 2 22761 Hamburg
Tel.: +49 (0)40 42 10 600 Fax: +49 (0)40 42 10 60 100 www.nh-hotels.com/listapaises/en/europe/germany	Tel.: +49 (0)40 85 50 70 Fax: +49 (0)40 85 507 100 www.25hours-hotels.com/no1
Booking code: Fast Lane	Booking code: Fast Lane
Single: € 85,00 excl. breakfast	Single Standard: € 90,00 inkl. breakfast
The hotel is near the training facilities; the walk takes less than five minutes.	
Distance to the Training Center:	Distance to the Training Center:
On foot: 5 minutes	On foot: 10 minutes Car / train: 3 minutes
B&B Hotel Hamburg Altona Stresemannstraße 318 22761 Hamburg-Altona Tel.: +49 (0)40 / 85 18 06 0 Fax: +49 (0)40 / 85 18 06 444 hamburg-altona@hotelbb.com http://www.hotelbb.de/de/hamburg-altona Single: € 54,00 Breakfast: € 8,50	Motel One Hamburg Altona   Kieler Straße 171   22525 Hamburg   Tel.: + 49 (0)40 897 20 69 0   Fax: + 49 (0)40 897 20 69 10   hamburg-altona@motel-one.com   http://www.motel-one.com/de/hotels/hotels-hamburg/hotel-   hamburg-altona.html   Single: starting at € 59,00   Breakfast: € 7,50
Distance to the Training Center:	Distance to the Training Center:
On foot: 10 minutes Car / train: 3 minutes	On foot: 35 minutes Car / train: 9 minutes

These rates are valid upon request, subject to availability, and not applicable during fairs and special events.