

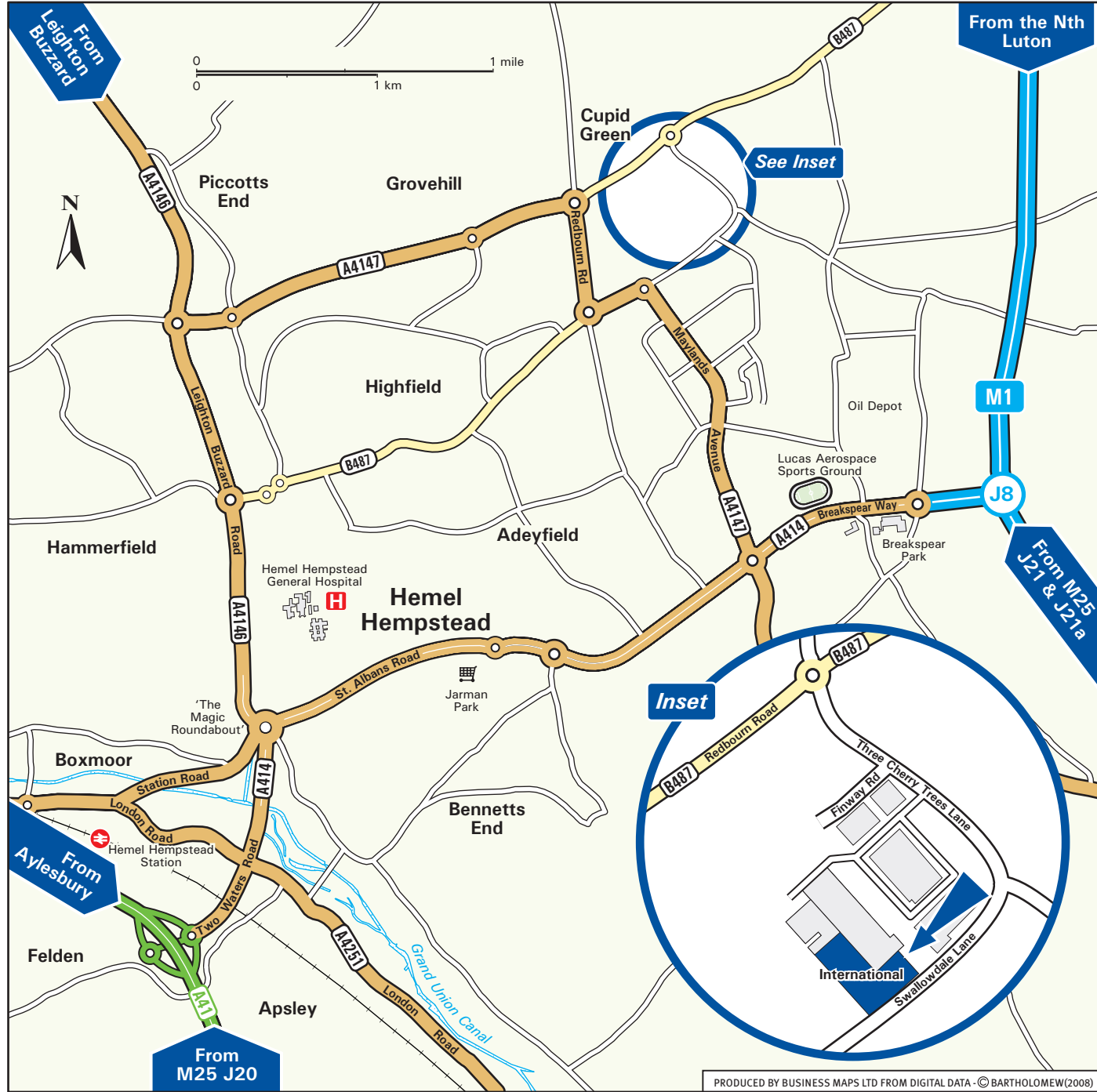


Gist is a member of The Linde Group

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- From M1 (North or South bound)**
- Exit the M1 at junction 8 and follow signs for A414, Hemel Hempstead.
 - Continue straight over the first roundabout and then at the next roundabout, take the third exit into Maylands Avenue, A4147.
 - Continue along Maylands Avenue, until the next roundabout.
 - Take the third exit at the roundabout, onto Swallowdale Lane.
 - Proceed along Swallowdale Lane and Gist is on the left hand side
- From Aylesbury, A41**
- Follow the A41 eastbound.
 - Exit the A41 for Hemel Hempstead, A414.
 - At the Magic Roundabout, follow the A414 for St. Albans.
 - Continue straight over the next two roundabouts, then take the first exit at the third roundabout into Maylands Avenue.
 - Follow as from M1 point three.
- By Train**
- Hemel Hempstead Station receives regular services from London Euston.
 - Taxis are available at the station.



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