



The Spine is located in Paddington Village at the heart of the Knowledge Quarter in Liverpool's City Centre.

By train:

- Nearest train station: Liverpool Lime Street
19 minute walk - £5-6 taxi
- 35 minutes from Manchester
- 1 hour 20 minutes from Leeds
- 3 hours 30 minutes from Glasgow
- 2 hours from London
- 1 hour 40 minutes from Birmingham

By car:

From M6 on to M57, M62 or M58

Motorway connections put the majority of UK cities within a four-hour drive time.

- 45 minutes from Manchester and Chester
- 2 hours from Birmingham
- 3 hours 40 minutes from Glasgow
- 4 hours from London

Encouraged methods of transport around Liverpool City Centre:

- [Liverpool citybike hire](#)
- [Liverpool e-scooter hire](#)

