



From the North via Motorway A7/A23

Traveling on the A7, take exit Stellingen and drive straight along Kieler Straße in the direction of Hamburg/Messe/Zentrum for approximately 3 km. As soon as you can see the ABB building, move to the left lane heading for Eimsbüttel and turn into Fruchttalée. Proceed in the direction of Hamburg Messe/Zentrum straight along Schäferkampsallee, Schröderstiftstraße, Edmund-Siemers-Allee, which follow one another. Pass by the Dammtor railway station (to the right) and turn right before reaching the river Alster, go on under the railway bridge, and turn right into the Esplanade.

From the South or Southeast via Motorway A1/A7

Follow the traffic signs "Hamburg-Centrum". While driving on the A255, you will pass several bridges over the river Elbe. Afterwards, move to the left lane and turn into Amsinckstraße heading in the direction of „Centrum“. After the ADAC building, move to the right lane. At the next traffic lights (next to the Deichtorhallen) go along the middle lane which turns right and continue through the tunnel heading towards "Messe". The Lombardsbrücke takes you over the river Alster and directly into the Esplanade.

From the Northeast/East via Motorway A1/A24

At the motorway junction "Kreuz Hamburg-Ost", take the A24 in the direction of Jenfeld, but make sure NOT to leave the A24 at exit Jenfeld, but to carry on along A24 until you reach the end of the motorway at the "Horner Kreisel" roundabout.

In the roundabout, take the Sievekingsallee heading for Hamburg Centrum. Pass by the multi-story buildings of IBM (colorful windows) and Siemens and drive along the Adenauerallee until reaching the central station (Hauptbahnhof). Turn right at the central station. The Lombardsbrücke takes you over the river Alster and directly into the Esplanade.

Car Park

We recommend parking in the Gänsemarkt car park which is only 5 minutes walking from the Training Center. The car park has two entrances and exits, one in Welckerstraße and one in Dammtorwall. Please have a look at the map, as the route from our entrance (green) to the car park is slightly complicated.



Central Station/Dammtor Railway Station

Leave the central station in the direction of Glockengießerwall, Innenstadt. The bus stop is directly next to the exit. From there, you can take bus number 112 heading for Altona/Neumühlen/Övelgönne and get off at Stephansplatz. Alternatively, you can take the subway (U-Bahn): U1 (blue route) heading for Ohlsdorf/Ochsenzoll/Garstedt/Norderstedt will take you to station Stephansplatz (approx. 15 minutes, exit Esplanade). Our Training Center is only 300 m from there.

A very convenient route is to go by the train (e.g. ICE) directly to the Dammtor railway station. Take the exit CCH/Platen un Bloomen, cross the pedestrian bridge (after this stay on the right side) and turn left into the Esplanade. It is a 6-minute walk.



Hamburg airport

By taxi, you can reach our Training Center in 20 to 35 min., the price is approx. EUR 18. Alternatively, take the urban railway (S-Bahn) S1 to the station Ohlsdorf (approx. 3 min.). The subway U1 (blue route) heading for Jungfernstieg/Hauptbahnhof will take you to station Stephansplatz in approx. 15 minutes (there, take the exit Esplanade). Our Training Center is only 300 m from there.

