Take A Refreshment 'Brake' Airport Parking And Hotels (APH) Compares Service Station Facilities On UK's Busiest Motorways And Roads

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According to a recent study by Loughborough University*, even mild dehydration when driving is equivalent to being over the (alcoholic) drink driving limit in terms of recording driver errors, with dehydration doubling the number of driving accidents in the study. Therefore, Airport Parking and Hotels (APH) is encouraging drivers to stay well-rested and hydrated when on the road by sharing updated service station facilities on some of the UK's busiest motorways and roads. The comprehensive research is available in the Know Before You Go section of the APH website at www.aph.com/servicestations.

The research compares the facilities available at service stations on major UK roads such as the M25, M40, A303 and A1 including hotels, restaurants, cafés and family facilities. It also highlights the fuel options available and whether charging points for electric vehicles are provided at each service station.

Of the 16 service stations researched, 11 were found to offer on-site hotel accommodation for drivers, with a further three service stations including Fleet, Gretna and Telford also providing free parking for all hotel guests. For drivers on the road for business, Beaconsfield, Cobham and Tebay all offer the opportunity to rent meeting and conference rooms at the service stations and Cobham even offer drivers a self-service laundrette. Coffee-drinking motorists should note that Gloucester and Tebay service stations do not offer big name franchise coffee, however, six service stations offered Starbuck's with a further seven service stations offering Costa.

For drivers travelling with babies and children in need of a break, six service stations offer motorists dedicated play areas for children, including Beaconsfield, Gloucester, Hopwood Park, Tebay, Telford and Wetherby. Additionally, Cardiff Gate, Fleet, Gretna, Hopwood Park and Telford service stations all offer baby facilities including dedicated baby changing stations.

For health-conscious parents, Gloucester and Tebay service stations also sell organic baby food and have dedicated children's portions and lunchboxes. Furthermore Gloucester and Tebay services also offer dedicated family toilet facilities with child-size toilets and basins, as well as offering drivers an exclusive family area, which includes a microwave for warming up baby food and a dedicated childrens' seating area.

Motorists wanting to explore independent food options should stop at Gloucester or Tebay service stations, where the food is locally-sourced and prepared on site. Furthermore, both Tebay and Gloucester services offer drivers the opportunity to visit the on-site farm shop and butcher's counter should they need to do any last minute shopping.

Out of the 16 service stations researched, six offered drivers Shell fuel services and a further three offered bp. Moreover, 11 services stations including, Annandale, Thurrock and Willoughby Hedge all offer charging points for electric vehicles with two service stations, Cobham and Peterborough, further stating the charging points are free of charge to all drivers.

For further information on Airport Parking and Hotels (APH),

Visit www.aph.com or call 01542 859515.

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NOTE TO EDITORS

***According to Loughborough University, April 2015, available from:**

www.lboro.ac.uk/news-events/news/2015/april/54-dehydrated-drivers.html

About Airport Parking and Hotels (APH)

Airport Parking and Hotels (APH) is the UK's award winning long stay airport parking operator and booking agency, after winning the Best Airport Parking Company for a fifth year running at British Travel Awards 2014. This year APH also celebrates its 35th year as a retailer and operator of pre-booked airport

parking and travel extras. APH offers parking at all major UK airports as well as airport hotels packaged with parking and airport lounges. APH is also a carbon balanced company and has, through support of the World Land Trust, helped purchase more than 1,000 acres of endangered rainforest.

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