



Welcome to Liberty Lodge
RAF Lakenheath

We hope you enjoy your stay!

The appearance of local business names, addresses, or phone numbers in this publication does not constitute endorsement by the Department of Defense or the Department of the Air force. All hours of operation and telephone numbers are subject to change.



Welcome Valued Guest!

We have provided you with a few complimentary items to get you through your first night's stay. Feel free to ask any Liberty Lodge team member if you need these items replenished. If you forgot to pack any other toiletry item, please visit the front desk. We should have what you need available for purchase.

The Air Force Inn's Promise:

"Our goal is to provide you a clean, comfortable room to guarantee a good night's rest and a pleasant stay. If any part of your stay with us is not satisfactory, please provide the lodging manager or front desk staff an opportunity to "make it right".



Welcome to RAF Lakenheath

On behalf of the 48th Fighter Wing Commander, the 48th Mission Support Group Commander, the 48th Force Support Squadron Commander, and the entire Liberty Lodge staff, we welcome you to RAF Lakenheath.

We sincerely hope your visit to the United Kingdom will be a memorable one. To help make your stay more enjoyable, we have put together this comprehensive portfolio of information concerning RAF Lakenheath and the surrounding community. Please take time to enjoy the sights here in the Suffolk area. If you would like additional information, please don't hesitate to ask!

This information directory is designed to acquaint you with our facilities, the services available to you, and our house rules. We solicit and value your comments. Please take a moment to fill out the AF Form 3211, *Customer Comment Form*, or provide your email address to our staff and we will digitally send you a comment card upon check-out. The AF Form 3211 can be found in your room, or at the guest services desk.

Upon your departure, may you enjoy a safe trip home or to wherever your final destination may be. Again, welcome to the Liberty Lodge. We hope you enjoy your stay.

Liberty Lodge Management

General Information

Guest Services Desk

The guest services desk is located at Bldg 984, and is open 24 hours a day, seven days a week, including holidays. If there is anything you need to make your stay more comfortable, visit the desk, or contact 226-6700.

Guest Payment/Refunds

Air Force regulations require all lodging guests to secure their room with a valid credit card. Guests will pay for their full stay unless they are here for 30 days or more, in which case, they will be billed in 10-day increments. We accept Visa, MasterCard, or personal checks/cash for purchase or payment. A service charge will be assessed for all checks returned for insufficient funds by the bank. Lodging room rates are as follows:

General's Quarters	\$194.00
Distinguished Visitor Quarters	\$194.00
Visiting Quarters	\$161.00
Temporary Lodging Facility	\$178.00*

**Additional \$10.00 fee per night for pet friendly temporary lodging facilities*

If a refund is due at departure, the refund will be made in kind. If the guest paid by credit card, the card will be refunded. If the original payment was by check, a cash refund will be made. Limited funds are kept on hand at the guest services desk; cash refunds over funds available will be made through the Non-appropriated Fund Accounting Office.

Check Cashing/Currency Exchange

Liberty Lodge can only accept checks for the amount of payment due, and we are unable to offer currency conversion. Check cashing services are provided at the Liberty Club and the Base Exchange. Currency exchange services are available at the Liberty Club, Community Bank, and Keesler Federal Credit Union.

Check-Out Procedures

Check out time for all quarters is 1100 hours. Please abide by the scheduled check-out time so that the room may be cleaned for the next occupant. Upon departure, please stop by guest services to return your room key, settle any incidental charges (sundry items and telephone fees), and collect your receipt. Room charges will continue to accumulate if you do not notify the front desk that you are checking out. If you have special circumstances and require a late check-out, please contact the guest services desk at 226-6700. Our guest services representatives will work to accommodate your request when possible.

Visitors in Lodging Facilities

Registered guests of Liberty Lodge are authorized to have visitors in their rooms. Overnight visitors are prohibited. Visitors are not authorized a key to your accommodation and must be always accompanied by the registered guest. Registered guests are responsible for any damage caused by visitors.

Guest Responsibilities

- Smoking is prohibited in ALL lodging facilities. A cleaning fee will be assessed to guests who fail to comply.
- Pets are UNAUTHORIZED in any lodging facility with the exception of designated pet units.
- In shared kitchens, please ensure food items are placed on the appropriate shelf.
- Report any maintenance needs immediately to guest services by dialing "0".
- Please be considerate of other guests. We want you to enjoy your stay with us, but loud or boisterous behavior is discouraged as many guests are day sleepers and members of flight crews. Report any guest disturbances to the guest services desk by dialing "0".
- Firearms, ammunition, or weapons of any kind are prohibited in lodging quarters. Security Forces can assist with the storage of firearms.
- Automobile maintenance or washing of vehicles should not be attempted in the transient parking area.
- Occupants will be held responsible for all loss or damage to lodging property resulting from their activities or the actions of their visitors.
- Please do not relocate the furnishings or electronic equipment within your guest room.
- Children under the age of 12 must not be left alone in guest rooms.

Electrical Supply:

Liberty Lodge is equipped with 220/240, and 110 voltages. Check your personal appliances to ensure that they are set to 220/240 watts BEFORE plugging into a British outlet. There is no all-in-one adaptor/voltage converter. If in doubt, contact Guest Services at 226-6700 for assistance.

Ration Stamps:

Rations are required to procure tobacco/alcohol products on base. A member of guest services can stamp one copy of travel orders to allow authorized guests who are TDY for 30 days or less to procure rationed items. Guests TDY for more than 30 days should contact their TDY unit for assistance.

Fire Protection:

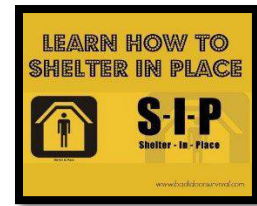
- In the event of an emergency dial 911 to obtain police, fire, or ambulance services.
- Report ALL fires by activating an alarm or dialing 911.
- Report any fire extinguishers with lower pressure to guest services staff.
- Smoking is prohibited in all lodging facilities.
- Do not store flammables (gasoline, charcoal lighter, oil-based paints, etc.) in your room.
- Cooking or heating devices (i.e., hot plates) are not provided by Liberty Lodge and are unauthorized.
- It is illegal to tamper with, falsely activate, or damage fire extinguishers, installed fire detection systems, or break-glass stations, interfering with these systems can result in eviction from lodging.
- Portable charcoal grills should be placed at least 10 feet from any facility.
- Electrical appliances should be turned off before leaving the room.
- Candles, incense, or any other open flame is prohibited.
- Your room is equipped with a very sensitive smoke detector. When the alarm is activated the removal of the detector will NOT stop the transmission of signal to the Fire Department.
- Emergency evacuation information is located on the main entrance in each room, familiarize yourself with the rally point for your building.

Fire Evacuation

If the Alarm sounds or you discover a fire:

- Activate the alarm using the nearest fire alarm box. Red pull boxes are located at the end of each hallway.
- Call 911 from an on-base phone. From a commercial phone, dial 01638-527911
- Extinguish only small fires. Do not attempt to extinguish a large or established blaze. Only attempt to fight the fire after effective evacuation is in progress and the fire department has been called.
- Direct occupants away from smoke and fire. Stay low in smoke filled areas.
- If time permits, close doors and windows as you exit.
- Open nearest exit and control egress.
- Do NOT use elevators. In the event of an alarm sounding, utilize the stairs.
- Assemble in the nearest parking area where a member of guest services will assist guests.

Anti-Terrorism Procedures



Shelter-in-Place

Some on-base emergencies will require that personnel are required to shelter-in-place. Notification for these emergencies can come from the installation's "Big Voice", lodging staff members, or the At-Hoc telephonic messaging system.

In the event you are notified to shelter in place:

- Stay indoors and away from the windows.
- Notify those around you and encourage others to remain in your room rather than to try to leave the building.
- Bring pets inside
- Lock doors, close, windows, close curtains, and turn off lights.
- Move to an interior room and stand clear of windows.
- Turn on the TV and tune in to AFN, ensure volume is off.
- Report suspicious activity to authorities: DSN: 226-4800 or commercial: 01638 524800
- Stay Calm
- Leave your room only when the authority directing you to do so is recognized.



Eagle Eyes

- USAF Eagle Eyes is a global "neighborhood watch" program.
- The purpose of Eagle Eyes is to deter terrorism by recognizing and reporting pre-attack activities
- Guests should watch for indicators of surveillance, elicitation of information, tests of security, and suspicious persons/activities and report concerns to the Security Forces LE Desk at DSN: 226-2333 or Commercial: 01638 522333.

Lodging Information

Complimentary Beverages

Complimentary coffee, hot tea, and hot chocolate are available 24-hours a day at the guest services desk. Coffee and tea are also provided in your room.

Sundry Items

Sundry items are available for purchase at the guest services desk.

Business Center

The business center is located at the guest services desk (Bldg. 984) and offers free computer and printer access.

Wireless Internet

Free wireless internet is offered across lodging. To join the network, input the passcode located next to the phone. Please note this is a public connection over a commercial internet service provider and you should maintain proper OPSEC. Should you have any questions, or require assistance, please contact the guest services desk by dialing "0".

Wake Up Service

An automated wake-up service is available for our guests. From your room telephone dial "73050", entering the military time you wish to wake. A message will confirm the wake-up call is set. To cancel, dial "73050" and press "2". Alternatively, you can call the guest services desk at 226-6700, and the staff can set a wake-up call for you.

Lost and Found Service

We operate a lost and found program to assist Liberty Lodge guests. If you are missing any items after check-out, please contact the guest services desk at 226-6700. We will make every effort to locate the missing item and return it to you. Upon request, we will return your lost property, charging postage costs to the credit card on file.

Ice Machines

Ice machines are provided for the convenience of our guests and can be found at the following locations:

Bldg. 980	Laundry room, second floor
Bldg. 982	Laundry room, first floor
Bldg. 1000	2 nd Floor
Bldg. 1001	2 nd Floor

Vending Machines:

Vending machines are provided for the convenience of our guests and can be found at the following locations:

Bldg. 980	First floor, end of hall
Bldg. 982	First floor, end of hall
Bldg. 1000	First and second floor, central stairwell near elevators
Bldg. 1001	Second floor, central stairwell near elevators

Mail

Personal mail cannot be delivered through official mail services. To receive mail during your stay, visit the Postal Service Center's customer service office to create a general delivery box for your mailing needs. Questions regarding your mail can be directed to the Postal Service Center 226-3548.

Housekeeping

Housekeeping provides varying levels of service on a daily/weekly basis. Below is a listing of daily/weekly services provided. Should you have any questions or requests, please contact guest services by dialing “0”.

Daily Service:

Wastebaskets emptied/cleaned
Restock coffee/tea
Floors/carpets cleaned (as required)
Clean toilet/tidy bathroom
Bed made

Weekly Service (additional to daily):

Change sheets
Light dusting
Thorough cleaning of bathroom
Mop/Vacuum floors

Towels – if you wish to help us protect the environment by reusing your towels, please hang them on the towel racks. If you would like your dirty towels replaced, please leave them in the bath/shower so housekeeping staff can easily identify and replace them.

Note for occupants:

- Please place personal belongings in closet or on luggage rack so housekeepers can better assist you.
- Do Not Disturb signs are provided to inform housekeeping that no service is required
- IAW Air Force policy, housekeeping will always enter the room on the third consecutive day a “Do Not Disturb” sign is posted
- IAW Air Force policy, designated pet-units will be entered by lodging staff on a daily basis, regardless of “Do Not Disturb” signs.
- In designated pet units, pets must be kenneled to allow housekeeping to provide service.
- Please leave in-room items in the manner in which you found them at check-in.

Room Climate

Bldg. 1000 and 1001 have ceiling fans. All other buildings have portable fans.

Heating is controlled by Civil Engineering. Civil Engineering can only switch these systems to heat in the fall. With seasonal changes, and heating system limitations, we sometimes experience delays that result in uncomfortable room temperatures. Please contact guest services if you require extra blankets.

Maintenance

Lodging and Civil Engineering strive to maintain the highest standards of maintenance in all our quarters. If you have a problem that requires repair, please notify the guest services desk by dialing “0”. You may also complete the maintenance card provided in your room. Leave the card on the desk or table, and our staff will collect it and begin the repair process.

Washers/Dryers

Washers and dryers are provided free of charge for our guests. TLF units have in-room washer/dryers. If you are a guest in our visiting quarters, your room key will provide access to the laundry rooms. Detergent is available at the guest services desk, or in dispensers located in the laundry room.

Laundry room locations:

Bldg. 980	First floor
Bldg. 982	First floor

If a washer or dryer becomes inoperative, please alert guest services by dialing “0”.

Pet Information

Pets

With the exception of the pet friendly TLF units, pets are not permitted anywhere on the lodging property. Pets must be boarded at a kennel prior to room assignment. Eliminating pet allergens, which can cause illness, is labor intensive, time consuming, and requires the room to be taken out of service. Evidence of pets in lodging facilities other than the designated pet-friendly rooms will result in deep cleaning fees being assessed, and liability for damages caused to the facilities. If the pet is not removed from the room, both the guest and the pet will be required to vacate the quarters.

Pet Boarding Kennels:

If your reservation is not for a pet unit, we suggest you house pets in a local boarding facility during your stay with us. Pets must be boarded at kennels prior to checking into your quarters.

Breckland Kennels & Cattery
3 The Mount
Lynford Road
Mundford, Norfolk
01842-878301

Silver Birch Kennels & Cattery
Oak Lane
Littleport
Ely
01353-863297

Country Club Kennels & Cattery
Qua Lodge
Dolver Drive
Soham
01353-721196

Forest Kennels & Cattery
The Homestead
Mundford Road
Weeting
01842-811320

Parkbreck Boarding Kennels
Church Farm Lodge
Bury St Edmunds
01353-675400

Pinefield Kennels & Cattery
Lingheath Road
Brandon
01842-811519

The use of any named vendor, commercial product, commodity or service in this directory does not imply endorsement by the Air Force or the Liberty Lodge.

Appliance Operation

Note: Not every item will be found in every room

AM/FM Clock Radio (GE/Sonnet)

Radio Operation:

1. Slide function selector to on.
2. Select AM or FM broadcasts using the band switch.
3. Select a station with the tuning control.
4. Turn the radio off by sliding the function selector to off.

Set Wake up Time:

1. Slide the function selector to off.
2. Press and hold the wake button. The display changes to wake time.
3. Use the hour and minute buttons to set the display to you desired AM or PM wake time.
4. Release the wake button. The current time is again displayed.

Coffee Maker Mr. Coffee/Oster (TLF)

1. Fill the glass jug, lift the hinged lid, and fill the water tank reservoir. Do not fill water above the maximum mark.
2. Replace empty jug on the hot plate and locate the filter holder.
3. Place a pre-prepared coffee pack into the filter holder. Close the filter holder and switch the unit on.
4. The on switch will light up to indicate your unit is on and operating.
5. Once ready to serve, remove the filter from the jug, place the jug cover in position over the jug and pour.
6. The hot plate will remain hot until you turn off the unit.

Coffee Maker CV1 One Cup (VQ's)

1. Insert disposable brew basket and coffee filter pack into coffee maker. (Do not remove coffee from filter paper)
2. Fill coffee cup with cold water.
3. Pour water into reservoir.
4. Place coffee cup below the brew basket.
5. Press and release start button. Light will go out when brewing process is complete.

Coffee Maker Keurig One Cup (DV Suites)

1. Open the unit.
2. Place the pod into the slot.
3. Close the lid tightly.
4. Pour cold water into the water reservoir and close lid.
5. Place appropriate cup under the coffee dispenser.
6. Press the “brew” button to start brewing.

Washing Machine (Whirlpool/Beko)

To operate:

1. Turn the program selector to the desired program and temperature (Celsius).
2. Select the desired cycle.
3. Use the large middle section of the pull-out drawer located in the front of the machine for detergent. Place fabric in the small front section on the left side of the same drawer. Bleach should be put in the small back section on the left side, or on the far-right side depending on the model.
4. Press the start/pause button to start the cycle.

Note: The washer has a locking mechanism. It will remain locked throughout the wash cycle. The door will unlock two minutes after the wash cycle ends. DO NOT force the washer door open. NEVER use dishwashing liquid as a substitute for laundry detergent.

Dryer (Whirlpool/Beko)

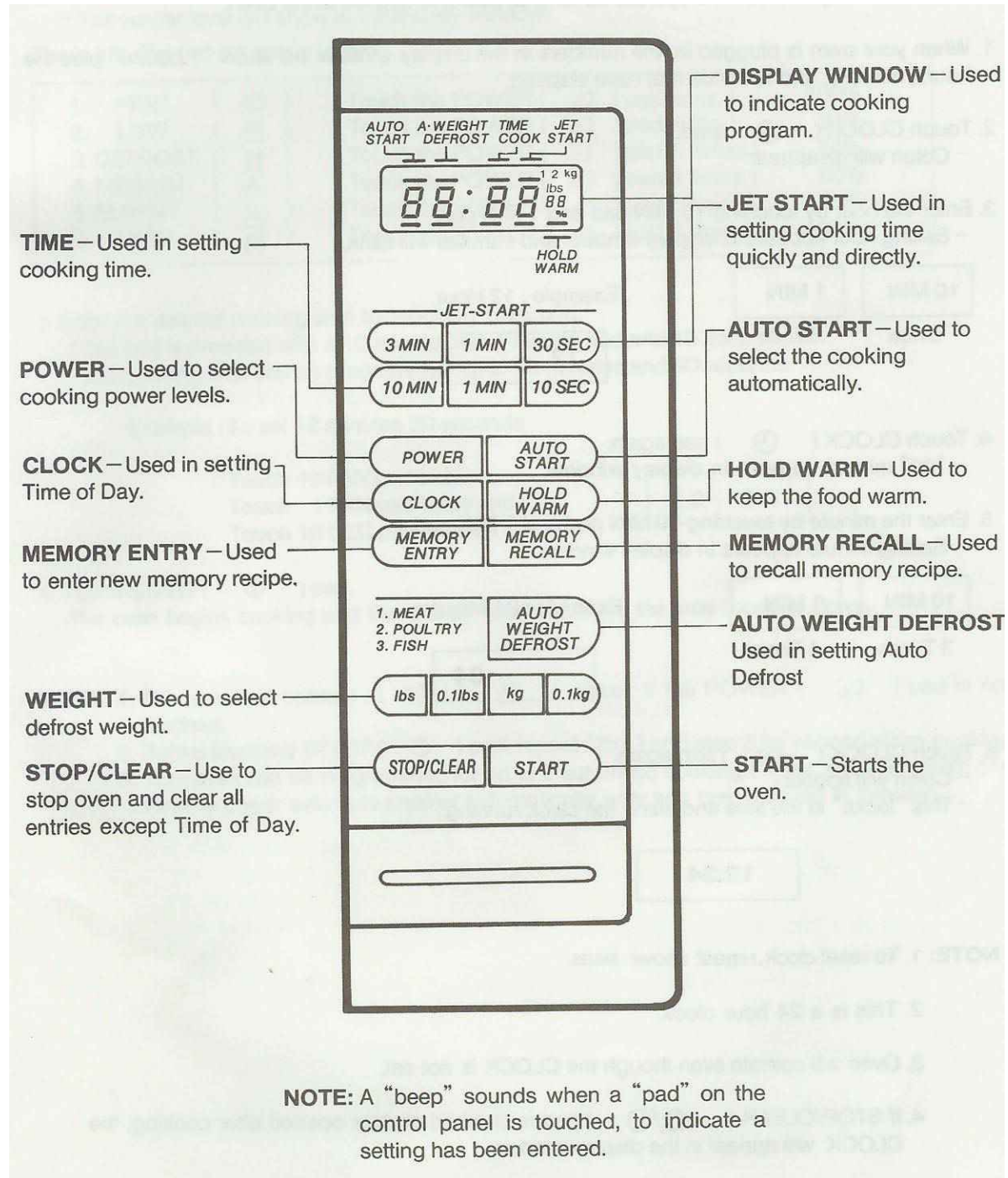
To operate:

1. Select the drying cycle by turning the knob to the desired time.
2. Press the “Gentle” button if you would like to reduce drying intensity.
3. Press the “Start” button.

The dryer is equipped with an airing system. It will continue to tumble without heat for a maximum of 12 minutes to keep your laundry from creasing.

Ensure that the lint trap is cleaned after each use.

Microwave Oven (Panasonic)



Microwave Oven (Sharp)

To operate:

1. Enter the desired cooking time.
2. To change the power level from 100%, press the power level pad until the desired setting is reached.
3. Press the “instant cook/start” pad.

To set the clock:

1. Press the timer/clock pad.
2. Enter the correct time by pressing the numbers in sequence.
3. Press the time/clock pad again.

Stove/Oven/Hood (Whirlpool/Elica)

Surface Cooking:

To use the controls: Turn the knobs to the desired setting. The hob is equipped with heat indicators which light up when the cooking surface reaches temperatures that could burn; they will remain on until the surface cools.

When surface cooking, the vent/hood will work to help extract steam. The hood has a run-on timer, so will continue to operate for a few minutes after the unit is switched off.

Note: food spills should be cleaned off before they bake into the cooking surface. DO NOT use any abrasive cleaners (bleach, oven cleaner), scrubbing sponges, or scourers to clean the surface.

Oven Cooking:

The oven has three commonly used cooking functions:

Convection: Cook foods requiring the same cooking temperature on one or more levels. This function is indicated by a fan symbol.

Grill: Used to broil foods. This function is indicated by three downward facing triangles.

Turbo Grill: Ideal for cooking large pieces of meat. This function is indicated by three downward facing triangles and a fan.

To operate the oven: Turn the temperature control knob to the desired setting. The oven indicator will light. When finished, turn the knob to the off position.

Note: Only use oven cleaner to clean the oven. DO NOT use abrasive cleaners or scourers. Never use oven cleaners on the self-cleaning cycle.

Stove/Oven (Sunray)

Surface Cooking:

To use the controls: Push in and turn the control to the desired setting. The surface light will indicate. When switched to the off position, the surface light will go out.

Oven Cooking:

Baking/roasting: Turn the temperature control knob to the desired temperature. The oven indicator will light. Once finished turn the temperature control knob to the off position.

Conventional broiling: Turn oven control to broil. The oven indicator light will come on. When finished turn the oven control knob to off.

If there appears to be no power to the oven, press the manual reset button. If the stove still fails to respond, contact guest services by dialing “0”.

**Bldg. 981: The reset button is in the closet nearest the dining room.*

**Bldg. 983/985: The green reset button is in the closet nearest the entrance door.*

Oven Temperature Conversions

Oven Temperature										
Fahrenheit	250	275	300	325	350	400	425	450	475	500
Centigrade	130	140	150	170	180	200	220	230	240	250
Gas Mark	½	1	2	3	4	6	7	8	9	10

Dishwasher (Whirlpool/Beko)

To operate the dishwasher:

1. Switch the appliance on at the wall switch.
2. Fill the detergent dispenser.
 - a. Fill the large compartment for a regular wash cycle.
 - b. Also fill the small compartment if using pre-wash cycle.
3. To change the program, press the start button for 2 seconds until the start indicator light switches off; select another program and press the start button again.
4. Press the “Start” button.
5. Press the ON/OFF button only after the start button has switched off.

**Never utilize dishwashing liquid in the dishwasher.*

Waste Disposal

To operate:

1. Ensure water is running, then turn the switch to “on”.
2. Scrape in food waste. (Do not put bones in the disposal unit.)
3. Continue to run water for approximately 25 seconds after shredding stops.

**Never insert knives or other items into the disposal unit. Avoid contact with the disposal unit while it is in operation.*

Television (Phillips)

To operate:

1. Power on: Press the power button on the side of the television.
2. Change channels: Press channel arrow up to increase and down to decrease channel.
3. Adjust volume: press “+” to increase volume and “-“to decrease volume.
4. To watch a DVD, press the AV button on the television remote.

DVD Player (Phillips)

To operate:

1. Power on: Press STANDBY-ON on the front panel.
2. To insert a DVD: Press OPEN/CLOSE on the front panel to open disc loading tray. Insert the DVD into the loading tray with label facing up. Then press the OPEN/CLOSE button again for the tray to close. DVD should play automatically.

Power Shower

Bldg. 983: If the main upstairs bathroom loses water pressure, check the reset button in the linen cupboard in the bathroom next door. The reset button is in the bottom right corner of the linen cupboard.

Bldg. 985: If the power shower loses water pressure, the reset button is located downstairs in the electrical cupboard nearest the entry door. Press the green button marked “shower”.

Telephone Instructions

The telephone in your room has the capability to dial DSN, commercial, on-base, and off-base. Commercial, local, and long-distance phone calls will be billed to your room. There is a charge if you are using a direct dial, "1-800" number, or if you let the phone ring an excessive number of times (40 seconds or more). If you experience any difficulty making calls, please contact the guest services desk at 226-6700 or by dialing "0" from a lodging room.

Call Rates

- Local calls \$0.15 per minute
- International calls \$0.25 per minute

Placing Calls

- Guest services desk Dial 0
- Room-to-room Dial 226 + four-digit room extension
- Local calls Dial 99 + eleven-digit number
- Local long-distance calls Dial 99 + eleven-digit number
- Stateside (commercial) Dial 99 + 001 + area code + number
- Stateside (1-800) Dial 99+001+800+number*
- DSN on Lakenheath Dial 88+226+xxxx
- DSN to Mildenhall Dial 88+238+xxxx
- All other DSN Dial 88+DSN Country Code+7-digit number

*1-800 calls to the United States are chargeable at long distance rates from within the UK

Emergency Numbers

- Fire/Police/Ambulance (on-base) Dial 911
- Fire/Police/Ambulance (off-base) Dial 999

- Local hospitals/dentists:
 - Lakenheath Hospital (on-base)
 - DSN: 226-4226
 - Commercial: 01638 524226
 - West Suffolk Hospital (off-base) 01284-713000
 - Hardwick Lane
 - Bury St Edmunds, IP33 2QZ
 - (See "maps" section of this binder for directions)

 - The Thatch Dental Surgery (off-base) 01638 717070
 - 1 King St. Mildenhall IP28 7ES

- Operator assistance:
On-Base: 88+226-1110
Off-Base: 99+01638 523000

RAF Lakenheath Lodging Numbers

Guest Services Desk:

- Commercial: 01638 526700
- DSN: 88+226-6700
- From US to guest rooms: 011-44-1638-52- (room ext.) *
- DSN to guest rooms: (314)-226-6700/226- (room ext.) *

**Your room number is not your extension, contact the guest services desk for assistance.*

- Lodging Manager 226-6718
- Operations Manager 226-6742
- Guest Services Manager 226-6701
- Housekeeping Manager 226-6747
- Reservations 226-6988
- DV Reservations 226-2444 (protocol)

Telephone Features

- Voicemail/Messages Press message button on the top/bottom of the phone.
- Delete voicemail Press 3 (messages not deleted will be saved)
- Replay voicemail Press 2
- Wake-up calls Dial 73050 and follow the prompts.
- Cancel wake-up calls Dial 73050 and follow the prompts

Quick Reference Numbers – On Base

AAFES

All-ranks Barber Shop	226-2166
Alteration Shop	01638-532184
Beauty Shop	01638-534266
BX	226-2996
BX Barber Shop	01638-534267
Bxtra (Mildenhall)	238-2488
Car Rental	01638 532699
Flightline Barber	01638-523421
Laundry & Dry Cleaning	01638-533868
Military Clothing Sales	01638 533336
Shoppette	226-2451
Shoppette w/gas	01638 533796
Theater (Lakenheath)	01638 534913
Theater (Mildenhall)	01638 714955

American Red Cross 226-1855

AMC Terminal (Mildenhall) 238-2248

Banking

Community Bank	226-3750
Keesler Credit Union	226-2115

Base Operations 226-4186

Chapel 226-3711

Command Post 226-4800

Force Support Facilities

Auto Hobby/Tire & Lube	226-2279
Arts & Crafts	226-2194
Auto Craft Center	226-2454
Bowling Center	226-2108
Community Center	226-4884
CDC East	226-3285
CDC West	226-5812
Eagle's Landing	226-2535
Electric Avenue	226-2067
FCC Coordinator	226-2170
Fitness Center	226-3607
Golf Course	226-2223

Force Support Facilities (Continued)

Information Tickets & Tours	226-2979
Liberty Club	226-2489
Library	226-3713
Military Personnel	226-5131
Outdoor Recreation	226-2146
Skating Rink	226-1627
Woodcraft Center	226-3367
VAT Office	226-3166

Grocery

Commissary (Lakenheath)	226-3515
Commissary (Mildenhall)	238-2475

Hospital

Central Appointments	226-8010
Dental Clinic	226-8010

Housing

Furnishings Management	226-6097
Housing Office	226-2000

Pass & ID 226-1853

Post Office (US) 226-3548

Safety 226-3737

Schools

Lakenheath Elementary	226-3721
Lakenheath High School	226-3115
Lakenheath Middle School	226-2258
Feltwell Elementary	227-7003
Delayed Reporting	226-3541

Security Forces 226-4631

Vehicle Dispatch 226-3620

Visitor Center 226-3554

Base Facilities

Please contact facilities directly for the most current hours of operation, check the @Ease magazine. or visit www.lakenheathfss.com

AAFES Base Exchange (BX)

Main Store Mall & Food Court.....226-2996

Building 998

Food Court includes: Baskin Robbins, Charley's Steakery, Pizza Hut, & Starbucks

Mall includes Florist, cell-phone supplier, photo shop, new car sales and toy store

AAFES Barber/Beauty Shops

Barber Shop (Building 998)01638 534267

Beauty Shop (Building 998)01638 534266

AAFES Laundry/Dry Cleaning

Building 650.....01638 533856

AAFES Military Clothing

Building 658.....01638-533336

Alterations.....01638-532184

Airman and Family Readiness Center

Building 950.....226-3847

Airman's Attic

Building 651.....226-2140

Arts and Crafts Center

Building 906.....226-2194

Please contact facilities directly for the most current hours of operation, check the @Ease magazine. or visit www.lakenheathfss.com

ATM Machines

ATM machines dispensing both Dollars and Sterling are available at the following locations:

- Post Office (Operated by Community Bank)
- Shoppette (Operated by Community Bank)
- BX (Operated by Keesler Credit Union)
- Community Bank (Operated by Community Bank)
- Commissary (Operated by Keesler Credit Union)
- Shoppette/Gas Station (Operated by Keesler Credit Union)

Auto Hobby Complex

- Building 1108.....226-2454
- MOT/SVA..... 01638-534185
- Auto Parts Store (Bldg. 1102)226-5918
- Auto Tire & Lube Center (Bldg. 1030)226-2279/2278

Base Theater

- Building 695.....01638-534913

Breckland Pines Golf Course

- Building 1320.....226-2223
- The Grill at Breckland Pines.....226-3551

BXTRA

- Building 163, RAF Mildenhall.....01638-581223/224

Child Development Center

- CDC East (Building 659).....226-3285
- CDC West (Building 439).....226-5812

Please contact facilities directly for the most current hours of operation, check the @Ease magazine. or visit www.lakenheathfss.com

Civilian Personnel Customer Service

RAF Mildenhall (Building 435).....238-2111

Commissary

Building 1081.....226-3515/3319

Community Bank

Building 989.....226-3750/3850

Eagles' Landing

Building 958.....226-2535/2489

Eagles' Landing Officers' Pub.....226-2326

Education Center

Building 948.....226-3851/3856

Family Child Care

Building 957.....226-2170

Finance Customer Service

Building 977.....226-1851

Fitness Center

Building 904.....226-3607

Afterburn Juice Bar.....07706-645825

Health and Wellness Center.....226-2710

Furniture Management Office

RAF Feltwell226-7030

Please contact facilities directly for the most current hours of operation, check the @Ease magazine. or visit www.lakenheathfss.com

Great Little Pizza Place

Building 670.....226-2181/2497

H & R Block

Building 957.....01638-533919

Housing Office.

Building 429.....226-2000

Information Tickets & Travel (ITT)

Building 977 Room G20.....226-2979

Satellite Operation in Bldg 998 Main BX

Keesler Federal Credit Union

Building 987.....226-2115

Knight's Table Dining Facility

Building 934.....226-3214

Laundromat

Building 685.....01638-532628

Legal Office

Building 1082.....226-3553

Liberty Chapel

Building 990.....226-3711

Please contact facilities directly for the most current hours of operation, check the @Ease magazine. or visit www.lakenheathfss.com

Liberty Club

Building 648.....226-1611

Liberty Lanes Bowling Center

Building 657.....226-2108

Liberty Library

Building 907.....226-3713

Medical Group

Building 932

Most clinics are open from 0730 – 1630, Monday – Friday, but are closed weekends, holidays, and down days. The Emergency Department is open 24/7.

Central Appointments Desk.....226-8010

EMERGENCY SERVICES

On Base.....911

Off Base.....999

Emergency Room (ER).....226-4226

PHARMACY

Refill System.....226-8091

Commercial Number.....01638-528347

TRICARE

Customer Service.....226-8688

Nurse Line.....0800-4759-2330

SUICIDE PREVENTION HOTLINE

From any U.S Air Force in Europe.....118

SEXUAL ASSAULT RESONSECOORDINATOR (SARC)

24 Hour Emergency.....226-7272

Non-Emergency.....226-3765

Please contact facilities directly for the most current hours of operation, check the @Ease magazine. or visit www.lakenheathfs.com

Military Personnel Section

Building 977.....226-5131
Career Development.....226-3939
Force Management.....226-5138
Pass & Registration.....226-1853

NAF Human Resources Office

Building 977 Room G45.....226-4417

Outdoor Recreation

Building 1109.....226-2146

Post Office

Building 1025.....226-3548

Red Cross

Building 872.....226-1855
After Duty Hours.....08772-727337 or 226-4800

Security Forces

Law Enforcement Desk.....226-2333
Road Conditions.....226-3541
Visitor Center.....226-3554

Please contact facilities directly for the most current hours of operation, check the @Ease magazine. or visit www.lakenheathfss.com

DoDD's Schools

Schools Liaison Office Bldg 950.....226-5077/5078
Feltwell Elementary School.....226-7003/7004
Lakenheath Elementary School.....226-3721/3674
Liberty Intermediate School.....226-2258/5935
Lakenheath Middle School.....226-7008/7006
Lakenheath High School.....226-3115
Fog/Weather Delays.....01638 523514
DoDDs School Bus Offices.....226-7013

Shoppette

Building 650.....226-2451
Subway.....01638-532747

Shoppette with Gas

Building 1078.....01638-533796

Treasure Trove Thrift Shop

Building 963.....226-2987

Traffic Management Office

Customer Service/Inbound.....226-2201/7223/5423
Outbound.....226-2202/5246

VAT Relief Program

Building 977.....226-3166

Veterinary Services

RAF Feltwell (Building 80).....226-7097

WIC Overseas

Building 950.....226-1720

Please contact facilities directly for the most current hours of operation, check the @Ease magazine. or visit www.lakenheathfss.com

Wood Craft Center

Building 1104.....226-3367

Youth Center

Building 250.....226-3180

On-Base Dining

Please contact facilities directly for the most current hours of operation, check the @Ease magazine. or visit www.lakenheathfss.com

Juice Bros (@Fitness Center)

Building 904.....07706-645825

Great Little Pizza Place

Building 670.....226-2181/2497

Liberty Wings (@Eagles Landing)

Building 958.....226-2108

Ministry of Meat (@Breckland Pines Golf Course)

Building 1320.....226-3551

Hot Pit Dining Facility

Building 1224.....226-3184

Knight's Table Dining Facility

Building 934.....226-3632

Bistro (@Liberty Club)

Building 648.....226-1603

BX Food Court (Bldg 998)

Baskin Robbins/Dunkin Donuts

Cool treats and ice cream cakes!

Charley's Steakery

Hot sub sandwiches, or salads and lemonade.

Starbucks Coffee

Need coffee and sweets – look no further!

Pizza Hut

Choose from a variety of pizzas.

Burger King

Building 952.....226-2927

Subway

Building 650.....01638-532747

Taco Bell

Building 1078.....01638 535742

Local Dining Information

Please contact the restaurant to confirm hours of operation.

TRADITIONAL ENGLISH CUISINE

Angel Hotel 01284-753926

3 Angel Hill, Bury St. Edmund's

An array of main dishes including salmon, liver, duck, mussels and local specialties.

Bird in Hand 01638-713247

The Street, Beck Row

A variety of traditional English pub meals.

Golden Boar 01638-723000

The Street, Freckenham

A wide variety of traditional dishes made fresh-to-order. Also offer a traditional Sunday roast.

Ram Hotel 01842-810275

93 – 95 High Street, Brandon

A full English pub menu. Prices vary.

Riverside Hotel 01638-717274

Mill Street, Mildenhall

A variety of chicken, beef, salad and vegetarian meals.

The Old Bull Inn Hotel 01638 711001

The Street, Barton Mills (Five Ways Roundabout)

A full English pub menu. Prices vary.

Worlington Hall Country House 01638-712237

Worlington

Serving breakfast, lunch & dinner. Prices vary.

INDIAN CUISINE

Ghandi Indian Cuisine

12C High Street, Mildenhall

Authentic Indian food. Take-out menu available.

01638-712209

The Spice Lounge

32 High Street, Mildenhall

Award Winning Indian Food. Take-out menu available.

01638 716055

CHINESE CUISINE

The Dragon House Chinese Restaurant

4-5 Police Station Square, Mildenhall

Cantonese Chinese fare. Take out menu available.

01638-712087

GREEK CUISINE

Istanbul Kebabs

14A High Street, Mildenhall

Greek style kebabs. Sterling Checks and Pounds only.

01638-711805

ITALIAN CUISINE

Bella Italia

106 Grafton Shopping Center, Cambridge

Italian pizza and other Italian dishes.

01223-462464

SPANISH CUISINE

The Star Inn

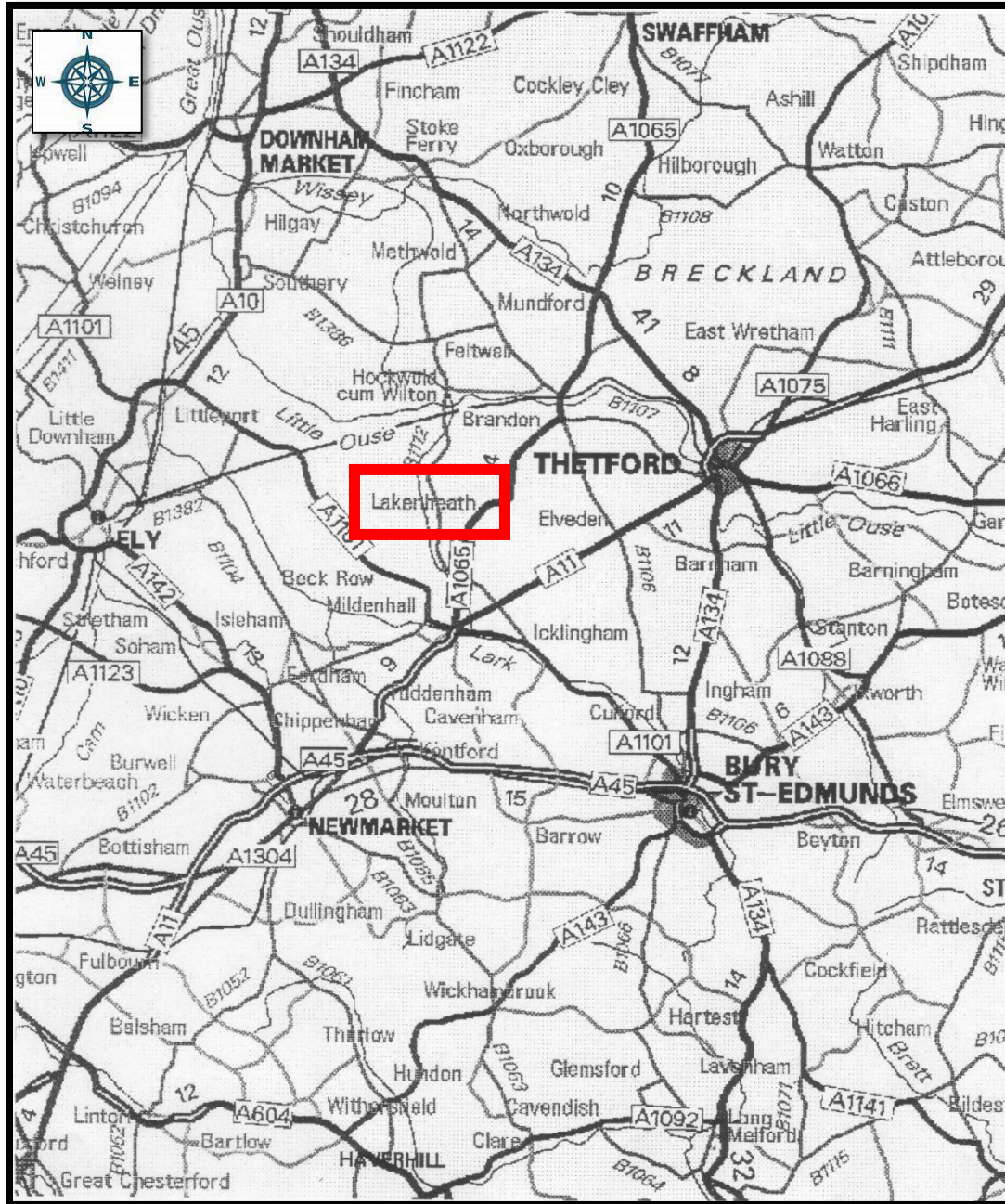
The Street, Lidgate

Choose from a Mediterranean and Catalan Spanish menu.

01638-500275

This listing is a sampling of restaurants available in the local area and is not intended as USAF or Liberty Lodge endorsement of the establishment.

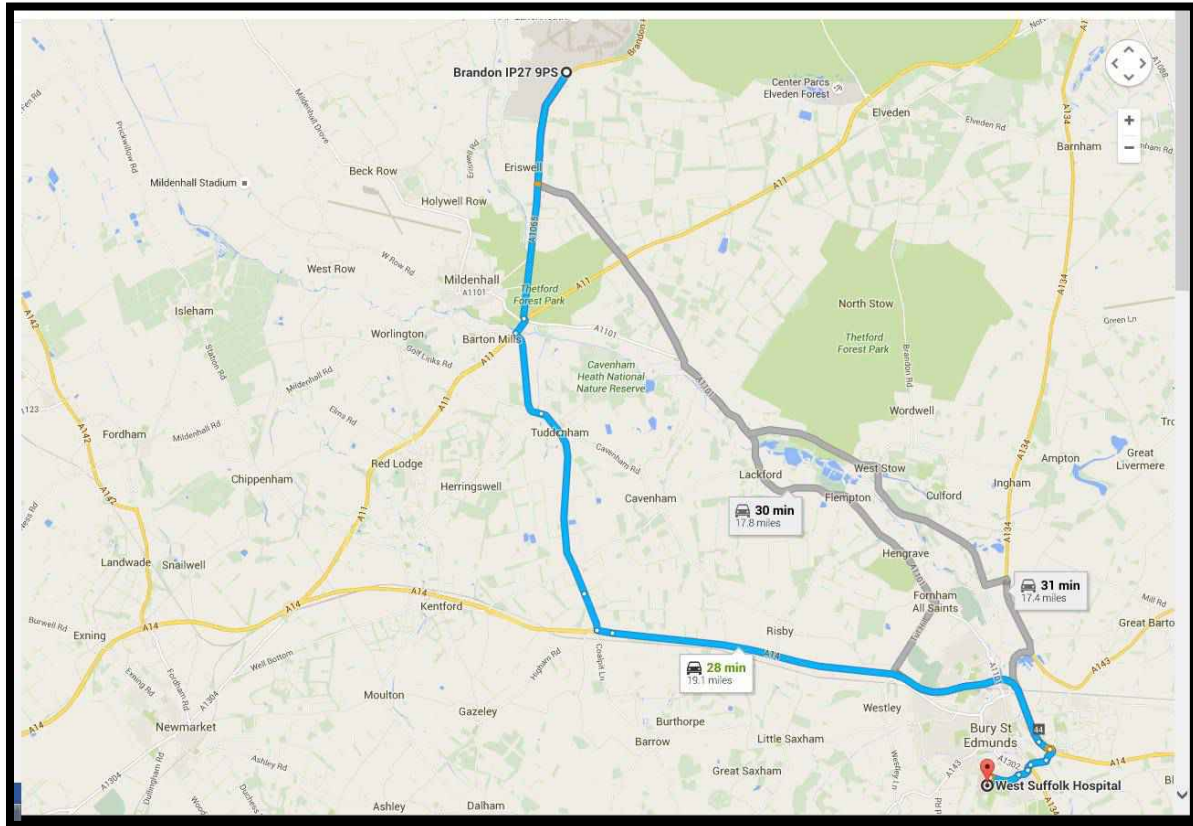
Local Area Map



RAF Lakenheath is located off of the A1065, approximately 12 miles from Newmarket

Directions to West Suffolk Hospital

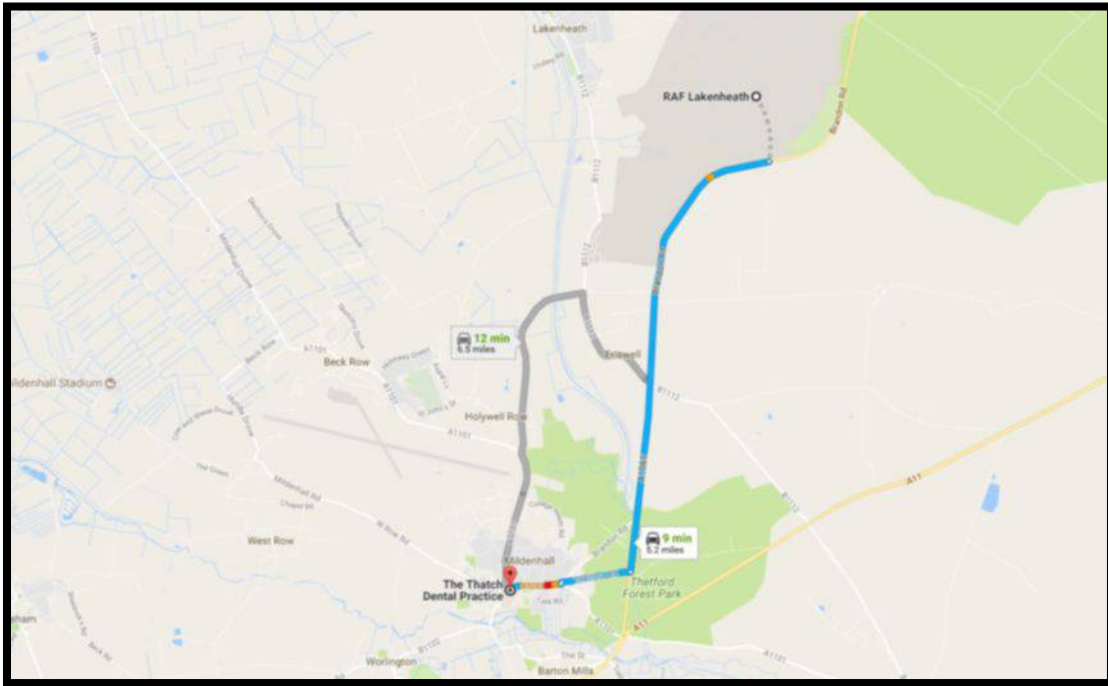
West Suffolk Hospital, Hardwick Lane, Bury St. Edmunds IP33 2QZ



- Exit Gate 1, RAF Lakenheath – turn right onto the A1065
- Follow the A1065 to “Fiveways” roundabout
- At roundabout take the 3rd exit onto the A11
- Turn left onto Tuddenham Road
- Road Name changes to High Street
- Road name changes to Cavenham Road
- Turn right onto The Street
- Bear right onto road
- Take slip road left for A14 towards Bury St. Edmunds
- At Exit 44, take slip road left for the A134 towards Sudbury/Bury St. Edmunds East
- At roundabout, take 3rd exit
- At roundabout, take 2nd exit onto A134/Rougham Road
- At roundabout take 2nd exit onto A1302/Cullum Road
- At roundabout take 2nd exit onto Wilks Road
- Road name changes to Hardwick Lane
- Turn left onto road
- Arrive at West Suffolk Hospital

Directions to the Thatch Dental Clinic

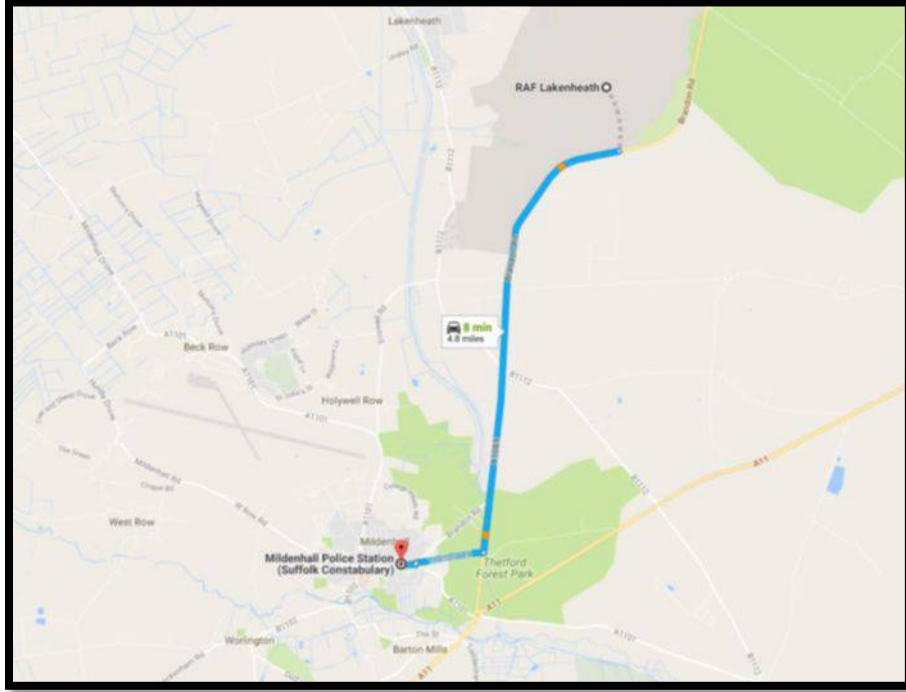
The Thatch Dental Clinic – 1 King St. Mildenhall IP28 7ES



Exit Gate 1, RAF Lakenheath – turn right onto the A1065
Turn right onto the Thetford Road
Turn left onto Brandon Road
At the roundabout, take the 2nd exit onto Kingsway/A1101
Turn left toward King St
Turn left onto King St
The clinic is immediately on your left opposite the War Memorial

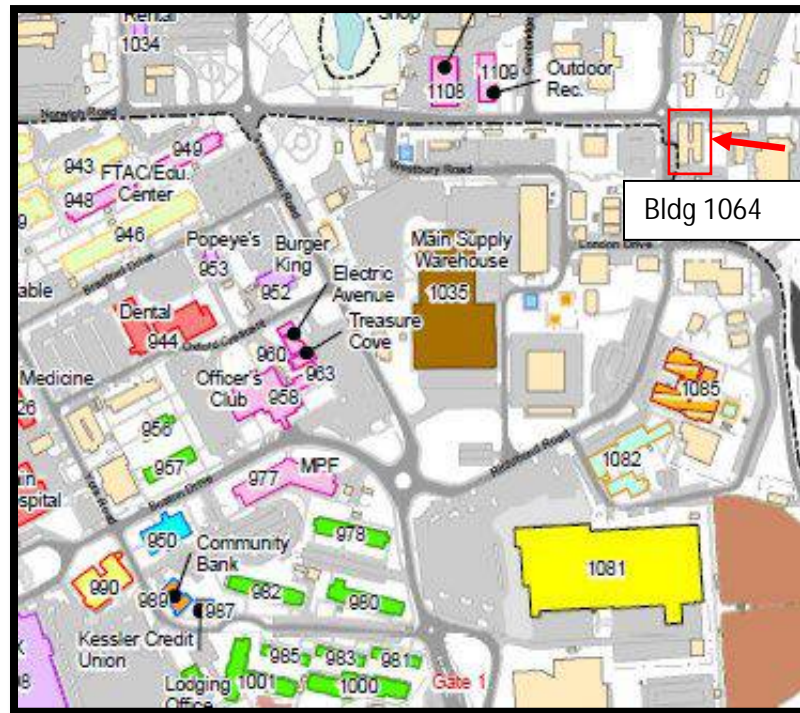
Mildenhall Police Station (Local)

Kingsway, Mildenhall, IP28 7HS



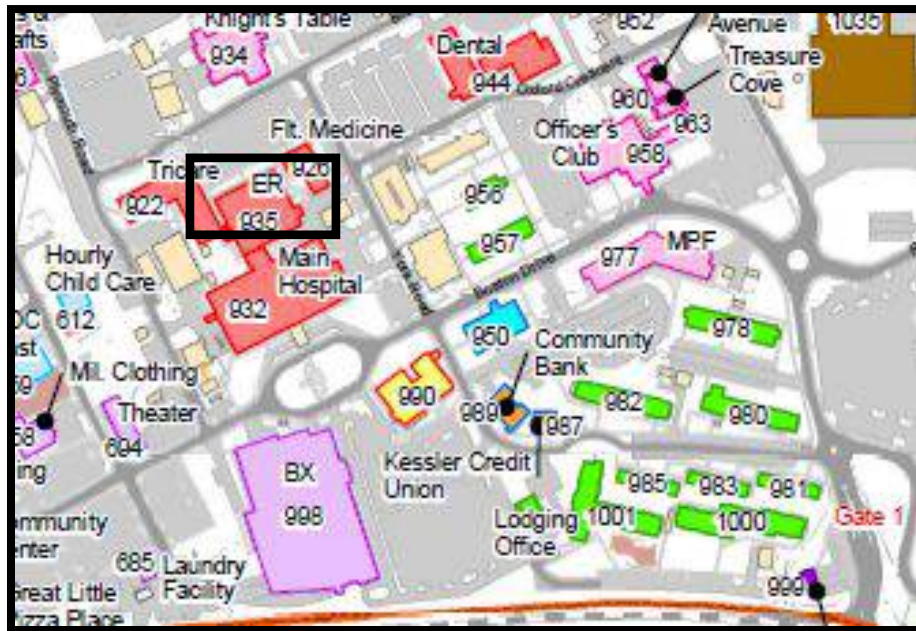
Exit Gate 1, RAF Lakenheath – turn right onto the A1065
Head west on Brandon Road
Turn Right onto Thetford Rd
Turn left onto Brandon Road
At the roundabout, take the 2nd exit onto Kingsway/A1101
Police Station will be on your right (before you reach the traffic light)

RAF Lakenheath Security Forces



From Liberty Lodge guest services department, turn left.
At intersection with Chapel, turn right onto Boston Drive.
At the roundabout, take the second exit onto Richmond Rd.
Follow Richmond Rd past the commissary and the Wing Headquarters buildings.
Security Forces Bldg. 1064 is on your right.

48 Med Group – Emergency Room (ER)



From Liberty Lodge guest services department, turn left.
At intersection with Chapel, proceed straight ahead.
48 Med Group ER, Bldg. 935 is on your left.



WHERE IN THE FSS?

If you see a knight, you are in the right place!



FOOD

- HOT PIT (DFAC) 1224
- KNIGHT'S TABLE (DFAC) 934
- THE LIBERTY CLUB (THE BISTRO & GRILL) 648
- THE PIZZA PLACE 670
- JUICE BROS 904
- LIBERTY WINGS 958
- MINISTRY OF MEAT 1320
- GRILL 48 657

FUN

- AUTO HOBBY COMPLEX (DIY) 1108
- AUTO HOBBY (TIRE & LUBE) 1030
- LIBERTY LANES BOWLING 657
- EVENT CENTER 958
- LIBRARY 907
- WOOD SHOP 1107
- PAGE COMMUNITY CENTER 900
- BRECKLAND PINES GOLF COURSE 1320
- THE ADVENTURE CENTER
INFORMATION, TICKETS & TRAVEL 1109
- OUTDOOR RECREATION 1109
- ARTS & CRAFTS CENTER 906



For facility hours, details and to see what's coming up:
WWW.LAKENHEATHFSS.COM

FAMILY

- CDC EAST 659
- CDC WEST 439
- YOUTH CENTER 250

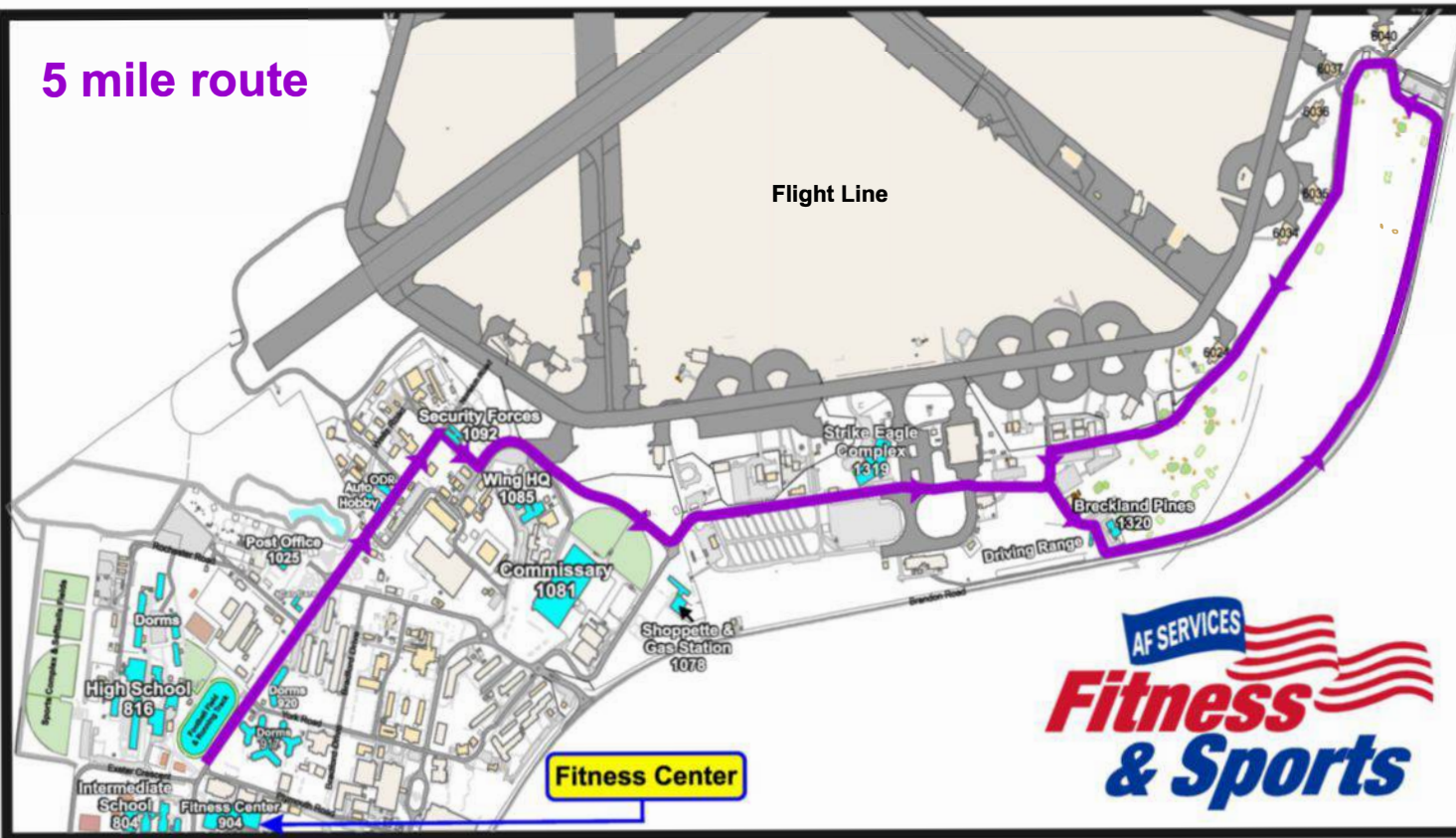
FORCE SUPPORT

- FSS BUILDING
- NAF HR 977
- VAT OFFICE 977
- MPF 977
- FITNESS CENTER 904
- POST OFFICE 1025
- ★ LODGING 984



LIBERTY VILLAGE

5 mile route

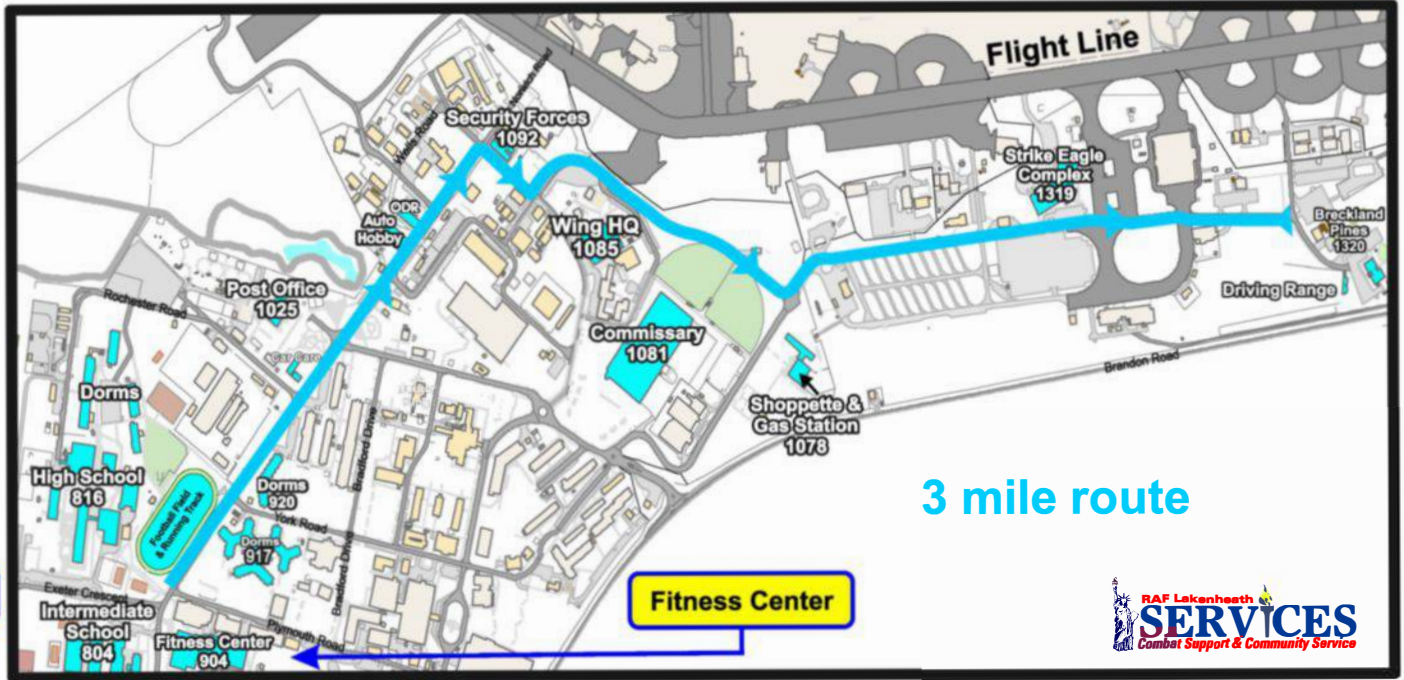
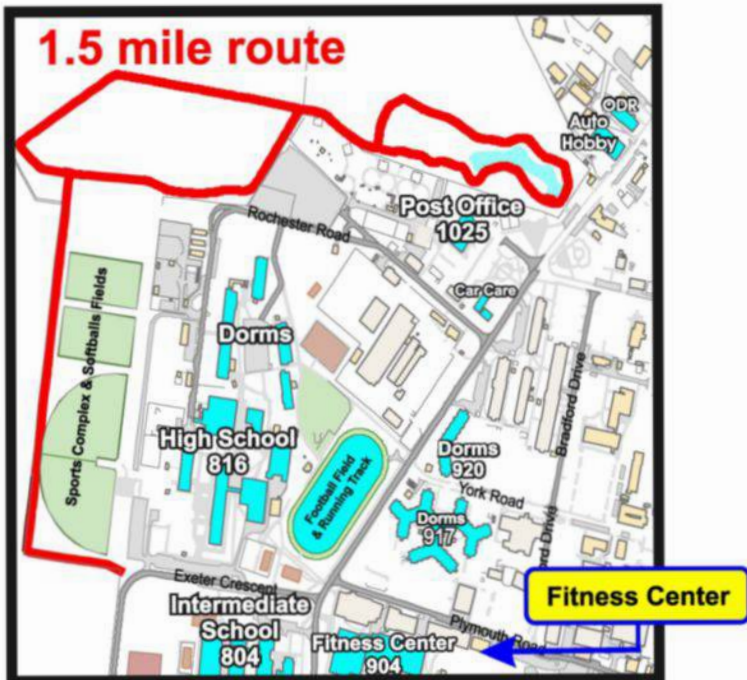


RAF Lakenheath Fitness Center Running Trails

Key

- 1.5 mile route
- 3 mile route
- 5 mile route

1.5 mile route














Welcome to RAF Feltwell



48 CES/CEPT
226-5588
11 OCT 2012

 AAFES	 FSS	 SFS Training Site
 CATM	 Housing	 Spiritual Life Center
 FMO	 School	 Veterinarian



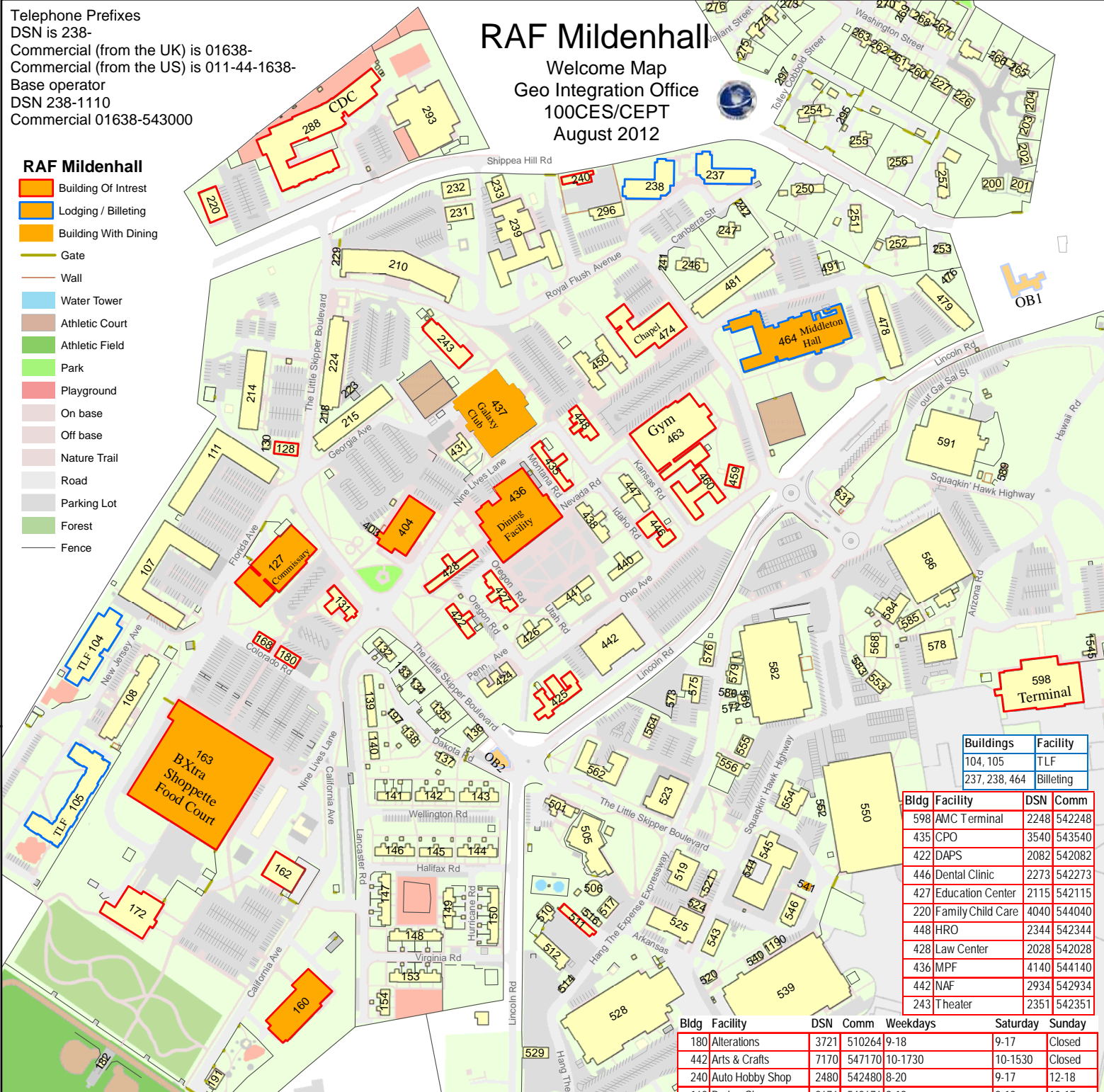
Telephone Prefixes
 DSN is 238-
 Commercial (from the UK) is 01638-
 Commercial (from the US) is 011-44-1638-
 Base operator
 DSN 238-1110
 Commercial 01638-543000

RAF Mildenhall

Welcome Map
 Geo Integration Office
 100CES/CEPT
 August 2012

RAF Mildenhall

- Building Of Intrest
- Lodging / Billeting
- Building With Dining
- Gate
- Wall
- Water Tower
- Athletic Court
- Athletic Field
- Park
- Playground
- On base
- Off base
- Nature Trail
- Road
- Parking Lot
- Forest
- Fence



Buildings	Facility
104, 105	TLF
237, 238, 464	Billeting

Bldg	Facility	DSN	Comm
598	AMC Terminal	2248	542248
435	CPO	3540	543540
422	DAPS	2082	542082
446	Dental Clinic	2273	542273
427	Education Center	2115	542115
220	Family Child Care	4040	544040
448	HRO	2344	542344
428	Law Center	2028	542028
436	MPF	4140	544140
442	NAF	2934	542934
243	Theater	2351	542351

Bldg	Facility	DSN	Comm	Weekdays	Saturday	Sunday
180	Alterations	3721	510264	9-18	9-17	Closed
442	Arts & Crafts	7170	547170	10-1730	10-1530	Closed
240	Auto Hobby Shop	2480	542480	8-20	9-17	12-18
163	Barber Shop	2676	542676	9-19	9-19	10-17
163	Beauty Shop	2977	542977	9-19	9-17	11-16
459	Billeting Reception	6001	546001	24 hours	24 hours	24 hours
127	Bookmark		714976	10-20	10-20	11-1930
160	Bowling Center	2348	542348	11-23	11-23	11-23
163	BXtra	2961	581201	9-20	9-20	9-20
511	Car Care Center	2774	713032	730-18	8-17	Closed
288	CDC	2042	542042	630-18	Closed	Closed
127	Commissary	2475	542475	10-19(M Closed)	10-19	Closed
436	Community Bank	2850	542850	9-1530 (F 930-1630)	Closed	Closed
404	Community Center	2579	542579	7-21 (F 7-23)	9-23	9-21
180	Dry Cleaning	3752	717906	9-18	9-17	Closed
168	IT&T	2630	515577	10-16	Closed	Closed
131	Keesler FCU	2686	515717	830-16	Closed	Closed
128	Laundromat			24 Hours	24 Hours	24 Hours
425	Library	2352	542352	930-20 (F 930-19)	12-18	12-18
162	Outdoor Rec	4283	544283	10-17	10-15	Closed
172	Post Office	2151	542151	930-17 (Th 8-14)	10-13	Closed
163	Shoppette		581204	24 hours	24 hours	24 hours
442	Sports Store	2644	542644	10-1730	10-1530	Closed

EATING & DRINKING

Bldg	Facility	DSN	Comm	Weekdays	Saturday	Sunday	Payment
163	Baskin Robbins	7042	581226	1030-21	1030-21	1030-20	\$, E, CC
160	Bowling Center	2348	542348	11-23	11-23	11-23	\$, E, CC
163	Burger King	7042	581226	6-21	6-21	7-20	\$, E, CC
127	Commissary	2475	542475	10-19	10-19	Closed	\$, CC
404	Daily Grind	7178	547178	630-19	9-15	9-15	\$, E, CC
436	Dining Facility	2689	542689	6-8, 11-13, 16-1830	7-13, 16-18	7-13, 16-18	\$
437	Galaxy Room	2683	542683	11-13 (Th 17-20, F 17-21)	17-21	Closed	\$, E, CC
464	Middleton Hall	2606	542606	Last Th 1730-20	Closed	10-14	\$, E, CC
437	NYPD	2795	542795	11-21	11-21	15-21	\$, E, CC
163	Pizza Hut	7042	581226	1030-2100	1030-2100	1030-2000	\$, E, CC
437	Roadhouse Grill	2795	542795	11-14	Closed	Closed	\$, E, CC
127	Subway	None	718899	10-20	10-20	11-1930	\$, E, CC
163	Taco Bell	7042	581226	1030-21	1030-21	1030-20	\$, E, CC
OB1	Bird In Hand	None	713247	10-23 (F 10-24)	10-24	11-2230	E, CC
OB2	Mickey's	None	712062	10-19	10-17	Closed	\$, E, CC

Area Attractions

Tourist Information Centers

Wherever you go in Britain, tourist information centers can assist with accommodation, suggest places to visit, identify things to do, or advise you on local transport. Each center has free brochures and pamphlets; alongside maps and guides to purchase. For a listing of all tourist information centers visit the Community Relations Advisor's office or visit the Information, Tickets, and Tours (ITT) office on base in building 960.

London

There is so much to see in London that it's impossible to list all of the major attractions. For newcomers, one of the most economical ways to see London is on a one-day bus tour through the ITT Office.

Buckingham Palace

Buckingham Palace has served as the official London residence of Britain's sovereigns since 1837. The state rooms are open to visitors in August and September. Here you can see the changing of the guard ceremony (daily at 1130 hours Apr – Oct and every other day from Nov-March). Outside the main palace gates you will find the Queen Victoria Memorial. You can also visit the Royal Mews where the state coaches and ceremonial horses are on permanent display.

Houses of Parliament

The Houses of Parliament contain both the House of Lords and the House of Commons, the seat of British government as well as Big Ben, the famous 13-ton bell in the 320-foot clock tower.

Kensington Palace

Kensington Palace was the residence of the late Diana, Princess of Wales. Kensington Palace was the birthplace and childhood home of Queen Victoria. The palace currently houses offices and the royal family's private apartments.

Madame Tussauds

Madame Tussaud, a friend of Louis XVI's sister, arrived in England in 1802 after fleeing the French revolution. She brought with her a collection of death masks of guillotined aristocrats. First opened in The Strand, Madame Tussauds waxwork exhibition was later moved to Marylebone Road. Madame Tussauds continued to grow as its creator added to her collection models of English murderers and body snatchers. Today you will find models of sports personalities, musicians and film stars, statesmen from around the world, and even the royal family.

Piccadilly Circus

One of the most famous spots in London, Piccadilly Circus is well worth the visit. Here the statue of Eros stands shooting his arrow into Regent Street. This is also where the "West End" starts, famous for its theaters, restaurants, and nightclubs. China Town, located south of

Shaftsbury Avenue, has many fine restaurants and shops. The Chinese New Year is celebrated here with street decorations and processions in January or February each year.

St. Paul's Cathedral

Sir Christopher Wren, the famous architect of this magnificent cathedral is buried in its crypt. The cathedral was the setting for the royal wedding of Prince Charles to Lady Diana Spencer. Climb to the top of the dome to reach the whispering gallery and for a spectacular view of London.

Tower of London

Once a fortress, royal residence and jail, the tower is now the home of the crown jewels. It was here that Anne Boleyn was executed, Guy Fawkes interrogated, and Richard II and Elizabeth I incarcerated. Many famous people have ended their days locked away here. Three English queens were "privately" beheaded within these walls in deference to their fair sex.

Westminster Abbey

An architectural masterpiece, the Abbey has long been used for occasions of state and royal pageantry. It also houses the Winston Churchill memorial and the tomb of the Unknown Warrior.

US Embassy

The Embassy of the United States of America in London is the diplomatic mission of the United States of America in the United Kingdom. Since 1960, it has been located in the London Chancery Building in Grosvenor Square, Westminster.

OUTSIDE LONDON

Windsor Castle

Windsor Castle is the official residence of the Queen and the largest occupied castle in the world. A royal palace and fortress for over 900 years, it remains a working palace today. Furnished with treasures from the royal collection, it includes paintings, tapestries, porcelain, sculpture, and armor. St. George's Chapel is the burial place of ten sovereigns and home to the Order of the Garter.

Belvoir Castle

Home of the Duke and Duchess of Rutland, the castle houses interesting military relics, paintings and portrays a fascinating story of knights, witches, cavaliers and Roundheads. Medieval jousting tournaments are held during the summer and most bank holidays.

Cambridge American Military Cemetery & Memorial

A cemetery for military personnel killed during World War II. It contains a visitors' reception building, information area, grave area and memorial chapel.

Dartford Imperial War Museum

A former Battle of Britain fighter station, it includes hangers dating from World War I. It houses an outstanding collection of over 150 historic aircraft from biplanes and spitfires to supersonic jets.

Dover Castle

Standing atop the White Cliffs, Dover Castle has withstood the test of time remarkably well. Hidden deep inside the famous White Cliffs, and under Dover Castle, are a vast network of underground tunnels, first constructed in the Middle Ages. This massive underground complex played a critical role in the Second World War. Tour the underground tunnels.

Leeds Castle

Set in 500 acres of parkland in the midst of the Kent countryside, this castle is renowned for its beautiful setting on a small island in the middle of a lake. Much of the castle was restored and rebuilt in the 19th century, and many of the lavishly decorated rooms are open to the public.

Sandringham House

Sandringham House, set in the Norfolk countryside, has been the private home for four generations of Sovereigns since 1862. This much-loved country retreat is where the Queen spends Christmas. The family makes it their official base until February of each year. Sandringham house, the museum and grounds are open to visitors.

Stonehenge

This famous stone circle, set in the middle of Salisbury Plain, is one of the most famous prehistoric monuments in Europe. Great Saracen Stones (huge sandstone boulders) were dragged from the Marlborough Downs, twenty miles north, and erected as they are today – in an outer ring with lintels, and inner horseshoe of five pairs of uprights with lintels.

Stratford-Upon-Avon

Set in the Warwickshire countryside, Stratford-upon-Avon is the birthplace of William Shakespeare. Visit Shakespeare's birthplace, Anne Hathaway's cottage or take time to experience the Bard's works in one of the local theaters.

West Stow Saxon Village

A thoroughly researched archaeological site, it consists of five complete reconstructions of buildings, an information display, information point and visitor center.

EAST OF ENGLAND

The East of England region is based around the ancient kingdom of East Anglia, originally made up of North Folk (Norfolk) and South Folk (Suffolk). Home to RAF Lakenheath, the region is joined by Essex, Cambridgeshire, Hertfordshire, and Bedfordshire. The area is easily recognized on the map as the bump on England's eastern side. The area is within easy reach of London, and has been an important gateway to Britain since Roman times.

Blakeney

An attractive village and small port at the mouth of the River Glaven, which in summer is busy with yachts and pleasure craft. Narrow lanes of flint cottages, a fine church, and the medieval guildhall add to the scene. Boat trips to Blakeney Point to see the seals are also available.

Bury St. Edmunds

Named after St. Edmund (the Saxon King of England), this ancient market town played an important part in English history. It was here in 1214, that the barons of England vowed to extract from King John the concessions set forth in the "Magna Carta." Bury is also noted for its award winning gardens, Georgian theatre, and the smallest pub in Britain, "The Nutshell."

Cambridge

Cambridge is renowned for its colleges—the first founded in 1284. The University of Cambridge is comprised of 31 colleges and has a rich and illustrious history as one of the oldest and most respected universities in the world. Tour the colleges that inspired Darwin, Newton, AA Milne, Wordsworth, John Cleese, and Eric Idle. Enjoy a walking tour of the city; go punting down the River Cam past "The Backs" [of the colleges]; tour Trinity College Chapel, climb to the top of St. Mary's tower, or have tea at a quaint tea room just off market square.

Ely

One of England's most beautiful cities, Ely is dominated by its spectacular cathedral. Narrow streets and lanes are lined with historic buildings, such as the former home of Oliver Cromwell—now a visitor center. Sweeping parkland leads to the attractive riverside area with its marina and antique shops.

Lavenham

One of England's best preserved medieval towns—it still boasts the crooked half-timbered medieval cottages epitomized in famous paintings. Older buildings are centered around the market place with its 16th century guildhall and market cross.

Newmarket

Associated with horses and royalty since Queen Boadicea, every aspect of the horseracing industry is in evidence here.

Norwich

East Anglia's capital and an excellent example of a medieval city in Britain. Surrounded by its old walls are 1,500 historic buildings and an intricate network of winding streets and lanes, such as cobbled Elm Hill. Norwich is dominated by its magnificent cathedral and an impressive 12th century castle keep. Norwich has excellent shopping, and a lively cultural scene with museums, galleries, theatres, restaurants, and pubs.

LOCAL MARKETS & EARLY CLOSING

One of the more unusual customs in England is early closing day for shops, normally in small market towns. In larger towns, shops close for one whole day per week, usually Monday or one day during the week. In places like Norwich, shops stay open six or seven days a week. One other item to remember when shopping in a small market town; some shops close between the hours of 1300 until 1400 for lunch.

Town	Early Closing Day	Market Day
Attleborough	Wednesday	Thursday
Bedford	Thursday	Wednesday & Saturday
Brandon	Wednesday	Thursday & Saturday
Bury St. Edmunds	Thursday	Wednesday & Saturday
Cambridge	Monday & Thursday	Daily (except Sunday)
Colchester	Thursday	Saturday
Ely	Tuesday	Thursday
Ipswich	Wednesday	Mon, Tue, Fri, Sat
King's Lynn	Wednesday	Tuesday, Friday, Saturday
Lakenheath	Wednesday	None
Long Melford	Wednesday	None
Mildenhall	Thursday	Friday
Mundford	Wednesday	None
Newmarket	Wednesday	Tuesday & Saturday
Norwich	Thursday	Daily (except Sunday)
Peterborough	Monday & Thursday	Tues, Wed, Fri & Sat
Saffron Walden	Thursday	Tuesday & Saturday
Stowmarket	Tuesday	Thursday & Saturday
Sudbury	Wednesday	Thursday & Saturday
Thetford	Wednesday	Friday

Television & Radio Stations

Television Stations*

<i>Panasonic</i>	<i>All other brands</i>	
<u>Channel</u>	<u>Channel</u>	<u>Station</u>
0	1	AFN Sports
1	2	AFN Atlantic
2	3	AFN Spectrum
3	4	AFN Pacific
4	5	AFN News
5	6	AFN Xtra
6	7	AFN Schedules
7	8	Pentagon Channel
8	9	AFN Family
9	10	AFN Movie

****Please do not try to tune your television yourself.** If there is a problem with your reception please report it to the front desk by dialing “0” or 226-6700.

FM Radio Stations

BBC Radio 1	Top 40 Music	Channel 98-101
BBC Radio 2	Jazz, Folk, Country and R&B	Channel 88-91
BBC Radio 3	Classical Music	Channel 90-93
BBC Radio 4	History & Talk Radio Forum	Channel 93-95

Travel in the United Kingdom

RAF Lakenheath to Major Airports

[From Gatwick](#)

Average 2.5 hr. drive (114.5 m)

[From Heathrow](#)

Average 2 hr. drive (110 m)

[From Stansted](#)

Average 50 min. drive (55 mi)

Driving Regulations:

Driving regulations are outlined in the [Highway Code Book](#), available online or for purchase at the shoppette. In Britain, you must drive on the left and pass on the right. The wearing of seat belts is mandatory for all occupants. Unless signs indicate otherwise, the speed limits are 30 mph in built up areas, 60 mph on single carriageways and 70 mph on dual carriageways and motorways. When entering a roundabout, the person in the round-about has the right of way.

Parking Vehicles

The universal blue “P” sign shows a car park or “lay-by” at the side of the road where you can park (sometimes free). In the centers of many towns, parking on the street is allowed only at the meters on pavement. Where a single continuous yellow line is painted parallel to the curb, parking is prohibited during the hours shown. Never park on the double yellow line or the zigzag white lines near a pedestrian crossing. Most towns have off-street car parking for a fee.

Road Network

The 1,700-mile motorway system links main cities. Motorways are colored blue on maps, have blue signs and are marked with a prefix “M.” Speed limit is 70 MPH. Trunk roads link principal towns and cities and can bring you into the more remote parts of the country. They are colored in red on maps and are marked with the prefix “A.” The speed limit is 60 MPH. Minor roads are used for the intricate web of communication between every small town and village. These roads are marked with the prefix “B” and minor roads will be colored brown or yellow. Speed limit is 60 MPH unless posted otherwise. All town roads are 30 MPH, unless otherwise posted.

Public Transportation

Network Rail operates 14,000 trains a day, serving over 2,000 stations throughout Britain. The main London railway stations for our region are Liverpool Street and King Cross. The closest train station to the base is in Brandon; however, both Bury St. Edmunds and Cambridge have more frequent departures. Bury St. Edmunds is approximately 20 minutes away and Cambridge is approximately 40 minutes away.. A vast intercity network of trains links all the major cities, with frequent departures during the main part of the day. All intercity trains have both standard (economy or 2nd class) and first class accommodations. First class offers wider seating and more spacious accommodations. Main railway services are offered in Cambridge, Bury St. Edmunds, Ipswich, Brandon, Norwich and Ely. The train ride from Cambridge to London takes approximately one hour and 30 minutes. You may purchase tickets at the railway station or contact the railway service at 0345-484950 for assistance. Bus service to London and the major airports in London is available from the bus station in Mildenhall village. Tickets can be purchased on line at www.nationalexpress.com.

Driving in the UK

If you are not used to driving in the UK, we recommend you wait until you're over jet lag before you get behind the wheel. Rental cars are available at all major airports and in the RAF Lakenheath local community. To rent a car, valid stateside and international drivers licenses are required. Roundabouts are a challenge to first-time UK drivers. Remember that the person inside the round-about has the right of way and must signal when leaving the round-about. The car entering the roundabout shall yield until the way is clear.

DWI/DUI Awareness

In England, the legal blood alcohol limit is .08

Driving Terms Translated

United States

Yield
Highway (interstate)
Street/Road (2 lane/4 lane, etc.)
Traffic Circle
Passing
Residential
Trunk (of vehicle)
Hood (of vehicle)
Tires
Truck
Pedestrian Crossing

British

Give Way
Motorway
Carriageway (single or dual)
Roundabout
Overtaking
Built Up Area
Boot
Bonnet
Tyres
Lorry
Pelican and Zebra Crossings

Pedestrian Crossings

Safe use of crosswalks is both a motorist and a pedestrian responsibility. Be extra cautious when children use the crosswalk. Bicyclists should walk their bicycles across the street.

Zebra-Crossing

The most common crossing in the UK. When a pedestrian steps onto the crossing, vehicles must STOP. However, as a pedestrian, do not cross the road until the vehicle has come to a stop. The zigzag lines indicate that a motorist must not park within the confines of those lines, nor overtake other vehicles in that area.

Pelican Crossing

This type of pedestrian crossing is controlled by signal lights which are activated by pedestrians. Vehicle drivers must observe the signal lights at the crossing.

School Buses

There are different rules for vehicles approaching school buses in the UK than in the US.

- Other vehicles are **NOT REQUIRED** to stop when a bus is loading and unloading children.
- School buses are **NOT** yellow. They may be standard touring buses.
- The bus driver's view of children around the outside of the bus is more restricted.

Traffic Box Junctions

A yellow grid box painted on the road surface at a junction or an intersection indicates a traffic box junction. You must not enter the crosshatched box unless your desired destination road or lane from the box is clear enough to allow you to pass completely through without stopping.

Airport Transit

Travel Delays

Delays are common during travel between airports due to traffic congestion, and/or accidents dictating rest stops for the driver. For each 4 ½ hours of driving, a 45 minute break must be taken. Please allow time for potential delays within your travel schedule.

Heathrow Airport/Gatwick Airport/Stansted Airport

There is no longer a scheduled shuttle between RAF Lakenheath and any of the airports. Individuals on official travel can arrange for a taxi through the traffic management office (TMO). Arrangements should be made prior to departing the area. Once a taxi arrangement has been made should you need to make adjustments, call TMO at DSN: 226-1854 or commercial at 01638 421854.

TMO Passenger Hours

TMO is open weekdays, excepting Wednesdays from 0730-1630. On Wednesday, hours of operation are 0900-1630. In an emergency contact vehicle dispatch at 01638 524843 or 01638 523620.

Taxi/Car Rental

TAXI

Phoenix Taxi 226-2306
M & L Taxi 01638-712261

CAR RENTALS

AAFES Car Rental 226-3050
Budget Car Rental 01638-717474
Hertz Car Rental 01638-717254

This listing is a sampling of taxi and rental car companies available in the local area and is not intended as USAF or Liberty Lodge endorsement of these businesses.