

To ensure pickup,  
please phone booking by:

<b>AM</b>	<b>PM</b>
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**Temple Quay /  
Bedminster**  
Your local Courier Franchisee



**Abbas  
Ishaq**  
**07830 167 530**

Area	AM	PM
Knowle / Hengrove	08:15 - 09:45	13:30 - 14:00
Ashton	09:15 - 09:45	14:15 - 14:45
Clifton Village / Hotwells	09:45 - 10:15	14:45 - 15:15
Bedminster	10:15 - 11:00	15:15 - 16:00
Temple Quay	11:00 - 12:00	16:00 - 17:00

### The Fastway difference:

- **Economic** - consistently competitive pricing
- **Reliable** - twice daily pick up and delivery
- **Easy** - prepaid labels and flat rate pricing

[www.fastwaycouriers.co.uk](http://www.fastwaycouriers.co.uk)  
Track & Trace  
your parcel - 24hours



Abbas Ishaq - Fastway Courier Franchisee, Fastway Couriers (Bristol & Bath)  
This business is independently owned

**Visit our website at: [www.fastwaycouriers.co.uk](http://www.fastwaycouriers.co.uk)**