

Directions

My practice in Kendal is in a quiet residential street situated between the banks of the River Kent and the Castle and a short walk from the market town centre.

Practice address

14 Sunnyside, Kendal, LA9 7DJ

Phone

07899 856518

TRAVEL BY RAIL

The practice is 15 minutes walk from Kendal railway station with Oxenholme Lake District (on the west coast mainline) a short taxi ride away.

1. Alight at Kendal railway station.
2. Leave the station and head South towards the town centre and the river.
3. At the bridge turn left and follow the path alongside the river. Pass the footbridge and continue past the Scout Hut with the river behind the trees on your right.
4. As you come out onto Aynam Road continue alongside the river until you reach a pedestrian crossing and footbridge on your right.
5. Take the next left signposted "Parr Street leading to Sunnyside" and "Kendal Castle." Continue up the road, over the old canal bridge and onto Sunnyside.
6. My practice is at number 14 - about half way up on your left with blue paintwork.

TRAVEL BY CAR

Kendal has an efficient one way system so any route in will work if you head towards the town centre and then leave Kendal heading South for the A6 (step 4 below). Directions from the motorway:

1. From the M6 take **junction 37** (the northerly exit for Kendal). Drive past wind turbines and carry on following the **wiggly road into Kendal** for about 15mins. On the descent into Kendal, you will notice the Castle Green Hotel on your right.
2. Continue into Kendal, **under a railway bridge** (Castle Street) which then directs you right onto Ann Street, left onto Stramongate and over the bridge.
3. Follow the road as it swings you round onto **New Road** (alongside the river on your left and passing a car park) then takes you over another narrow bridge.
4. Drive down **Aynam Road** heading south towards the A6, the river on your right.
5. Take the third left, just after Queen Katherine Street, Lakeland Lawnmowers and a pedestrian crossing and footbridge over the river. It is signposted "**Parr Street leading to Sunnyside**" and "Kendal Castle." Continue up the road, over the old canal bridge and onto Sunnyside.
6. My practice is at **number 14** - about half way up on your left with blue paintwork. There is free parking adjacent to the practice.

ACCOMMODATION SUGGESTIONS

If you are coming from a distance and would like to stay in the area overnight you can select from a variety of suggestions including great value and recommended B&B's, campsites and self-catering options at www.valleytraining.co.uk/accommodation