

**DIRECTIONS to Cumbria Therapies:**

**24 Norfolk Road  
Carlisle  
CA2 5PQ**

**Tel: 01228 409090**



**Cumbria Therapies**

**Notes:**

- ***We are directly opposite Greysteads Hotel – a local landmark on Norfolk Road. Most people you ask will know where it is.***
- ***Please park in front of the centre if possible. Parking is unrestricted. Park anywhere in front of the brown fence or on the other side of the road in front of Greysteads. If you have to park further down the street then please don't block anyone's driveway. If in doubt please check when you arrive.***
- ***If you look at a map you'll expect to be able to turn into Norfolk Road off Dalston Road. You can't, it's blocked. Use Nelson St. or Percy Road instead.***

**Walking/On foot from the Railway Station (20/25 mins walk):**

1. From the main exit of the railway station go straight ahead up to Botchergate and then cross left onto English Street.
2. You'll see several bus stops ahead of you. Walk to the end of them and to the corner (opposite Nat West bank) on Victoria Viaduct.
3. Turn left onto Victoria Viaduct and walk down to the pedestrian crossing before the traffic lights. Cross over there and onto the next bridge (Nelson Bridge).
4. At the next pedestrian crossing cross over again down into Denton St. (not down past Lidl). Walk down past the shops in Denton Holme.
5. At the end of the shops turn right into Norfolk St. and continue up the hill until you reach St James' church on your right.
6. Go straight over the mini roundabouts into Norfolk Rd.
7. Cumbria Therapies is No 24 and is the last building on the right-hand side – opposite Greysteads hotel

**Rail Travellers / Taxis:**

From the main exit of the railway station, walk to the left-hand side of the station car park.

**Taxis are usually waiting just across the road from the station car park.**

**City Taxis number: 01228 520000      Carlisle Drivers number: 01228 515818**

**Rail Travellers / Buses:**

From the main railway station exit go straight ahead and then left up towards the shops. The Bus Stops are on the left-hand side of English Street.

**Buses: (Principal provider is StageCoach)**

- **Number 62 and 62A (every 20/30 mins)** from the city centre stop on Ferguson Rd. about - 50/100 metres from the bottom of Norfolk Rd. From Ferguson Rd. walk down to the roundabout/church and turn left onto Norfolk Rd.
- **Number 69 (hourly between 9.15am and 2pm approx)** stops on St James' Rd. and Richardson St
- **Number 75 (hourly)** stops on Dalston Rd. just at the side of the centre. Walk up to the white gate blocking the road and turn left into Norfolk Rd. Cumbria Therapies is the first building on the left-hand side – opposite Greysteads hotel.

**Links:**

<http://www.stagecoachbus.com/>

<http://www.cumbria.gov.uk/roads-transport/publictransport/busserv/timetables/default.asp>

**From the North/M74 (M6 junction 44) and from the Borders:**

1. From Junction 44 take the exit for Carlisle and follow the main road for about 2 miles down to a large roundabout with the Sands Leisure Centre on your left.
2. Take the 4<sup>th</sup> exit following signs for the West. This will take you straight onto a short section of dual carriageway and past the Castle on your right.
3. Follow signs for Dalston and the Crematorium and at the end of the dual carriageway turn left at traffic lights into Shaddongate/Dalston Rd.
4. Take the right-hand lane at the traffic lights at the big chimney (Dixons chimney) and go straight on.
5. Turn 2nd left just after the pedestrian crossing lights into Nelson St, then first right into St James Rd.
6. Continue along St James Rd until you reach St James church and turn right at the double mini-roundabout into Norfolk Rd.
7. Cumbria Therapies is No 24 and is the last house on the right-hand side – opposite Greysteads hotel

**From West Cumbria:**

1. Follow Wigton Rd down to the roundabout at McVities factory.
2. Go straight on to the dual carriageway, take the right-hand lane and turn right at the traffic lights into Shaddongate/Dalston Rd.
3. Then as 4 to 7 above.

**From the East (M6 junction 43)/Newcastle:**

1. Take the exit for Carlisle and follow the main road (Warwick Rd.) into Carlisle city centre following signs and road markings for 'City Centre'
2. As you reach the centre (just past the Cinema and Post Office) take the middle lane (road-marked 'South and West' and 'Railway Station') and fork left at the traffic lights
3. Follow that lane to the next set of lights and turn right
4. Stay on the left-hand lane past the bus rank (road-marked 'West')
5. Turn left at Woolworths/traffic lights
6. Go over the first bridge and filter onto the middle lane to the second bridge
7. Filter left at the second bridge and down past the shops in Denton Holme
8. At the end of the shops turn right into Norfolk St. and continue up the hill until you reach St James' church on your right
9. Go over the mini roundabouts straight ahead into Norfolk Rd.
10. Cumbria Therapies is No 24 and is the last house on the right-hand side – opposite Greysteads hotel

**From the South (M6 junction 42):**

1. Take the exit for Carlisle and follow London Rd. for about 3 miles into town
2. London Rd. leads on to Botchergate
3. Go straight on at the traffic lights at the top of Botchergate
4. Stay on the left-hand lane past the bus rank (road-marked 'West')
5. Turn left at Woolworths/traffic lights
6. Go over the first bridge and filter onto the middle lane to the second bridge
7. Filter left at the second bridge and down past the shops in Denton Holme
8. At the end of the shops turn right into Norfolk St. and continue up the hill until you reach St James' church on your right.
9. Go over the mini roundabouts straight ahead into Norfolk Rd.
10. Cumbria Therapies is No 24 and is the last house on the right-hand side – opposite Greysteads hotel

**From the South (M6 junction 42) – scenic route avoiding city centre via Dalston:**

1. Leave the M6 Motorway at Junc. 42
2. Take the first left and follow signs for Dalston and Carlisle Race Course
3. After 2 miles you will come to a crossroads at Durdar  
[Black Lion Inn on right]
4. Go Straight over at the (slightly staggered) crossroads and follow this road for 3 miles, through the narrow bridge to the T- Junction on a bend  
[Bridge End Inn opposite and garage on left]
5. Turn right following signs for Carlisle and go through the village of Dalston to Carlisle
6. After about 3-4 miles you will see the Pirelli factory on your right and enter a 40mph zone.  
[Cemetery and Crematorium on right]

**From the South (M6 junction 42) – scenic route avoiding city centre via Dalston continued:**

7. You are now on 'Dalston Rd.' and you will then enter a 30mph zone.
8. The 3<sup>rd</sup> road on the right after the cemetery should be Percy Rd.
9. Turn right into Percy Rd., go to the end and turn left into Ferguson Rd.
10. Turn 1<sup>st</sup> left at the double-mini roundabout (and St James' church) into Norfolk Rd.
11. Cumbria Therapies is No 24 and is the last house on the right-hand side – opposite Greysteads hotel

**Location of Cumbria Therapies:**