

Natural Medicine Clinic Ltd

Phone 01-2880352 or 01-2090072

Directions to I, Leopardstown Drive, Stillorgan, Co. Dublin

GPS coordinates 53° 16' 39" N ; 6° 11' 46" W

If Approaching from N2, N(M)3, N(M)4, N(M)7, N81 and M50 by private transport

Travel on M50 motorway going south, keep to the left lane after exit 13 because it is easy to miss exit 14.

Take **Exit number 14** (N31), signed for Dun Laoghaire, leading to a roundabout.

Take the 2nd exit from the roundabout, signposted for R113 and Dun Laoghaire/Leopardstown, after the exit for the ESB depot

You will join a wide new road with tall buildings including **Bewleys Hotel**, leading to a large roundabout. (Leopardstown Roundabout) with the Luas bridge over it. **Skip to Paragraph B below**

From Killiney/Ballybrack

Take the N11 north towards the city. Continue past Foxrock church on your right and straight through Whites Cross junction. At the next set of traffic lights take the left turn at the Brewery Road junction **Skip to Paragraph A**

From Blackrock

If you travel via Stillorgan, travel south on the N11 as far as the Brewery Road junction and turn right **Go to paragraph D –Brewery Road**. If you travel via Newtown Park Avenue turn right at the junction with the N11 (White's Cross) and travel towards the city as far as the next crossroads, turn left up Brewery Road. **Go to Paragraph D**

From Dun Laoghaire, Dalkey

Go to the N11 and travel towards Dublin. Go straight through White's Cross, do not turn left for Sandyford. Go to the next Crossroads and turn left for Brewery Road. **Go to Paragraph D**

If approaching from the N(M)11, (South East)

Continue on the M11 which brings you directly on to the M50 going north. **Go to Paragraph A**

Paragraph A

Take exit number 13 on the M50, which is signed for Sandyford. At the roundabout take first left (signed for Leopardstown), then first left again, at the crossroads and first left for a third time, and this takes you over the M50 which you have just left.

This bridge takes you to a roundabout. Be careful not to take the first exit, which is the entrance to the M50. Take the 3rd exit, which is on the far side of the roundabout, direction Dun Laoghaire (R113). You will join a wide new road with tall buildings including Bewleys Hotel, leading to a large roundabout (Leopardstown Roundabout) **Continue Paragraph B**

Paragraph B

Take the second exit from this roundabout which is signposted for Stillorgan and Dun Laoghaire (N31). This is Brewery Road, continue to the 2nd set of traffic lights at the junction of the Leopardstown Inn. Turn right into Leopardstown Avenue. Then take next right, then next left to Leopardstown Drive. No. 1 is the first house on right, brass plate on gatepost.

If approaching from the M1 and Dublin Airport

The Port Tunnel is very convenient to get to the South of Dublin if approaching from the M1.

Northbound Toll Charges

Monday to Friday

0600 — 1600 €6

1600 — 1900 €12

1900 — 2200 €6

2200 — 0600 €3

Saturday, Sunday & Bank Holidays All Day €3

Southbound Toll Charges

Monday to Friday

0600 — 1000 €12

1000 — 2200 €6

2200 — 0600 €3

Saturday, Sunday & Bank Holidays All Day €3

When you exit from the Tunnel go straight for almost a kilometer and this will bring you to the East Link Bridge over the river Liffey (toll = €1.55 for a car). Proceed for about a kilometer to a roundabout, take the 3rd exit. This brings you to a junction where you take a left turn along the coast road. Stay on this road ignoring all of the junctions until you reach the railway crossing and turn left. Proceed to the 2nd set of traffic lights and turn right. This is Booterstown Avenue. At the top of this avenue you join a main dual carriageway (N11) and turn left. Go to Paragraph C

If Approaching from Dublin City Centre

By car, go to the N11 through Donnybrook, pass the RTE studios (landmark- the TV mast), then the Montrose Hotel on the left and University College Dublin Campus on the right, then the Radisson Hotel on the left. Go to Paragraph C

Paragraph C. You pass the Stillorgan Park Hotel on the left, then two more main junctions and then St. John of God Hospital on the left. Move to the right lane because you need to take the next turn right (signposted M50). This is **Paragraph D Brewery Road**. Go up Brewery Road, take the first left (at the Leopardstown Inn), then next right, and then next left.

The Clinic is in the first house on the right; there is a brass plaque on the gate post

Public Transport

From Dublin City Centre by bus

Paragraph E

Take bus No.46A from D'Olier Street (near junction Burgh Quay) - direction Dun Laoghaire - or from Nassau Street near Trinity College.

Alight at Brewery Road stop, on the Stillorgan Dual Carriageway, just beyond St. John of God Hospital.

Cross the dual carriageway at traffic lights, walk up Brewery Road.

Take first left at the traffic lights (Leopardstown Inn Pub at corner).

Take first right, then first left into Leopardstown Drive.

Natural Medicine Clinic is the first house on the right, brass plate on gatepost.

No.46A bus is frequent, every 10 to 15 minutes.

Bus journey is approx. 35 minutes.

Walk from bus-stop to Leopardstown Drive approx. 6 minutes.

From Heuston Station

Take the Bus number 145 (leaves every 10 minutes) to stop number 4060 (Merville Road/ St John of God hospital. Walk about 120 yards in the direction of the bus, cross the main road and go up Brewery Road

Take first left at the traffic lights (Leopardstown Inn Pub at corner).

Take first right, then first left into Leopardstown Drive.

Natural Medicine Clinic is the first house on the right, brass plate on gatepost

From St. Stephen's green or other Luas stations.

Take the Luas (Green Line) to Sandyford stop. When you get off the train, keep going in the same direction as the train, and if necessary cross to the left side of the track. This walkway will bring you to Brewery Road. Turn left. Go as far as the junction at the Leopardstown Inn, turn right, then right again, then left. It is the first house on the right. **There is a plaque on the gate**

Anthony Hughes- Natural Medicine Clinic Limited