

## Directions to Neurocare Physiotherapy

### **Salt Ayre Sports Centre**

Doris Henderson Way, Salt Ayre Lane, Lancaster, LA1 5JS

#### From M6

1. Leave M6 at Junction 34
2. Turn onto A683 towards Lancaster
3. After approx 1 mile, continue onto one-way system signposted Heysham/Morecambe.
4. Pass Pizza Hut and PC World on right and move into right hand lane.
5. Road bears round to the right and at the traffic lights continue straight ahead to A589 signposted Heysham/Morecambe
6. Cross the river and keep in left lanes to continue on A589 (signposted Heysham/Morecambe)
7. Continue under railway bridge, then at roundabout take 1<sup>st</sup> exit onto Ovangle Road B5273.
8. Pass Asda on left and take next left into Salt Ayre Lane
9. Arrive at Leisure Centre.

### **Alderbank Physiotherapy Clinic**

132 Preston Road, Grimsargh, Preston, PR2 5JQ

#### From the M6 travelling South

1. Come off the M6 at junction 31
2. Go under motorway then re-join M6 going northbound.
3. Then follow directions as below

#### From the M6 travelling North

1. Leave M6 at Junction 31a
2. Follow signs to Longridge B6243
3. Upon entering Grimsargh road sweeps round to the right, Alderbank is just after the bend on the right hand side. If you pass a Mitsubishi garage on the left, you've gone just too far.