

Valley View, West Cumberland Hospital, Hensingham,
Whitehaven, CA28 8JG



West Cumberland Hospital, Whitehaven

By road

From Workington:

- Take the A595 Loop Road towards Whitehaven.
- Follow the road for 9 miles avoiding signs for the town centre.
- At the roundabout, take the second exit to Snekyeat Road Industrial Estate and the hospital.
- Turn right to enter the hospital site.
- Follow the one-way system. Pass the A&E department on the right.
- For Valley View, continue to the main patient car park. Valley View is opposite the main car park. The building is on the right if you were to walk up the hill from the car park towards the main hospital.
- The entrance for CAMHS is on the right-hand side of the building if you were to face the building from the patient car park.

From Carlisle A595:

- From the city centre, follow the signs for the west / A595.
- Stay on the A595 for 25 miles.
- At Low Road roundabout, take the third exit onto the A66.
- At Bridgefoot roundabout, take the first exit onto the A595 Loop Road to Whitehaven.
- Follow the road for 9 miles avoiding signs for the town centre.
- At the roundabout, take the second exit to Snekyeat Road Industrial Estate and the hospital.
- Turn right to enter the hospital site.
- Follow the one-way system. Pass the A&E department on the right.
- For Valley View, continue to the main patient car park. Valley View is opposite the main car park. The building is on the right if you were to walk up the hill from the car park towards the main hospital.
- The entrance for CAMHS is on the right-hand side of the building if you were to face the building from the patient car park.

From Penrith and the M6:

- Take junction 40 and onto A66 signposted Workington and Keswick.
- Stay on the A66 for 34 miles until Bridgefoot roundabout. At the roundabout, take the first exit onto the A595 Loop Road to Whitehaven.
- Follow the road for 9 miles avoiding signs for the town centre.
- At the roundabout, take the second exit to Snekyeat Road Industrial Estate and the hospital.
- Follow the one-way system. Pass the A&E department on the right.
- For Valley View, continue to the main patient car park. Valley View is opposite the main car park. The building is on the right if you were to walk up the hill from the car park towards the main hospital.
- The entrance for CAMHS is on the right-hand side of the building if you were to face the building from the patient car park.

By bus

Stagecoach run buses from Whitehaven town centre and the surrounding area to West Cumberland Hospital. Use the [Stagecoach website to plan your journey](#).

By train

Northern Rail run trains from Workington and St Bees to Whitehaven. [Use the Northern Rail website to plan your journey](#). From the train station, it is a three minute walk to Tangier Street. From there, you will be able to take a bus to the hospital.

You can also take a taxi but advance booking is essential. [Visit the traintaxi website](#) to find a local taxi service. Walking from the train station to West Cumberland Hospital takes 50 minutes.