

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Park Lane Clinic, Park Lane, Workington, Cumbria CA14 2RR

Workington Masonic Hall Oxford St Modern Homes Winifred St Proactive Physical Health B5297 Leanne Hill @ Lorrae Marie's Citizens Advice Allerdale Parkun W Gourlay ark Fisheries Pearson Centre Age UK West Cumbria The Bradbury... Toddler Town Nursery Lorrae Marie The Pink Banana ark Park Lane Clinic Premier Storage Systems kington Gospel Hospice at Home West Cumbria (Clinical... Tuschem

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Park Lane Clinic, Park Lane Hospital By road

From Whitehaven (A595)

- Take the A595 loop road, heading east.
- At the roundabout, take the first exit to stay on the A595.
- At the roundabout, take the second exit to stay on the A595.
- At the roundabout, take the first exit onto A596
- At the roundabout, take the second exit onto Washington Street (A596).
- Turn left onto Jane Street (B5297). Continue to follow B5297.
- At the roundabout, take the third exit onto Oxford Street (B5297).
- Turn left onto Park Lane and Park Lane Hospital will be on the right.

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 second exit onto Stainburn and Great Clifton Bypass (A66).
- At the roundabout, take the second exit onto Stainburn Road (A66).
- Turn left onto Washington Street (A596).
- Turn right onto Jane Street (B5297).
- At the roundabout, take the third exit onto Oxford Street (B5298).
- Turn left onto Park Lane and Park Lane Hospital will be on the right.

From Penrith (M6)

- Take junction 40 onto A66 signposted Workington and Keswick.
- Stay on the A66 for 34 miles until Bridgefoot roundabout. At the roundabout take the second exit onto Stainburn and Great Clifton Bypass (A66).
- At the roundabout, take the second exit onto Stainburn Road (A66).
- Turn left onto Washington Street (A596).
- Turn right onto Jane Street (B5297).
- At the roundabout, take the third exit onto Oxford Street (B5298).
- Turn left onto Park Lane and Park Lane Hospital will be on the right.

By bus

Stagecoach run buses to and from Workington town centre. Use the Stagecoach website to plan your journey.

By train

Northern Rail run trains to and from Workington. <u>Use the Northern Rail website to plan your journey</u>. From there, it is a short walk onto Station Road, onto Oxford Street then turn right onto Park Lane. Park Lane Hospital will be on the right. This journey takes eight minutes.