

## **Directions:**

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133 - Dublin to Wicklow Bus, exit at Wicklow Monument (final) stop

### **From the bus stop:**

- Exit the bus and turn left on Main St heading towards the centre of the town.
- Continue until the road splits into an upper and lower level.
- Keep right on the lower level.
- Turn onto the small street on the right of the lower level of the split road.
- The therapy room is located in the Quayside building approximately 20m on the left (building has a black front door).

*Approximate walking time: 5-7 mins.*

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*[www.kinesiologotherapy.com](http://www.kinesiologotherapy.com)*