

## **Directions:**

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*By Car:*

### **N11 Southbound From Dublin/Bray:**

- Exit the N11 at the Rathnew/Wicklow Exit
- Continue straight into Rathnew Vilage
- At the roundabout, keep left and continue towards Wicklow Town
- Follow this road straight for 3km until you reach a mini roundabout with an Xtra-vision store located on the left
- Continue straight through this roundabout on Wicklow Main Street.
- Continue through Main Street, past where the road splits into an upper and lower level.
- Turn onto the small street on the left 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).
- Free parking is available on the South Quay. This can be reached by continuing down the small street past Quayside until the South Quay is reached.

*Approximate driving time from:*

*Dublin: 45 mins to 1 hour*

*Bray: 25 mins*

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