



Ambleside Physiotherapy Clinic. ● Unit C, Dixon's Court, 101, Lake Road, Ambleside, Cumbria LA22 0DB.

## Directions

**From Keswick:** Follow the A591 to Windermere towards Lake Rd. 101, Lake Road is directly after the Kelsick Road junction, between Alpkit and Adventure Peaks. Try Lake Rd Car Park first; if full, you will have to proceed via the one-way system to King Steet or Rydal Road Car Parks or 1 hour Disc Parking where available.

**From Kendal:** Follow the A591 to Ambleside negotiating the one-way system via Wansfell Road. At the junction with the A593 turn right keeping to the right-hand lane and after Knott Street turn right onto Kelsick Road for King Street Car Park and Disc Parking, or turn right at the top of Kelsick Road for the Lake Road Car Park. 101, Lake Road is between Alpkit and Adventure Peaks on the A591.

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